

It's *a bit* tasty



New Penshaw Academy

Spring / Summer 2021 Menu

School Meals


Sunderland
City Council

Week 1

Week 1 - week commencing

22nd Feb
12th April
24th May
28th June

15th March
3rd May
7th June

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 herby diced potatoes

Vegetable keema curry with rice

Sandwich selection (cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Fruity flapjack served with custard

Fun Food Tuesday

Southern coated chicken served in a basket with seasoned potato wedges

Home made tomato soup served with a choice of cheese, tuna or egg mayonnaise sandwich

Jacket potato filled with a choice of baked beans cheese or tuna served with salad & coleslaw

Sticky toffee pudding with cream

Roast Dinner Wednesday

Steak casserole served in a giant Yorkshire pudding with sweet potato mash

Pasta bowl (tomato, tuna or macaroni cheese) accompanied by home made dough balls

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Fresh Fruit Wednesday (a special range of fresh fruit)

Best of British Thursday

Traditional corned beef pie served with steamed new potatoes

Hearty vegetable hot pot with home made stottie wedge

Jacket potato filled with a choice of baked beans cheese or tuna served with salad & coleslaw

Pineapple sponge served with custard

Fish Friday

Bubble crisp fish fillet served with chips

Vegetable chilli cheese filled burrito served with BBQ noodles

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Butterscotch biscuit served with milk

Week 2

Week 2 - week commencing

1st March

19th April

14th June

22nd March

10th May

5th July

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

Tomato and basil pasta served with herby garlic bread fingers

Vegetable stir fry with sweet chilli noodles

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Jam roly poly served with custard

Fun Food Tuesday

Cheeseburger in a bun served in a basket with curly fries

Quorn tex mex tacos with crispy tortilla chips

Jacket potato filled with a choice of baked beans cheese or tuna served with salad & coleslaw

Strawberry muffin delight

Roast Dinner Wednesday

Roast chicken or turkey served with gravy, yorkshire pudding and crispy roast potatoes

Sweet potato, lentil & chickpea curry served with rice and naan bread

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Fresh Fruit Wednesday (a special range of fresh fruit)

Best of British Thursday

Mince & dumplings served with creamed potatoes

Home made cheese quiche served with minted potatoes

Jacket potato filled with a choice of baked beans cheese or tuna served with salad & coleslaw

Chocolate surprise cake served with custard

Fish Friday

Fish bites served with chips

BBQ quorn fillet served with sunshine rice

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Banoffee biscuit served with milk

Week 3

Week 3 - week commencing

8th March

26th April

17th May

21st June

12th July

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

Vegetable bolognese served with herby bread

Cheese and red onion pizza swirls with spicy diced potatoes

Jacket potatoe filled with a choice of baked beans cheese or tuna served with salad & coleslaw

Fruity oat crumble with custard

Fun Food Tuesday

Sunderland super sub soft baguette with marinara meatballs served in a basket with potatoe noisettes

Cauliflower cheese nuggets served with tomato relish & mediterranean cous cous

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Chocolate orange cake with ice cream

Roast Dinner Wednesday

Roast beef or roast pork with gravy and crispy roast potatoes

Hearty vegetable soup served with a choice of cheese, tuna or egg mayonnaise sandwich

Jacket potato filled with a choice of baked beans cheese or tuna served with salad & coleslaw

Fresh Fruit Wednesday (a special range of fresh fruit)

Best of British Thursday

Pork sausages with rich onion gravy and creamed potatoes

Vegetable cottage pie and parsley new potatoes

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Rice pudding with rice krispie finger

Fish Friday

Salmon fillet with lemon wedge and chips

Quorn Spanish rice served with vegetable noodles

Jacket potato filled with a choice of baked beans cheese or tuna served with salad & coleslaw

Cherry bakewell biscuit served with milk