



# PRIMARY SCHOOL MENU

SEPTEMBER 2019 -  
JULY 2020

# WEEK 1 MENU

**WEEK COMMENCING:** 2 Sept 2019, 23 Sept 2019, 14 Oct 2019, 4 Nov 2019, 25 Nov 2019, 16 Dec 2019, 6 Jan 2020, 27 Jan 2020, 24 Feb 2020, 16 Mar 2020, 20 Apr 2020, 11 May 2020, 1 June 2020, 22 June

## MONDAY

Beef, Spinach and Broccoli Burger served in a bun with potato rosti

Quorn Fried Rice served with Vegetable Noodles

Ham Salad Sandwich with tortillas and side salad

Ice Cream Roll served with fruit



## TUESDAY

Mac and Cheese Ragu served with Tomato Bread

Spicy vegetable Tacos with new potatoes

Fish finger sandwich with new potatoes and side salad

Rice Pudding served with Shortcake Finger



## WEDNESDAY

Chicken Italiano in a Tomato Sauce served with Spaghetti

Vegetarian Slice served with Herby Diced Potatoes

Toasted Panini with herby diced potatoes and side salad

Toffee Apple Muffin



## THURSDAY

Roast Beef Yorkie Wrap served with Roast Potatoes

Cheese and Rice Cake served with Homemade Jacket Wedges

Pulled Pork Bap with homemade jacket wedges and vegetables/salad

Fresh Fruit Thursday Fruit Yoghurt



## FRIDAY

Seaside Fish Fillet served with Chips

Sticky Citrus Quorn served with Sunshine Rice

Cheese Savoury Sandwich with tortillas and side salad

Jam/Lemon Love Cake served with Custard



## DRINKS

Milk, water and a selection of juice or milkshake available daily



# WEEK 2 MENU

**WEEK COMMENCING:** 9 Sept 2019, 30 Sept 2019, 21 Oct 2019, 11 Nov 2019, 2 Dec 2019, 13 Jan 2020, 3 Feb 2020, 2 Mar 2020, 23 Mar 2020, 27 Apr 2020, 18 May 2020, 8 June 2020, 29 June 2020

## MONDAY

Margarita Pizza  
served with Seasoned Wedges  
Vegetarian Bolognese  
served with Herby Bread  
Jacket Potato with Baked Beans & salad  
Waffle served with Cherries and Ice Cream



## TUESDAY

Steak Casserole served with  
Herby Dumpling and Duchess Potatoes  
Vegetable Fajita served with Spicy Rice  
Jacket Potato with Cheese & salad  
Steamed Fruit Sponge Pudding  
served with Custard



## WEDNESDAY

Chilli Con Carne in a Cone  
served with Tortilla Chips  
Cheese Pasty  
served with Baby New Potatoes  
Jacket Potato with Tuna & salad  
Tangy Oat Crunch



## THURSDAY

Roast of The Day (Chicken or Turkey)  
with Yorkshire Pudding and Creamed Potato  
Tomato Risotto  
served with Homemade Jacket Wedges  
Jacket Potato  
with Ham and Coleslaw & Salad  
Fresh Fruit Thursday Frozen Fruit Yoghurt



## FRIDAY

Fish Fingers (Gluten free)  
served with Chips  
Vegetable Stir Fry  
served with BBQ Noodles  
Jacket Potato  
with Chicken Mayo & salad  
Carrot Cake Muffin



## VEGETABLES

A selection of vegetables and salad bar available daily

# WEEK 3 MENU

**WEEK COMMENCING:** 16 Sept 2019, 7 Oct 2019, 18 Nov 2019, 9 Dec 2019, 20 Jan 2020, 10 Feb 2020, 9 Mar 2020, 30 Mar 2020, 4 May 2020, 15 June 2020, 6 July 2020

## MONDAY

Penne Pasta served in a Rich Tomato Sauce and Sauté Potatoes  
Vegetable Chow Mein served with Savoury Rice  
Tuna Wrap with tortillas and salad  
Fruit Crunch served with Custard



## TUESDAY

Savoury Mince Pie served with New Potatoes  
Tomato and Basil Soup served with Homemade Stottie Wedge  
Garlic or Sweet Chilli Chicken Wrap with salad  
Fruit Jelly or Cheesecake served with Cream



## WEDNESDAY

Chicken Curry served with Naan Bread/Rice  
Spaghetti Provencal served with Rosemary Diced Potatoes  
Bacon and Egg Wrap with diced potatoes and salad  
Chocolate Orange Brownie served with Custard



## THURSDAY

Pork Sausages, Yorkshire Pudding and Gravy served with Creamed Potatoes  
Savoury Cheese Quiche served with Roast Potatoes  
Roast Ham Wrap with tortillas and salad  
Fresh Fruit Thursday Fruit Yoghurt



## FRIDAY

Lemon Salmon Fillet served with Chips  
Broccoli Pasta Bake served with Cheesy Bread  
Cheese Savoury Wrap with tortillas and salad  
Lemon and Courgette Muffin



## BREAD

Freshly baked bread available each day







# THE FOOD



As well as our menu meeting the national school food standards, it also meets the criteria for Food for Life, a national organisation that promotes a core ethos of healthy, tasty and sustainable food, meaning that you can be confident that:

- food does not contain any undesirable additives, trans fats or genetically modified ingredients
- the vast majority of dishes are cooked from scratch using unprocessed ingredients
- we only use free range eggs
- our meat is UK farm assured (Red Tractor) making it fully traceable and ensuring the highest standards of animal welfare
- our fish is MSC certified
- we use predominantly local suppliers

## SPECIAL DIETS

If your child has a special dietary need related to a medical condition, allergy or intolerance and you wish them to have a school meal, please provide a written request to your school from a doctor or dietician.

## FREE SCHOOL MEALS

If your child is in Reception, Years 1 or 2 then they are entitled to a free school meal saving approximately £418/child/family

## SCHOOL MEAL PRICE FOR KEY STAGE 2

The price of a school meal for pupils in Years 3 – 6 will be £2.20

## WANT TO JOIN OUR TEAM?

If you're interested in working for the school meals service please call 0191 561 4655.

## CARE TO COMMENT?

We want to make the school meal experience an enjoyable one for all pupils.

If you have anything you want to discuss please contact Keith Miles (Catering Services Manager) on 0191 561 4655 or e-mail: [keith.miles@qsunderland.gov.uk](mailto:keith.miles@qsunderland.gov.uk)





# COOK AT HOME

## TANGY OATY CRUNCH BISCUIT (MAKES 10 BISCUITS)

### Ingredients

Plain Flour 100gm, Oats 100gm, Margarine 70gm, Granulated Sugar 70gm, Golden Syrup 70gm, Baking Powder 7.5gm, Lemons 1

### Method

Cream the margarine and sugar together  
Add the syrup and remaining dry ingredients including the zest of the lemon

Mix to a smooth dough

Divide the mixture into portions and roll into a ball

Flatten slightly with fingers

Bake in a moderate oven for 5 to 10 minutes

Orange zest can be used as an alternative

## CHEESE AND RICE CROQUETTES (SERVES 10)

### Ingredients

Cheddar Cheese 140gm, Pudding Rice 80gm, Semi Skimmed Milk 200ml, Eggs 1, Diced Onion 10gm, Breadcrumbs 50gm, Egg to Coat, Black Pepper

### Method

Cook the pudding rice in milk until the liquid is completely absorbed.

Stir occasionally

When cooked add the grated cheese, beaten egg, diced onions and season with black pepper

Divide into portions

Roll and form into croquette shapes

Cover and chill prior to coating

Coat with eggs and breadcrumbs

Place on a baking sheet and bake in a moderate oven until golden brown



## THEME DAYS

Look out for our fun themed promotional days. They add excitement and interest to school lunch times and are highly popular with children.





# Meeting all your catering needs for meetings, events, functions and parties

Northern Taste has been developed to build upon the extensive (and often underrated!) skills of Sunderland's school cooks to deliver a catering service that meets all your catering needs.

Our aim is to provide you with high quality food that looks great and is also nutritious and delicious and we will do that at prices that are competitive.

We can cover all occasions, including:

- Work meetings and training events
- School events such as teacher training days, Christmas parties, proms, sports days and summer fayres
- Children's birthday parties
- Wedding receptions
- Christenings
- Retirements
- Funerals
- Outdoor based community events
- Festivals

**GOOD**  
*food for all*  
**OCCASIONS**

To see our menus please visit us on 

We are also happy to develop bespoke menus to meet your needs and budget.

**If you would like to discuss any of your requirements then please contact Keith Miles, Catering Services Manager on 0191 561 4655**

