

# It's *a bit* tasty



Eppleton Academy

2021 / 22

Autumn / Winter Menu

**School Meals**

Sunderland  
City Council

# Week 1

**Week 1** - week commencing

• 6th Sept 21 - 13th Dec 21  
• 27th Sept 21 - 4th Jan 22  
• 18th Oct 21 - 24th Jan 22  
• 1st Nov 21 - 14th Feb 22  
• 22nd Nov 21

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

**Vegetables** - A selection of vegetables and salad bar available daily

**Bread** - Freshly baked bread available each day

**The following additional desserts are available daily:**

Cheese & crackers, yoghurts, fresh fruit / fruit salad.

## Meat Free

### Monday

Margherita pizza served with seasoned diced potatoes

Tomato & basil pasta with garlic slice

Jacket potato with baked beans or grated cheese

Eve's pudding served with custard

### Tuesday

Steak and Vegetable Pie served with creamed potatoes

Veggie Mince Pie with creamed potatoes

Jacket potato with tuna or coleslaw

Fruit Pie with custard

## Roast Dinner

### Wednesday

Roast chicken served with yorkshire pudding and roast potatoes

Roast quorn fillet served with yorkshire pudding and roast potatoes

Jacket potato with baked beans or grated cheese

Peach & chocolate sponge with chocolate sauce

### Thursday

Spaghetti bolognese served with herby bread

Veggie bolognese served with herby bread

Jacket potato with tuna or coleslaw

Lemon traybake

## Fish

### Friday

Harry Ramsden battered fish fillet served with chips

Jacket potato with baked beans or grated cheese

Custard cookie

# Week 2

**Week 2** - week commencing

- 13th Sept 21 - 29th Nov 21
- 4th Oct 21 - 10th Jan 22
- 8th Nov 21 - 31st Jan 22

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

**Vegetables** - A selection of vegetables and salad bar available daily

**Bread** - Freshly baked bread available each day

**The following additional desserts are available daily:**

Cheese & crackers, yoghurts, fresh fruit / fruit salad.

## Meat Free

### Monday

Loaded vegetable pizza with pomme noisettes

Mac & cheese served with garlic slice

Jacket potato with tuna or coleslaw

Apricot flapjack served with custard

### Tuesday

Chicken curry served with savoury rice

Sweet potato and lentil curry with savoury rice

Jacket potato with baked beans or grated cheese

Parsnip & orange sponge with a frosted topping

## Roast Dinner

### Wednesday

Roast turkey served with yorkshire pudding and crispy roast potatoes

Roast quorn fillet with yorkshire pudding and crispy roast potatoes

Jacket potato with tuna or coleslaw

Apple & blackberry crumble with custard

### Thursday

Minced beef pudding served with creamed potatoes

Veggie mince pudding served with creamed potatoes

Jacket potato with baked beans or grated cheese

Rice pudding served with a shortcake finger

## Fish Friday

Jumbo cod fish finger served with chips

Jacket potato with tuna or coleslaw

Citrus oaty cookie

# Week 3

**Week 3** - week commencing

• 20th Sept 21 • 6th Dec 21  
• 11th Oct 21 • 17th Jan 22  
• 15th Nov 21 • 7th Feb 22

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

**Vegetables** - A selection of vegetables and salad bar available daily

**Bread** - Freshly baked bread available each day

**The following additional desserts are available daily:**

Cheese & crackers, yoghurts, fresh fruit / fruit salad.

## Meat Free

### Monday

Cheese and red onion pizza swirl with herby diced potatoes

Loaded vegetable pasta bake with garlic slice

Jacket potato with baked beans or grated cheese

Fruit cobbler served with custard

### Tuesday

Chicken burger in a bun served with seasoned potato wedges

Veggie burger in a bun served with seasoned potato wedges

Jacket potato with tuna or coleslaw

Toffee apple sponge with custard

## Roast Dinner

### Wednesday

Pork sausages with yorkshire pudding and crispy roast potatoes

Quorn sausages with yorkshire pudding and crispy roast potatoes

Jacket potato with baked beans or grated cheese

Banana loaf served with custard

### Thursday

Savoury mince and dumplings served with baby new potatoes

Savoury veggie mince and dumplings served with baby new potatoes

Jacket potato with tuna or coleslaw

Frosted carrot cake

## Fish

### Friday

Harry Ramsden lemon salmon fillet served with chips

Jacket potato with baked beans or grated cheese

Iced Sunderland shortcake