

# SCHOOL MENU

## WEEK ONE

Weeks commencing: 4<sup>th</sup> Sept 23, 25<sup>th</sup> Sept 23, 16<sup>th</sup> Oct 23, 30<sup>th</sup> Oct 23, 20<sup>th</sup> Nov 23, 11<sup>th</sup> Dec 23, 8<sup>th</sup> Jan 24, 29<sup>th</sup> Jan 24, 26<sup>th</sup> Feb 24, 18<sup>th</sup> March 24, 15<sup>th</sup> April 24, 6<sup>th</sup> May 24, 3<sup>rd</sup> June 24, 24<sup>th</sup> June 24, 15<sup>th</sup> July 24

### MONDAY



**MEAT FREE MONDAY**

**Southern fried Quorn burger in a bun**  
with potato balls & baked beans

**Tacos with vege mince**  
with boiled rice and vegetables

**Cheese toastie**  
with salad accompaniments

**Toffee apple crumble**  
served with ice cream

### TUESDAY



**Beef meatballs or Quorn style vegan meatballs**  
with pasta in tomato sauce or in a sub roll and served with vegetables

**Jacket Potato**  
with chilli or tuna mayonnaise and salad

**Chocolate orange muffin**

### WEDNESDAY



**Roast chicken or Quorn fillet**  
with Yorkshire pudding, roast potatoes and seasonal vegetables

**Ham or tuna mayonnaise sandwich**  
with salad accompaniments

**Jam Love cake**  
served with custard

### THURSDAY



**Savoury mince pie / Vege mince pie**  
with gravy, creamed potatoes & vegetables

**Jacket potato**  
with grated cheese or cheese & baked beans & salad

**Fresh fruit jelly**  
served with cream

  
**Sunderland City Council**

**Tempura battered cod fish fillet**  
served with chips and peas

**Quorn fried rice**  
served with chips & vegetables

**Toasted cheese & ham Panini**  
with salad accompaniments

**Ginger biscuit**

**FISH FRIDAY**



# SCHOOL MENU

## WEEK TWO

Weeks commencing: 11<sup>th</sup> Sept 23, 2<sup>nd</sup> Oct 23, 6<sup>th</sup> Nov 23, 27<sup>th</sup> Nov 23, 15<sup>th</sup> Jan 24, 5<sup>th</sup> Feb 24, 4<sup>th</sup> March 24, 25<sup>th</sup> March 24, 22<sup>nd</sup> April 24, 13<sup>th</sup> May 24, 10<sup>th</sup> June 24, 2<sup>nd</sup> July 24

### MONDAY



**MEAT FREE MONDAY**

#### **Bonta Italia pasta in tomato sauce**

served with garlic slice & vegetables / salad

#### **Savoury cheese pasty**

with baby new potatoes & vegetables

#### **Jacket potato**

with grated cheese / melted cheese and salad accompaniments

#### **Steamed syrup sponge**

with custard

### TUESDAY



#### **Pork sausages OR Quorn sausages**

with Yorkshire pudding, creamed potatoes, gravy and vegetables

#### **Ham or turkey sandwich**

with salad accompaniments

#### **Chocolate muffin**

### WEDNESDAY



#### **Chicken curry**

with rice, naan bread and vegetables

#### **Vegan beef curry**

with rice, naan bread and vegetables

#### **Jacket potato**

with grated cheese or chicken curry & salad accompaniments

#### **Rice pudding**

served with mini cookie

### THURSDAY



#### **Savoury mince / Vege mince**

served with crispy dumpling, roast potatoes and vegetables

#### **Cheese or tuna & cucumber sandwich**

with salad accompaniments

#### **Iced sponge**

  
**Sunderland**  
City Council

### FISH FRIDAY

#### **Cod fish fingers**

served with chips and baked beans

#### **Chicken mayo wrap**

with salad accompaniments

#### **Krispy crunch biscuit**



# SCHOOL MENU

## WEEK THREE

Weeks commencing: 18<sup>th</sup> Sept 23, 9<sup>th</sup> Oct 23, 13<sup>th</sup> Nov 23, 4<sup>th</sup> Dec 23, 22<sup>nd</sup> Jan 24, 12<sup>th</sup> Feb 24, 11<sup>th</sup> March 24, 29<sup>th</sup> April 24, 20<sup>th</sup> May 24, 17<sup>th</sup> June 24, 8<sup>th</sup> July 24

### MONDAY



**MEAT FREE MONDAY**

#### **Margherita pizza**

with jacket wedges & vegetables / salad

#### **Tuna pasta**

with jacket wedges & vegetables

#### **Cheese salad or egg sandwich**

with salad accompaniments

#### **Melon & grapes**

served with an ice cream pot

### TUESDAY



#### **Beef lasagne OR Spaghetti Bolognese OR Quorn Bolognese**

with herby bread or potato waffles and salad / vegetables

#### **Toasted ham or cheese sandwich**

with salad accompaniments

#### **Moist ginger cake**

served with custard

### THURSDAY



#### **Roast of the day (pork or beef) / Roast Quorn fillet**

with Yorkshire pudding, roast potatoes, gravy and vegetables

#### **Ham or beef sandwich**

with salad accompaniments

#### **Victoria sponge**

### WEDNESDAY



#### **Sweet & Sour chicken / Quorn**

with rice and vegetables

#### **Bacon & egg wrap**

With salad accompaniments

#### **Fruit flapjack**

served with custard

#### **Seaside style salmon Fillet or fishfingers**

served with chips and peas

#### **Quorn dippers**

Served with chips and peas

#### **Jacket potato**

with grated cheese or ham & salad accompaniments

#### **Waffle**

### FISH FRIDAY

