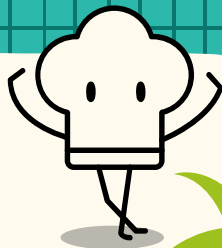


SCHOOL MENU

WEEK 1

Weeks commencing: 5th Sept 22, 3rd Oct 22, 31st Oct 22, 28th Nov 22, 2nd Jan 23, 30th Jan 23, 27th Feb 23, 27th Mar 23, 17th Apr 23, 15th May 23, 5th June 23, 3rd July 23

MONDAY



Margherita pizza
with seasoned twisters & vegetables

Keema curry
with savoury rice and vegetables

Cheese or egg sandwich
with salad accompaniments

Pancakes
with sliced fruit and ice cream

MEAT FREE MONDAY

TUESDAY



Savoury mince OR Vegemince
with cheesy dumpling, parsley potatoes and vegetables

Jacket Potato
with grated cheese or tuna mayonnaise and salad

Fruit crumble bar
served with custard

WEDNESDAY



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

Toasted cheese & ham panini
with salad accompaniments

Sticky toffee muffin

THURSDAY



Spaghetti Bolognese
with tomato bread and vegetables / salad

Macaroni cheese
with tomato bread and vegetables / salad

Jacket potato
with grated cheese or tuna mayonnaise & salad

Pear & chocolate traybake

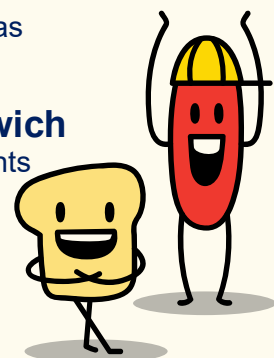
FISH FRIDAY

Tempura battered cod fish fillet

served with chips and peas

Ham or egg mayonnaise sandwich
with salad accompaniments

Melting Moment biscuit



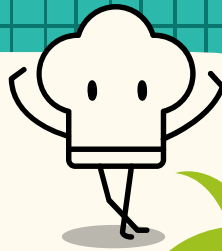

Sunderland City Council

SCHOOL MENU

WEEK 2

Weeks commencing: 12th Sept 22, 10th Oct 22, 7th Nov 22, 5th Dec 22, 9th Jan 23, 6th Feb 23, 6th Mar 23, 24th Apr 23, 22nd May 23, 12th June 23, 10th July 23

MONDAY



Tomato & mascarpone pasta
with garlic slice and vegetables

Vegetable enchilada
served with sunshine rice and vegetables or salad

Jacket Potato
served with grated cheese and salad

Steamed fruit sponge
with custard

MEAT
FREE
MONDAY

TUESDAY



Steak & vegetable OR Vegetarian hot pot
with baby new potatoes and vegetables

Ham or tuna mayonnaise sandwich
with salad accompaniments

Rice pudding with chocolate cracknell

WEDNESDAY



Sticky citrus chicken OR Quorn wrap
with herby potatoes and corn on the cob

Jacket potato
with grated cheese or tuna mayonnaise & salad

Toffee apple muffin

THURSDAY



Savoury minced beef OR Vegemince
served with Yorkshire pudding, roast potatoes and vegetables

Toasted cheese panini
served with salad accompaniments

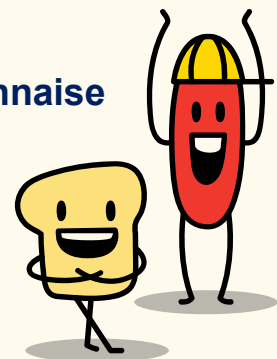
Chocolate brownie
served with ice cream

FISH
FRIDAY

Cod fish fingers
with chips and baked beans

Ham or egg mayonnaise sandwich
served with salad accompaniments

Citrus oat cookie



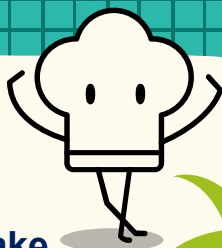

Sunderland
City Council

SCHOOL MENU

WEEK 3

Weeks commencing: 19th Sept 22, 17th Oct 22, 14th Nov 22, 12th Dec 22, 16th Jan 23, 13th Feb 23, 13th Mar 23, 1st May 23, 19th June 23, 17th July 23

MONDAY



Vegetable traybake

with crispy diced potatoes and vegetables or salad

Caroline's Vegetable pasta

(pupil competition winner's recipe) with crispy diced potatoes and vegetables or salad

Cheese or egg mayonnaise sandwich

with salad accompaniments

Ice cream roll

with peaches & strawberry sauce

MEAT
FREE
MONDAY

TUESDAY



Mexican beef OR Veggie chilli

served with sour cream, potato boat and vegetables

Ham or cheese panini

served with salad accompaniments

Strawberry & cream muffin

WEDNESDAY



Battered chicken burger

in a bread bun with seasoned potato wedges & baked beans

Vegan country bake

in a bread bun with seasoned potato wedges & baked beans

Jacket Potato

with cheese, baked beans or tuna mayo

Fruity Flapjack

with custard

THURSDAY



Roast gammon OR Quorn fillet

served with baby roast potatoes and vegetables

Ham or tuna mayonnaise sandwich

served with salad accompaniments

Orange and apricot slice

FISH
FRIDAY

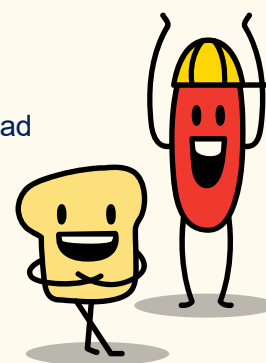
Seaside style salmon fillet

with chips and mushy peas

Jacket potato

with cheese or ham & salad

Jam sandwich shortcake



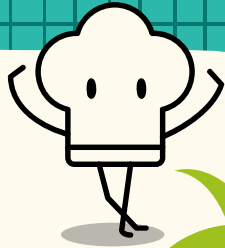

Sunderland
City Council

SCHOOL MENU

WEEK 4

Weeks commencing: 26th Sept 22, 21st Nov 22, 19th Dec 22, 23rd Jan 23, 20th Mar 23, 8th May 23, 26th June 23

MONDAY



Bonta Italia picante pasta

Mild spicy pasta with garlic bread, vegetables or salad

Carrot & sweet potato quesadilla

with spicy potatoes and vegetables

Cheese or egg sandwich

served with salad accompaniments

Frozen fruit yoghurt

served with fresh fruit segments

MEAT FREE MONDAY

TUESDAY



Bacon & egg muffin

with potato crisscuts and baked beans

Quorn pattie muffin

with potato crisscuts and baked beans

Jacket potato

with cheese, beans or tuna mayonnaise & salad

Lemon drizzle traybake

THURSDAY



Pork or quorn sausages

served with yorkshire pudding, creamed potatoes and vegetables

Jacket potato

with grated cheese or tuna mayonnaise served with salad

Fruit jelly / fruit mousse

served with cream

WEDNESDAY



Chicken curry

with rice / naan bread & vegetables

Sweet potato & vegetable curry

with rice / naan bread & vegetables

Meatball sub roll

served with salad accompaniments

Wellington fudge pudding

with mandarins & chocolate sauce

FISH FRIDAY

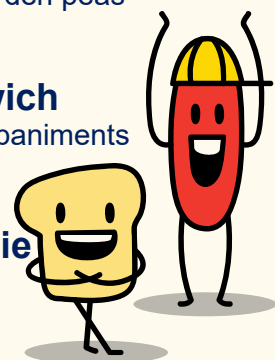
The Big fish cake

served with chips and garden peas

Ham or egg sandwich

served with salad accompaniments

Butterscotch cookie




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