

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

Southern fried Quorn burger in a bun

with potato balls & baked beans

Keema curry

with savoury rice and vegetables

Cheese or egg sandwich

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 grated cheese or tuna mayonnaise and salad

Chocolate orange muffin

THURSDAY



Savoury mince pie / Vege mince pie

with gravy, creamed potatoes & vegetables

Jacket potato

with grated cheese or tuna mayonnaise & salad

Fresh fruit jelly

served with cream

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

FISH FRIDAY

Tempura battered cod fish fillet

served with chips and peas

Quorn fried rice

served with chips and vegetables

Toasted cheese & ham panini

with salad accompaniments

Ginger biscuit



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

Bonta Italia pasta in tomato sauce

served with garlic slice & vegetables / salad

Savoury cheese quiche

with baby new potatoes and vegetables

Jacket potato

with grated 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 tuna mayonnaise sandwich

with salad accompaniments

Peach cobbler muffin

THURSDAY



Savoury mince / Vege Mince

Served with crispy dumpling, roast potatoes and vegetables

Cheese or tuna mayonnaise sandwich

with salad accompaniments

Chocolate banana traybake

WEDNESDAY



Chicken curry

with rice, naan bread and vegetables

Vegan beef curry

with rice, naan bread and vegetables

Jacket potato

with grated cheese or tuna mayonnaise & salad accompaniments

Rice pudding

served with mini cookie

FISH FRIDAY

Cod fish fingers

served with chips and baked beans

Chicken kofta in naan bread

with salad accompaniments

Krispy crunch biscuit



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 or egg sandwich

with salad accompaniments

Fresh fruit salad

served with an ice cream pot

TUESDAY



Beef lasagne OR Spaghetti Bolognese OR Quorn Bolognese

with herby bread and salad / vegetables

Toasted ham or cheese panini

with salad accompaniments

Moist ginger cake

served with custard

WEDNESDAY



Spanish chicken / Quorn Spanish chicken

with rice and vegetables

Bacon & egg wrap

with salad accompaniments

Fruit flapjack

served with custard

THURSDAY



Roast of the day (pork or beef) / Roast Quorn Fillet

With Yorkshire pudding, roast potatoes, gravy and vegetables

Ham or tuna mayonnaise sandwich

with salad accompaniments

Lemon yoghurt traybake


**Sunderland
City Council**

Seaside style salmon fillet

served with chips and peas

Quorn Dippers

Served with chips and peas

Jacket Potato

with grated cheese or ham and salad accompaniments

Fruit turnover

with cream

**FISH
FRIDAY**

