



PRIMARY SCHOOL MENU

SEPTEMBER 2018 -
JULY 2019

WEEK 1 MENU

WEEK COMMENCING: 3 Sept 2018, 1 Oct 2018, 29 Oct 2018, 26 Nov 2018, 7 Jan 2019, 4 Feb 2019, 25 Feb 2019, 25 Mar 2019, 22 Apr 2019, 20 May 2019, 3 Jun 2019, 1 July 2019.

MONDAY

Empire hot dog in a bun served with seasoned twisters
Keema curry served with savoury rice
Ham salad sandwich with nachos
Fruit crumble and custard



TUESDAY

Savoury mince with a suet top or cheesy dumplings served with parsley potatoes
Homemade Vegetable and Lentil Soup served with stottie wedge
Tuna pasta with mixed salad
Pancake with sliced fruit and ice cream



WEDNESDAY

Chicken and vegetable pizza served with herby diced potatoes
Quorn fried rice served with spicy noodles
Pulled pork bap with diced potatoes
Peach fruit muffin



THURSDAY

Roast chicken or beef served with roast potatoes
Neopolitan tomato pasta served with garlic bread
Cheese jacket potato with mixed salad
Fresh fruit Thursday



FRIDAY

Jumbo fish finger served with chips
Vegetable enchiladas served with sunshine rice
Garlic chicken wrap with nachos
Oaty crunch biscuit



DRINKS

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

WEEK 2 MENU

WEEK COMMENCING: 10 Sept 2018, 8 Oct 2018, 5 Nov 2018, 3 Dec 2018, 14 Jan 2019, 11 Feb 2019, 4 Mar 2019, 1 Apr 2019, 29 Apr 2019, 10 Jun 2019, 8 July 2019.

MONDAY

Steak and vegetable pasty served with surf fries
Savoury Fajita served with garlic potatoes
Meatball sub roll with surf fries
Ice cream pot and a wafer



TUESDAY

Chicken curry served with patna rice
Vegetarian shepherds pie served with baby new potatoes
Toasted panini with nachos
Rice pudding with fruity flapjack finger



WEDNESDAY

Pork and leek pie served with parsley potatoes
Lentil vegetable curry served with naan bread
Tuna jacket potato with mixed salad
Strawberry muffin



THURSDAY

Savoury mince beef with yorkshire pudding and served with creamed potato
Sticky Quorn sausage served with vegetable noodles
Cheese salad bowl with stottie wedge
Fresh fruit Thursday



FRIDAY

Lemon Sole grill served with chips
Vegetarian Bolognese served with herby bread
Egg mayonnaise sandwich with nachos
Bakewell tart and custard



VEGETABLES

A selection of vegetables and salad bar available daily

WEEK 3 MENU

WEEK COMMENCING: 17 Sept 2018, 15 Oct 2018, 12 Nov 2018, 10 Dec 2018, 21 Jan 2019, 11 Mar 2019, 6 May 2019, 17 Jun 2019, 15 July 2019.

MONDAY

Battered chicken burger in a bun served with sweet potato fries
Vegetable chilli served in a potato boat with nachos
Cheese and bean jacket potato with mixed salad
Rice krispie cake



TUESDAY

Steak pie with a puff pastry top served with baby new potatoes
Quorn Jambalaya served with jacket wedges
Tuna wrap with nachos
Fruit jelly or fruit mousse served with cream



WEDNESDAY

As you like it' Pasta Point choose from a selection of pasta sauces (including vegetarian), various pasta shapes served with dough balls/herby bread
Toasted pizza finger with diced potatoes
Pear and cocoa sponge served with custard



THURSDAY

Roast pork or turkey and Yorkshire pudding served with creamed potatoes
Savoury cheese quiche served with roast potatoes
Cheese savoury sub roll with nachos
Fresh fruit Thursday



FRIDAY

Salmon fillet served with chips
Vegetable stir fry served with sweet chilli noodles
Ham pasta pot with mixed salad
Lemon topped crumble shortcake



BREAD

Freshly baked bread available each day

WEEK 4 MENU

WEEK COMMENCING: 24 Sept 2018, 19 Nov 2018, 17 Dec 2018, 28 Jan 2019, 18 Mar 2019, 13 May 2019, 24 June 2019.

MONDAY

MEAT FREE DAY

- Quorn Lasagne served with tomato bread
- Cheese and tomato swirls or vegetarian traybake served with pomme noisettes
- Tuna sandwich with nachos
- Fruity shortcake biscuit



TUESDAY

- Cottage pie served with baby new potatoes
- Spanish style Frittata served with spicy potatoes
- Chicken popper sub roll with spicy potatoes
- Raspberry mousse slice



WEDNESDAY

- Sweet chilli chicken served with vegetable noodles
- Tomato and basil pasta served with herby bread
- Turkey salad wrap with nachos
- Carrot and orange sponge served with custard



THURSDAY

- Sausage and Yorkshire pudding served with creamed potato
- Sweet potato and lentil soup served with cheesy bread fingers
- Cheese jacket potato with mixed salad
- Fresh fruit Thursday



FRIDAY

- Big fish cake served with chips
- Spicy Burritos served with savoury rice
- Ham salad bowl and stottie wedge
- Banana and chocolate muffin



DESSERTS

Fresh fruit, cheese and biscuits and yoghurt available daily



THE FOOD



As well as our menu meeting the national school food standards, it also meets the criteria for Food for Life, a national organisation that promotes a core ethos of healthy, tasty and sustainable food, meaning that you can be confident that:

- food does not contain any undesirable additives, trans fats or genetically modified ingredients
- the vast majority of dishes are cooked from scratch using unprocessed ingredients
- we only use free range eggs
- our meat is UK farm assured (Red Tractor) making it fully traceable and ensuring the highest standards of animal welfare
- our fish is MSC certified
- we use predominantly local suppliers

SPECIAL DIETS

If your child has a special dietary need related to a medical condition, allergy or intolerance and you wish them to have a school meal, please provide a written request to your school from a doctor or dietician.

FREE SCHOOL MEALS

If your child is in Reception, Years 1 or 2 then they are entitled to a free school meal saving approximately £380/child/family

SCHOOL MEAL PRICE FOR KEY STAGE 2

The price of a school meal for pupils in Years 3 – 6 will be £2.00

WANT TO JOIN OUR TEAM?

If you're interested in working for the school meals service please call 0191 561 4655.

CARE TO COMMENT?

We want to make the school meal experience an enjoyable one for all pupils.

If you have anything you want to discuss please contact Keith Miles (Catering Services Manager) on 0191 561 4655 or e-mail: keith.miles@sunderland.gov.uk





COOK AT HOME

KEEMA CURRY (MAKES 10)

Ingredients

Minced Beef 500gm, Diced Onion 150gm, Garlic Powder 2.5gm, Curry Powder 45gm, Chilli Powder 10gm, Vegetable Bouillon 2.5gm, Water 250ml, Chopped Tomatoes 1kg, Tomato Paste 200gm, Frozen Peas 200gm

Method

Brown the mince and diced onions. Add garlic, curry and chilli powder. Add stock followed by chopped tomatoes. Bring to the boil and simmer for 15/20 minutes. Add tomato paste and peas. Cook for a further 5/10 minutes. You can replace minced beef for quorn mince in this recipe

CRUMBLE TOPPED LEMON SHORTCAKE (SERVES 10)

Ingredients

Plain Flour 275gm, Cornflour 37.5gm, Margarine 225gm, Granulated Sugar 100gm, Lemon Curd 75gm

Method

Place the flour and cornflour into a mixing bowl. Add the sugar and margarine, Rub together. When it resembles a crumb mixture STOP MIXING. Take 2/3 of the mixture and press lightly in a flan tin. Prick with a fork and bake blind for 30 minutes. The mixture should look a pale straw colour and not brown. Take out of the oven and spread with lemon curd. Cover with the remaining crumble mixture and place back in the oven for 15 minutes. Leave to cool before cutting and removing from the tin



THEME DAYS

Look out for our fun themed promotional days. They add excitement and interest to school lunch times and are highly popular with children.





Meeting all your catering needs for meetings, events, functions and parties

Northern Taste has been developed to build upon the extensive (and often underrated!) skills of Sunderland's school cooks to deliver a catering service that meets all your catering needs.

Our aim is to provide you with high quality food that looks great and is also nutritious and delicious and we will do that at prices that are competitive.

We can cover all occasions, including:

- Work meetings and training events
- School events such as teacher training days, Christmas parties, proms, sports days and summer fayres
- Children's birthday parties
- Wedding receptions
- Christenings
- Retirements
- Funerals
- Outdoor based community events
- Festivals

GOOD
food for all
OCCASIONS

To see our menus please visit us on 

We are also happy to develop bespoke menus to meet your needs and budget.

If you would like to discuss any of your requirements then please contact Keith Miles, Catering Services Manager on 0191 561 4655

