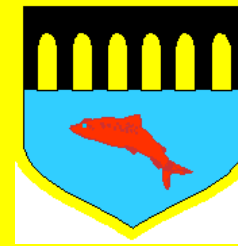
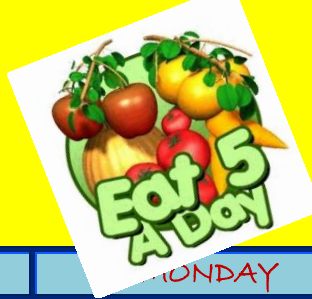




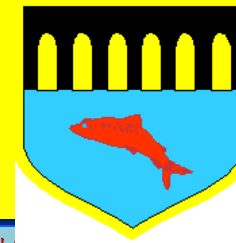
TRULY TASTY TWEEDMOUTH LUNCH MENU WEEK 1



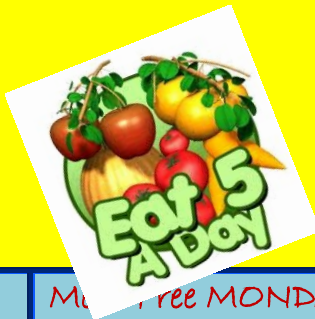
	Meat Free Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Free Monday Main Course	Potato and Chickpea Korma Curry Or Autumn Veg and Tomato Spaghetti with Parmesan Cheese	Roast loin of British Pork with Sage and Onion Stuffing and Apple Sauce Or Quorn Lattice Slice	Rich Organic Beef Lasagne or Roast Vegetable Omelette	Creamy British Chicken and Sweetcorn Hot Pot Or Golden Squash and veggie Sausage Risotto	Hand Made Smoked Haddock and Chive Fish Cake Or Cheesy Bean Burger served in a Wholemeal Bun
Served with	Organic Brown Rice Sweetcorn Broccoli Spears	Golden Roast Potatoes Cauliflower Sliced Carrots Gravy	Herby Organic Whole wheat Couscous Courgette and Roast Tomato	New Potatoes Green Beans Sliced Carrots	Hand Made Chipped Potatoes Seasonal Salad Bar Garden Peas
ALWAYS AVAILABLE	Jacket Potatoes with various fillings. A Seasonal Salad Bar. Selection of filled Rolls, Wraps and Sandwiches and a Mixed Bread Basket				
Dessert	Apple and Oat Crumble With Custard or Carrot and Orange cookie Fresh Fruit Salad Yoghurt	Poached Pears with Chocolate Sauce or Sunshine Bars and Organic milk Fresh Fruit Salad Yoghurt	Lemon Cheese Cake or Apple Scones and Butter Fresh Fruit Salad Yoghurt	Toffee fig Roll with Organic milk or Pineapple and Cherry Upside Down Cake with Custard Fresh Fruit Salad Yoghurt	Butterscotch Mousse Fresh Fruit Salad Yoghurt



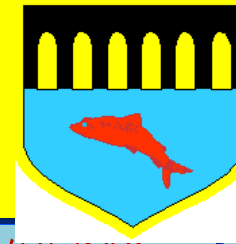
TRULY TASTY TWEEDMOUTH LUNCH MENU WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat free Monday Main Course	Quorn And Egg fried Rice with Sweet and Sour Sauce Or Bean Enchiladas with a Crispy Crumb Topping V	Roast Beef with Yorkshire Pudding and Gravy Or Quorn Shepherds Pie V	Creamy Chicken Fricassee Or Mozzarella and Tomato Pitta Pizzas V	Organic Mince Beef Puff pastry pie Or Macaroni Cheese V	Hand Breaded Pollock Fillet with Lime Mayo and Lemon Wedge Or Southern Fried Quorn Fillet V
Served with	Garlic Bread Stir Fry Vegetables	Golden Roast Potatoes Green Cabbage with Carrots Broccoli Florets	Baked Jacket Potato Half Seasonal Vegetable Medley	Parsley Potatoes Carrots Sweetcorn	Handmade Chipped Potatoes Baked Beans Garden Peas
Available Daily	Jacket Potatoes with various Fillings. A Fresh Seasonal Salad Bar. Selection of Filled Rolls , Wraps and Sandwiches and a Mixed Bread Basket				
Dessert	Jam Sponge with Custard or Oat and Sultana Cookie with Organic Milk Fresh Fruit Salad yoghurt	Iced Chocolate Tray Bake or Rhubarb and custard crunch Fresh Fruit Salad Yoghurt	Cherry Pie and cream or Frozen yoghurt Sundae Fresh Fruit Salad Yoghurt	Sticky Toffee Pudding with Custard or Fresh Seasonal Fruit Meringue Fresh Fruit Salad Yoghurt	Iced Donuts Fresh Fruit Salad Yoghurt



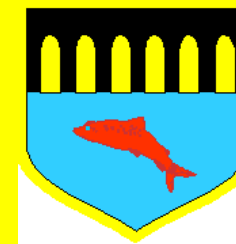
TRULY TASTY TWEEDMOUTH LUNCH MENU WEEK 3



	Meat Free MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Meat Free Monday</i></p> <p><i>Main Course</i></p>	<p>V Quorn Pasta Bolognaise</p> <p>Or</p> <p>Jacket potatoes with Homemade Baked Beans</p>	<p>Roast British Chicken Breast with Sage and Onion Stuffing</p> <p>Or</p> <p>V Veggie Sausage and Mash</p>	<p>Organic Lamb and Lentil Shepherd's pie</p> <p>Or</p> <p>V Potato and onion Bhaji Frittata</p>	<p>Homemade fish Finger sarnie with lemon Mayo</p> <p>Or</p> <p>V Cheese and Caramelized Onion Pasties</p>	<p>British Farm Pork sausages</p> <p>Or</p> <p>V Stuffed Garlic Portobello Mushrooms</p>
<p><i>Served with</i></p>	<p>Roast Medley of Autumn vegetables</p>	<p>Golden Roast Potatoes</p> <p>Broccoli Spears</p> <p>Garden Peas</p>	<p>New Potatoes</p> <p>Roast Butternut Squash</p>	<p>Savoury Brown Organic Rice with Peppers and Peas</p> <p>Sweetcorn</p>	<p>Handmade Chipped Potatoes</p> <p>Garden Peas</p> <p>Baked beans</p>
<p><i>Available Daily</i></p>	<p>Jacket Potatoes with various Fillings. A Fresh Seasonal Salad Bar.</p> <p>Selection of Filled Rolls, Wraps and Sandwiches. Mixed Bread Basket</p>				
<p><i>Dessert</i></p>	<p>Apple Cake and Custard</p> <p>Or</p> <p>Lemon Lush Mousse</p> <p>Fresh Fruit Salad</p> <p>Yoghurt</p>	<p>Chocolate Cookie with organic Milk</p> <p>or</p> <p>Fresh Fruit salad</p> <p>Yoghurt</p>	<p>Organic Rice Pudding with Fruit Sauce</p> <p>or</p> <p>Victoria sponge Cake</p> <p>Fresh Fruit Salad</p> <p>Yoghurt</p>	<p>Blackberry Muffins</p> <p>or</p> <p>Fresh Strawberry ice-cream Smoothie</p> <p>Fresh Fruit Salad</p> <p>Yoghurt</p>	<p>Chocolate Crunch Cake</p> <p>Fresh Fruit salad</p> <p>Yoghurt</p>



TRULY TASTY TWEEDMOUTH LUNCH MENU WEEK 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
<i>Meat free Monday Main course</i>	Quorn ,Pea and Potato Spiced Samosas with mango Chutney Or Potato and Broccoli Bake V	Chicken Schnitzel Or Mixed Bean Chilli With Rice V	Organic Pork Casserole Or Root Vegetable Casserole with Cheesy Dumplings V	Beef Meat Balls in a Tomato Sauce Or Vegetable and Quorn Stir Fry with Egg Noodles V	Tuna and Cheese Melts Or Warm Houmas and carrot Wraps
<i>Served with</i>	Medley of Mixed Potato Wedges Whole Green Beans	Golden Roast Potatoes Cauliflower cheese Garden Peas	New Potatoes Roast Mixed Peppers Sweetcorn	Buttered Pasta shapes Vegetable Medley	Handmade Chipped Potatoes Seasonal Salad Bar Garden peas
<i>Available Daily</i>	Jacket potatoes with various Fillings, Fresh seasonal salad Bar and a Selection of wraps ,Sandwiches and Organic Baguettes				
<i>Dessert</i>	Rhubarb Cobbler and Custard Or Key lime Mousse With Ginger Crumble Topping Fresh Fruit Salad Yoghurt	Honey and lemon polenta cake Or Coffee Oat Creams Fresh Fruit Salad Yoghurt	Bananas with Chocolate Custard Or Eves Pudding and Custard Fresh Fruit Salad Yoghurt	Sticky Fudge cake and Greek yoghurt Or Lemon and Orange Bread and Butter Pudding Fresh Fruit Salad Yoghurt	Coffee Tray Bake Fresh Fruit salad Yoghurt

- **Menus are nutritionally analysed to meet the government's nutritional standards & to provide healthy, balanced tasty meals**
- **Menus are regularly reviewed accordingly to student and parent feedback also in accordance with seasonal requirements**
- **If you wish to forward suggestions, comments or would like to discuss your child's diet further please do not hesitate to contact the school catering manager Julia Reed.**

Mrs Julia Reed
Tweedmouth Community Middle School
Billendean Terrace
Spittal
Berwick upon Tweed
Northumberland
TD15 2DJ
(01289) 307480
Julia.Reed@northumberland.gov.uk



KEEPING IT LOCAL
Chatton Farm Park free range eggs - Berwick upon Tweed

The 'Farm to freeze' logo depicts a rooster on the left and a person carrying a basket on the right, both within a stylized archway.

**B F Wholesale
Fruit & Vegetables**