

WEEK 1	MONDAY Planet Friendly	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Crunchy Quorn Dippers with tomato sauce and oven baked wedges (Ve) Garden Fresh Bolognese (Ve)	Oven Baked Sausage and Mashed Potatoes Power Packed Roast Vegetable Wrap (Ve)	Cheese, Tomato, and Basil Pasta Bake (V) Savoury Mince with Yorkshire pudding	Omelette of the week with crunchy salad (V) Chicken and Vegetable Pie	Golden Baked Fish Fingers with chips and tomato sauce Chef's Special Pizza (V)
(Ve) 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	Homemade Decorated Biscuit (Ve)	Cookie Monster Muffin (Ve)	Jelly and Ice-Cream (V)	Chocolate Brownie (Ve)	Fruit Friday (Ve)



WEEK 2	MONDAY Planet Friendly	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN COURSE</b>	Chef's Special Choice 5-A-Day Pizza (V) Breakfast Muffin (V)	Vegetable and Mixed Bean Risotto (Ve) New Pork & Carrot Meatballs with creamy mash	Chef's choice Dinner One Pot Pasta (V)	Homemade Curry Rice and Naan Bread Cheese Flan (V)	Fishcake Star with potato wedges Crispy Cottage Pie (Ve)
(Ve) 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	Arctic Strawberry Ice-cream Roll (V)	Homemade Syrup Sponge and Custard (V)	Fruit Jelly Sundae (V)	Iced Lemon Slice (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) Golden Nugget and Salad Wrap (Ve)	Pasta Pomodoro with crunchy salad (Ve) Beef Mince and Dumpling	Chef's choice Dinner Vegetable and Lentil Curry with Sunshine Rice (V)	Bubble Coated Fish Fillet Sausage and Vegetable Casserole (Ve)	Chef's Special Margherita Pizza (V) Spaghetti Bolognese with Garlic Bread
(Ve) 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	Strawberry Angel Crunch (V)	Various Ice-cream (V)	Piped Chocolate Shortbread (Ve)	Apple and Vanilla Muffin (Ve)	Fruity Friday (Ve)

(V) Vegetarian (Ve) Vegan Planet Friendly

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



# SCHOOL MENU

September 2025-July 2026



## 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)



## THEME DAY MENUS

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

- BACK TO SCHOOL** OCT 25
- NATIONAL SCHOOL MEALS WEEK** NOV 25
- WONDERLAND LUNCH** MARCH 26
- SCIENCE** MAY 26
- HEALTHY EATING** JULY 26

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.



South Tyneside Council

