

SOUTH TYNESIDE COUNCIL CATERING SERVICES

SCHOOL MENU

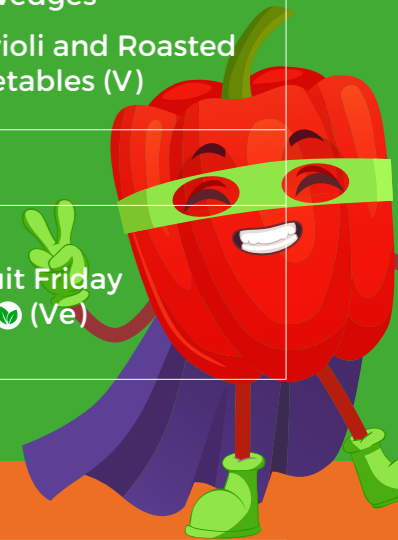
September 2023-July 2024



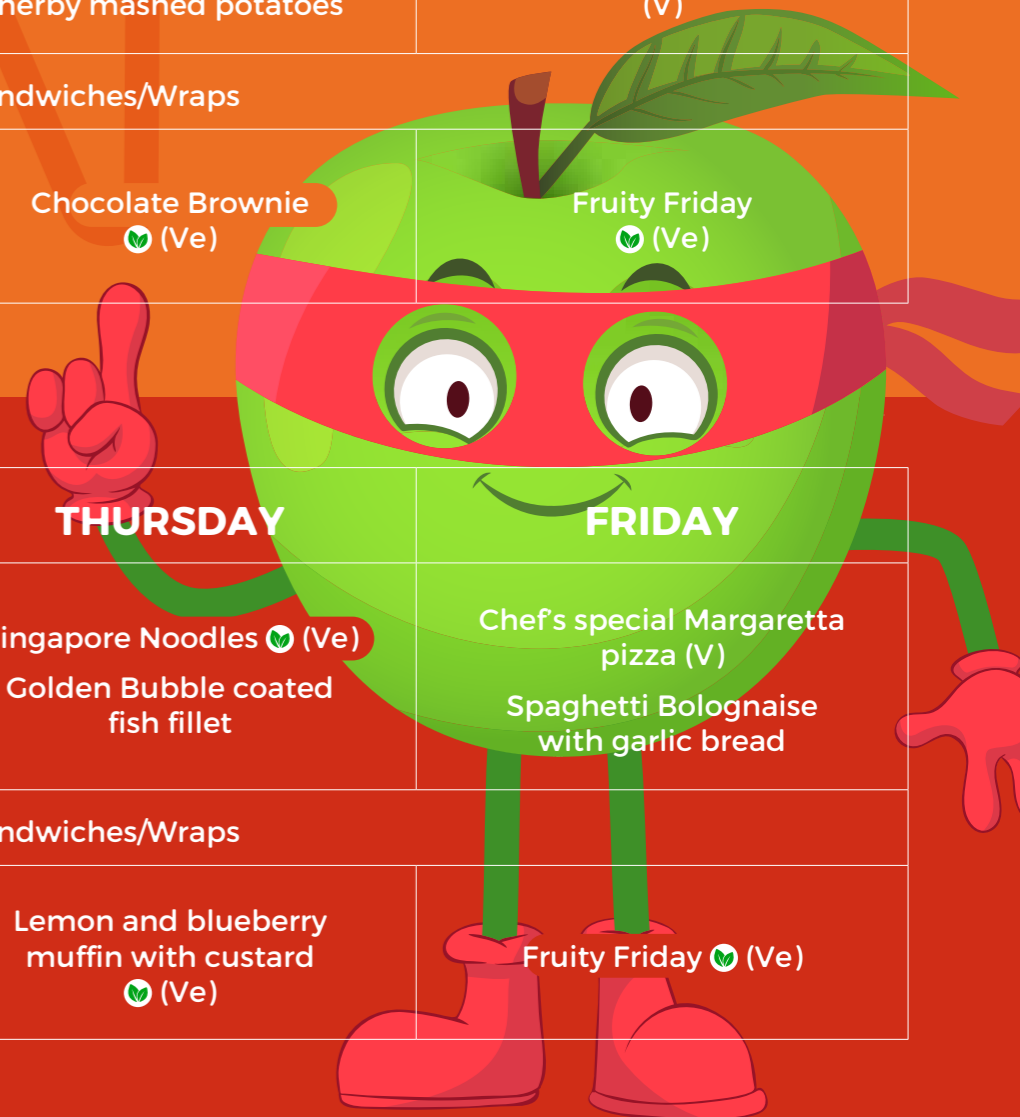
South Tyneside Council



WEEK 1	MONDAY Planet Friendly	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE	Chef's special choice pizza (V) Crunchy Garden Burger (Ve)	Pasta Pomodoro with crunchy salad (Ve) Carrot and Pork Meatballs creamy mash and gravy	Roast Chicken Dinner with Yorkshire pudding Fajita seasoned Burrito (Ve)	Golden Cheese and potato Pie (V) Homemade curry rice and Nan Bread	Fishcake Star With potato wedges Hearty Ravioli and Roasted vegetables (V)
Chef's choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato with filling (Ve), Fresh Sandwiches/Wraps					
DESSERTS 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
MAIN COURSE	Crunchy Quorn dippers with tomato sauce (Ve) Hearty Chilli with rice and Nachos (Ve)	Oven baked Sausage and Mashed Potatoes Diced Quorn and roast vegetable wrap (Ve)	Cheese, tomato, and basil Pasta bake (V) Savoury mince with Yorkshire pudding	Omelette of the week with crunchy salad (V) Top crust steak pie with herby mashed potatoes	Golden baked fish fingers with chips Chef Special choice pizza (V)
Chef's choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato, and filling (Ve), Fresh Sandwiches/Wraps					
DESSERTS 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
MAIN COURSE	Crunchy topped macaroni cheese with garlic bread (V) One Pot Korma Curry (Ve)	Vegetable frittata with salad and crunchy bread (V) Beef mince and Dumpling	Roast of the Day with Yorkshire pudding Crushed Chickpea and Tuna Salad (V)	Singapore Noodles (Ve) Golden Bubble coated fish fillet	Chef's special Margarettta pizza (V) Spaghetti Bolognese with garlic bread
Chef's choice of Seasonal Vegetables, Salad Cart, Crispy Jacket Potato, and filling (Ve), Fresh Sandwiches/Wraps					
DESSERTS 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 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

Website: 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