

SOUTH TYNESIDE COUNCIL CATERING SERVICES

# SCHOOL MENU

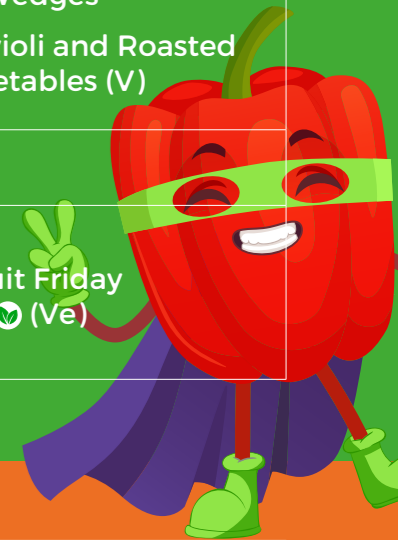
September 2023-July 2024



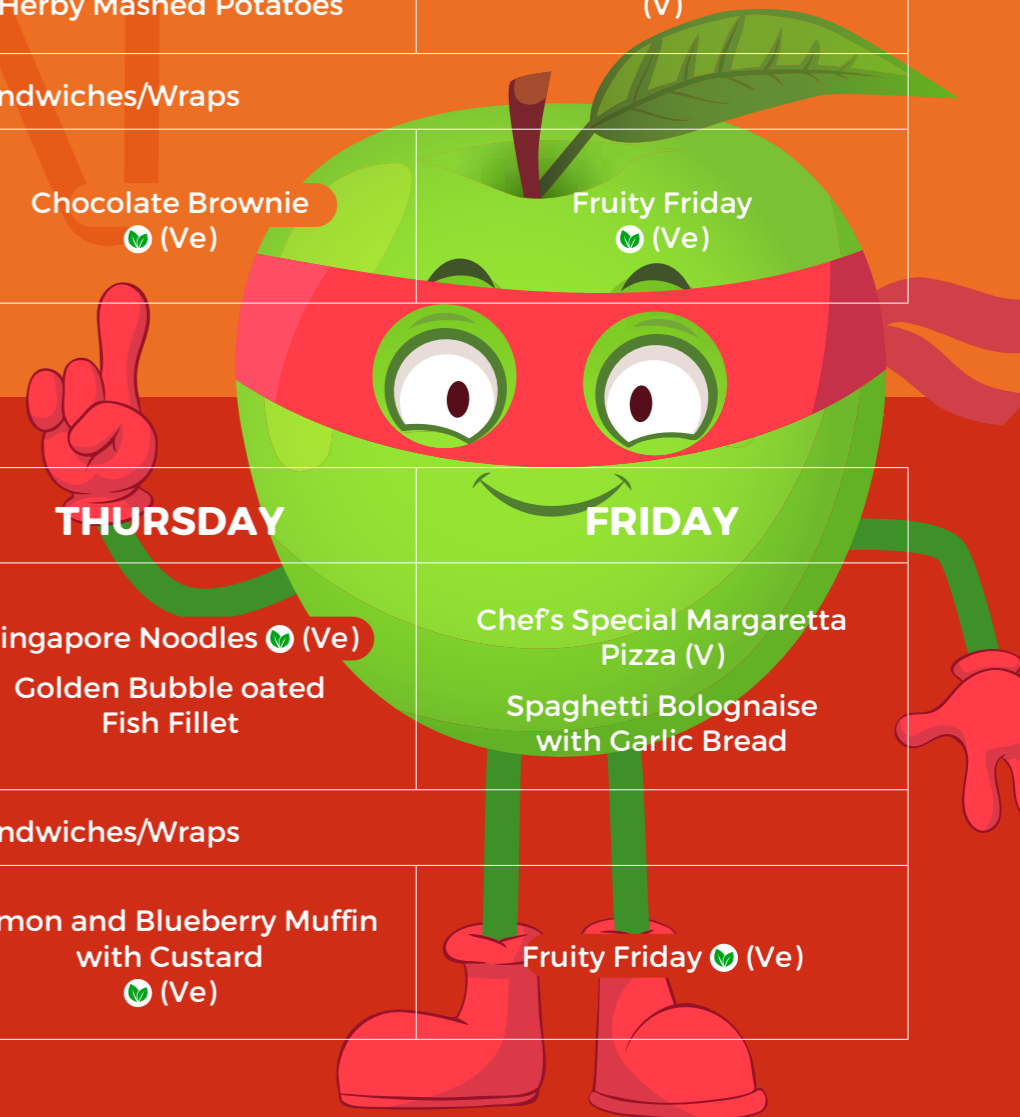
South Tyneside Council



WEEK 1	MONDAY Planet Friendly	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Chef's Special Choice Pizza (V)	Pasta Pomodoro with Crunchy Salad (Ve)	Roast Chicken Dinner with Yorkshire Pudding	Golden Cheese and Potato Pie (V)	Fishcake Star with Potato Wedges
	Crunchy Garden Burger (Ve)	Carrot and Pork Meatballs Creamy Mash and Gravy	Fajita Seasoned Burrito (Ve)	Homemade curry rice and Nan Bread	Hearty Ravioli and Roasted Vegetables (V)
Chef's choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato with filling (Ve), Fresh Sandwiches/Wraps					
<b>DESSERTS</b> Fresh Fruit, Yoghurt, Cheese, and Crackers	Arctic Ice-cream Roll (V)	Homemade Syrup Sponge and Custard (V)	Fruit Jelly Sundae (V)	Angel Sparkle Cake (V)	Fruit Friday (Ve)



WEEK 2	MONDAY Planet Friendly	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Crunchy Quorn Dippers with Tomato Sauce (Ve)	Oven Baked Sausage and Mashed Potatoes	Cheese, Tomato, and Basil Pasta Bake (V)	Omelette of the Week with Crunchy Salad (V)	Golden Baked Fish Fingers with Chips
	Hearty Chilli with Rice and Nachos (Ve)	Diced Quorn and Roast Vegetable Wrap (Ve)	Savoury Mince with Yorkshire Pudding	Top Crust Steak Pie with Herby Mashed Potatoes	Chef Special Choice Pizza (V)
Chef's choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato, and filling (Ve), Fresh Sandwiches/Wraps					
<b>DESSERTS</b> Fresh Fruit, Yoghurt, Cheese, and Crackers	Decorated Shortbread Biscuit (Ve)	Cornflake Tart with Custard (V)	Jelly and Ice-cream (V)	Chocolate Brownie (Ve)	Fruity Friday (Ve)



WEEK 3	MONDAY Planet Friendly	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Crunchy Topped Macaroni Cheese with Garlic Bread (V)	Vegetable Frittata with Salad and Crunchy Bread (V)	Roast of the Day with Yorkshire Pudding	Singapore Noodles (Ve)	Chef's Special Margarettta Pizza (V)
	One Pot Korma Curry (Ve)	Beef mince and Dumpling	Crushed Chickpea and Tuna Salad (V)	Golden Bubble oated Fish Fillet	Spaghetti Bolognese with Garlic Bread
Chef's choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato, and filling (Ve), Fresh Sandwiches/Wraps					
<b>DESSERTS</b> Fresh Fruit, Yoghurt, Cheese, and Crackers	Chocolate Krispie Cake (V)	Various Ice-cream (V)	Doughnuts with Homemade Raspberry Sauce (V)	Lemon and Blueberry Muffin with Custard (Ve)	Fruity Friday (Ve)

# Parents/Carers!

Please contact the Catering Team if:

- your child has a food allergy, food intolerance or requires a special diet
- you would like to know more about how we manage special diets
- you would like more information about the School Meals Service

We do not knowingly use peanuts, nuts or peanut based products in the provision of our school meals. However some products may be produced in a factory where nuts and peanuts are used therefore we cannot guarantee that all products are always nut free and peanut free.

Every effort is made to ensure that customers with food allergies do not receive food containing allergens. However we cannot guarantee 100% that meals are allergen-free.

For more information about common allergens present in our recipes, please visit: [www.southtyneside.gov.uk/schoolmeals](http://www.southtyneside.gov.uk/schoolmeals) or contact an Area Manager for advice.

Please see link below:

<https://www.southtyneside.gov.uk/article/36387/Food-allergies-and-special-diets>

**If you think your child may be entitled to free school meals and milk contact your school office or download an application form from the web address.**

If you would like help to complete the form please contact the Council's Call Centre on 0191 427 7000.



## Contact Details

We want to hear your views of the School Catering Service. If you have a comment about our service or would like any further information, please contact us at:

South Tyneside Council, Catering Services,  
Town Hall and Civic Offices. Westoe Road. NE33 2RL.

### Call Centre Telephone:

0191 427 7000 (Telephone calls to South Tyneside Council may be recorded.)

### Opening Hours:

8.00am to 8.00pm Monday - Friday and  
9.00am to 1.00pm on Saturdays.

**E-mail:** [customerhelp@southtyneside.gov.uk](mailto:customerhelp@southtyneside.gov.uk)

**Website:** [www.southtyneside.gov.uk/schoolmeals](http://www.southtyneside.gov.uk/schoolmeals)



## NEW THEMED DAY MENU'S

We hope to see your children joining us. Please check with School for this information.

**ECO-WARRIOR JAN 24**  
**SUPER HEROES MARCH 24**  
**GLOBAL TASTES MAY 24**  
**SUMMER PICNIC JULY 24**

If you know someone who needs this information in a different format, for example large print, Braille or a different language, please call Marketing and Communications on 0191 424 7385.