

SCHOOL MENU

WEEK ONE

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

MONDAY



MEAT FREE MONDAY

Margherita pizza
with potato balls & baked beans

Keema curry
with savoury rice and vegetables

Cheese, tuna or ham sandwich
with salad accompaniments

Jacket potato
With cheese, tuna mayo or baked beans & 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

Cheese, tuna or ham sandwich
with salad accompaniments

Jacket potato
With cheese, tuna mayo or baked beans & salad accompaniments

Chocolate orange muffin

WEDNESDAY



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

Cheese, tuna or ham sandwich
with salad accompaniments

Jacket potato
With cheese, tuna mayo or baked beans & salad accompaniments

Jam Love cake
served with custard

THURSDAY



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

Cheese, tuna or ham sandwich
with salad accompaniments

Jacket potato
With cheese, tuna mayo or baked beans & salad accompaniments

Fresh fruit jelly
served with cream


Sunderland City Council

Cod fish fingers
served with chips and peas

Toasted cheese or ham / cheese & ham panini
with salad accompaniments

Jacket potato
With cheese, tuna mayo or baked beans & salad accompaniments

Ginger biscuit

FISH FRIDAY



SCHOOL MENU

WEEK TWO

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

MONDAY



MEAT FREE MONDAY

Margherita pizza

served with potato twisters & vegetables / salad

Savoury cheese quiche

with baby new potatoes & vegetables

Cheese, tuna or ham sandwich

with salad accompaniments

Jacket potato

With cheese, tuna mayo or baked beans & salad accompaniments

Steamed syrup sponge

with custard

TUESDAY



Pork sausages OR Quorn sausages

with Yorkshire pudding, creamed potatoes, gravy and vegetables

Cheese, tuna or ham sandwich

with salad accompaniments

Jacket potato

With cheese, tuna mayo or baked beans & salad accompaniments

Peach cobbler muffin

THURSDAY



Savoury mince / Vege mince

served with crispy dumpling, roast potatoes and vegetables

Cheese, tuna or ham sandwich

with salad accompaniments

Jacket potato

With cheese, tuna mayo or baked beans & salad accompaniments

Chocolate banana traybake

WEDNESDAY



Southern fried quorn burger

with potato wedges and salad / vegetables

Vegan beef curry

with rice, naan bread and vegetables

Cheese, tuna or ham sandwich

with salad accompaniments

Jacket potato

With cheese, tuna mayo or baked beans & salad accompaniments

Rice pudding

served with mini cookie

Cod fish fingers

served with chips and baked beans

Chicken kofta in naan bread

with salad accompaniments

Cheese, tuna or ham sandwich

with salad accompaniments

Jacket potato

With cheese, tuna mayo or baked beans & salad accompaniments

Krispy crunch biscuit

FISH FRIDAY



SCHOOL MENU

WEEK THREE

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

MONDAY



MEAT FREE MONDAY

Margherita pizza

with jacket wedges & vegetables / salad

Potato gnocchi in tomato sauce

with jacket wedges & vegetables

Cheese, tuna or ham sandwich

with salad accompaniments

Jacket potato

With cheese, tuna mayo or baked beans & salad accompaniments

Fresh fruit salad

served with an ice cream pot

TUESDAY



Spaghetti Bolognese OR Quorn Bolognese

with herby bread and salad / vegetables

Toasted ham or cheese or Cheese & ham panini

with salad accompaniments

Jacket potato

With cheese, tuna mayo or baked beans & salad accompaniments

Moist ginger cake

served with custard

WEDNESDAY



Chicken burger / Quorn burger

with potato crisscuts and vegetables

Cheese, tuna or ham sandwich

with salad accompaniments

Jacket potato

With cheese, tuna mayo or baked beans & salad accompaniments

Fruit flapjack

served with custard

THURSDAY



Roast beef / Roast Quorn fillet

with Yorkshire pudding, roast potatoes, gravy and vegetables

Cheese, tuna or ham sandwich

with salad accompaniments

Jacket potato

With cheese, tuna mayo or baked beans & salad accompaniments

Lemon yoghurt traybake


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FISH FRIDAY

Cod fish fingers

served with chips and peas

Quorn dippers

Served with chips and peas

Cheese, tuna or ham sandwich

with salad accompaniments

Jacket potato

With cheese, tuna mayo or baked beans & salad accompaniments

Fruit turnover

