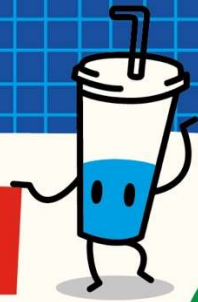


# SCHOOL MENU

## WEEK ONE

Weeks commencing: 2<sup>nd</sup> Sept 24, 23<sup>rd</sup> Sept 24, 14<sup>th</sup> Oct 24, 4<sup>th</sup> Nov 24, 25<sup>th</sup> Nov 24, 16<sup>th</sup> Dec 24, 6<sup>th</sup> Jan 25, 27<sup>th</sup> Jan 25, 17<sup>th</sup> Feb 25, 3<sup>rd</sup> Mar 25, 24<sup>th</sup> Mar 25, 28<sup>th</sup> Apr 25, 19<sup>th</sup> May 25, 2<sup>nd</sup> Jun 25, 23<sup>rd</sup> Jun 25, 14<sup>th</sup> July 25

### MONDAY



**MEAT FREE MONDAY**

**Tomato & basil pasta**  
with garlic slice & salad / vegetables

**Vegetable enchilada**  
with sunshine rice and salad / vegetables

**Toasted cheese panini**  
with salad accompaniments

**Pancakes**  
served with peaches and ice cream

### TUESDAY



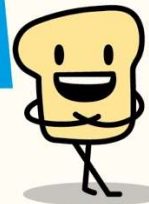
**Breaded chicken chunks**  
with seasoned potato wedges and baked beans

**Cheese and Onion Quiche**  
with seasoned potato wedges and baked beans

**Jacket Potato**  
with grated cheese, baked beans or tuna mayonnaise and salad

**Chocolate Krispie Crunch**

### THURSDAY



**Roast chicken or Quorn fillet**  
with Yorkshire pudding, roast potatoes, vegetables & gravy

**Jacket potato**  
with grated cheese, baked beans or tuna mayonnaise & salad

**Lemon drizzle traybake**  
served with custard

### WEDNESDAY



**Savoury mince & dumplings**  
with creamed potatoes and vegetables

**Savoury Quorn Mince & Dumplings**  
with creamed potatoes and vegetables

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

**Raspberry crumble muffin**

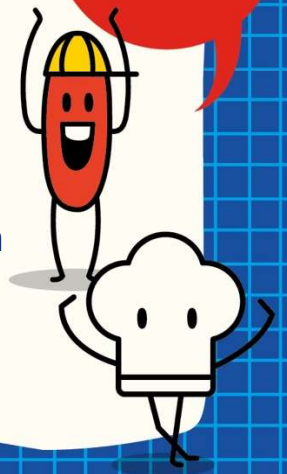
**Breaded fish star**  
served with chips and peas

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

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

**Gingerbread man**

### FISH FRIDAY



**Sunderland City Council**

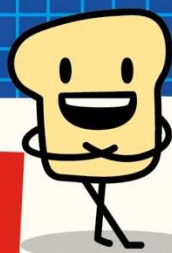


# SCHOOL MENU

## WEEK TWO

Weeks commencing: 9<sup>th</sup> Sept 24, 30<sup>th</sup> Sept 24, 21<sup>st</sup> Oct 24, 11<sup>th</sup> Nov 24, 2<sup>nd</sup> Dec 24, 13<sup>th</sup> Jan 25, 3<sup>rd</sup> Feb 25, 10<sup>th</sup> Mar 25, 31<sup>st</sup> Mar 25, 5<sup>th</sup> May 25, 9<sup>th</sup> Jun 25, 30<sup>th</sup> Jun 25, 21<sup>st</sup> July 25

### MONDAY



**MEAT FREE MONDAY**

#### Vegetarian pizza

served with herby diced potatoes & vegetables / salad

#### Tomato pasta

served with herby diced potatoes & vegetables / salad

#### Cheese or egg sandwich

with salad accompaniments

#### Steamed jam sponge

with custard

### TUESDAY



#### Homemade sausage roll OR vegan sausage roll

with potato criss-cuts and baked beans

#### Chicken goujon wrap

with potato criss-cuts and vegetables / salad

#### Marble cookie

### WEDNESDAY



#### Beef meatballs in a sub roll

with seasoned potato wedges and vegetables / salad

#### Quorn Bolognese

with herby bread and vegetables / salad

#### Jacket potato

with grated cheese or tuna mayonnaise & salad

#### Rice pudding

With fruity flapjack finger

### THURSDAY



#### Roast chicken / Roast Quorn Fillet

served with baby new potatoes, Yorkshire pudding gravy and vegetables

#### Ham, Cheese or tuna mayonnaise sandwich

with salad accompaniments

#### Chocolate brownie

served with ice cream

### FISH FRIDAY

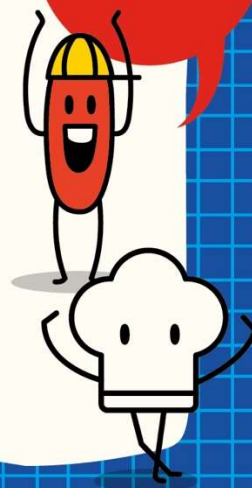
#### Double fish finger / salmon fish fingers

served with chips and peas

#### Jacket potato

With grated cheese, tuna mayonnaise or baked beans

#### Orange Crisp biscuit



**Sunderland  
City Council**



# SCHOOL MENU

## WEEK THREE

Weeks commencing: 16<sup>th</sup> Sept 24, 7<sup>th</sup> Oct 24, 18<sup>th</sup> Nov 24, 9<sup>th</sup> Dec 24, 20<sup>th</sup> Jan 25, 10<sup>th</sup> Feb 25, 17<sup>th</sup> Mar 25, 7<sup>th</sup> Apr 25, 12<sup>th</sup> May 25, 16<sup>th</sup> Jun 25, 7<sup>th</sup> July 25,

### MONDAY



**MEAT FREE MONDAY**

#### **Cheese & tomato swirl**

with seasoned diced potatoes  
vegetables / salad

#### **Mac 'n cheese**

with garlic bread & vegetables / salad

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

with salad accompaniments

#### **Peach crumble**

served with custard

### TUESDAY



#### **Bacon and egg brunch**

with potato rosti and baked beans

#### **Vege brunch**

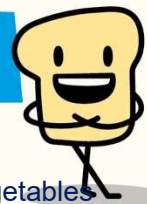
with vege sausage patty and egg,  
potato rosti and baked beans

#### **Jacket potato**

With grated cheese, tuna mayonnaise  
or baked beans and salad

#### **Strawberry muffin**

### THURSDAY



#### **Savoury Mince**

with Yorkshire pudding,  
roast potatoes, gravy and vegetables

#### **Roast Quorn fillet**

with Yorkshire pudding,  
roast potatoes, gravy and vegetables

#### **Ham, cheese or tuna mayonnaise sandwich**

with salad accompaniments

#### **Fruit jelly & ice cream**

### WEDNESDAY



#### **Chicken curry**

with rice / naan bread and vegetables

#### **Quorn curry**

with rice / naan bread and vegetables

#### **Ham or cheese panini**

with salad accompaniments

#### **Sunderland Courting Cake**

served with custard

### FISH FRIDAY

#### **Fish fingers**

served with chips and peas

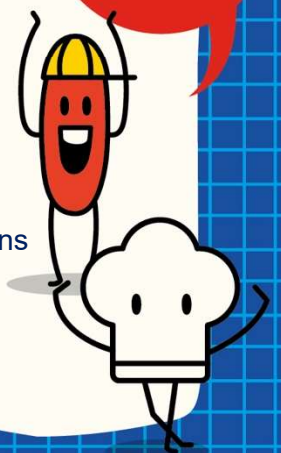
#### **Vegan dippers**

Served with chips and peas

#### **Jacket potato**

with grated cheese,  
tuna mayonnaise or baked beans  
& salad

#### **Oaty Crunch biscuit**



**Sunderland  
City Council**