

It's *a bit* tasty



St John Boste Primary School

Autumn / Winter Menu

School Meals


Sunderland
City Council

Week 1

Week 1 - week commencing:

- 21st Sept 20 • 12th Oct 20
- 2nd Nov 20 • 23rd Nov 20
- 14th Dec 20 • 4th Jan 21
- 25th Jan 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 herby diced potatoes

Vegetable keema curry with rice

Sandwich selection (cheese or tuna) 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 cheese 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 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 tuna served with salad & coleslaw

Pineapple sponge served with custard

Fish Friday

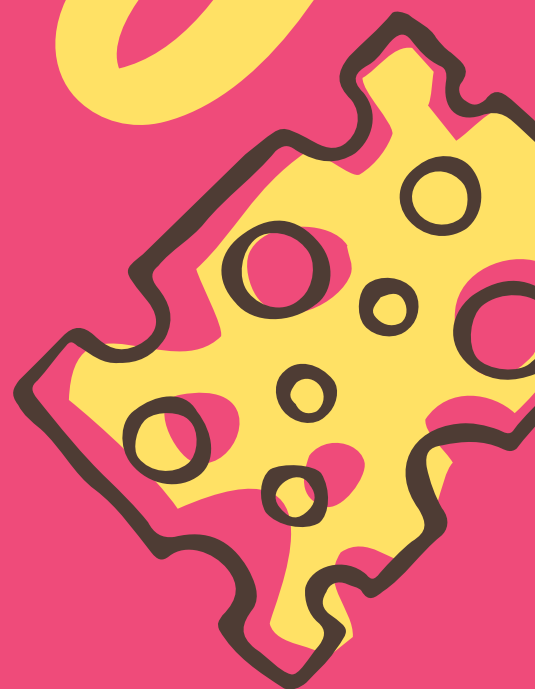
Bubble crisp fish fillet served with chips

Vegetable chilli cheese filled burrito served with BBQ noodles

Sandwich selection (ham or cheese) served in a basket with salad accompaniments

Butterscotch biscuit served with milk

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St John Boste Catholic Primary School

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Week 2

Week 2 - week commencing:

- 28th Sept 20 • 19th Oct 20
- 9th Nov 20 • 30th Nov 20
- 11th Jan 21 • 1st Feb 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

Tomato and basil pasta served with herby garlic bread fingers

Vegetable stir fry with sweet chilli noodles

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

Banoffee biscuit served with milk

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St John Boste Catholic Primary School

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Week 3

Week 3 - week commencing:

- 5th Oct 20 • 16th Nov 20
- 7th Dec 20 • 18th Jan 21
- 8th Feb 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

Vegetable bolognese served with herby bread

Cheese & red onion pizza swirls
with spicy diced potatoes

Jacket potato filled with baked beans served with
salad & coleslaw

Fruity oat crumble with custard

Fun Food Tuesday

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

Cauliflower cheese nuggets served with tomato relish
& mediterranean cous cous

Sandwich selection (ham 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 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 (cheese or tuna) 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 cheese served with salad & coleslaw

Cherry bakewell biscuit served with milk

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



Catering

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 £418/child/family.

Visit www.togetherforchildren.org.uk/families/free-school-meals to register for means tested free school meals. Call **0191 561 1417** for any queries relating to free school meals.

School Meal Price for Key Stage 2

The price of a school meal for pupils in Years 3 – 6 will be £2.20.

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



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