

School lunch menu

Primary

February 2015 - July 2015

You can be sure that our meals are made from fresh food you can trust as ingredients we use are not only locally sourced, but are covered by food assurance schemes such as Red Tractor and certified sustainable seafood MSC (Marine Stewardship Council).

Our Food for Life Catering Mark Bronze Award has been renewed for a second year and following refurbishments to some of our kitchens, all of our primary schools are now eligible for the award.

Universal Infant Free School Meal Update

Since September 2014 and the introduction of Universal Infant Free School Meals, we are delighted that we are serving 90% of pupils entitled to the free meals. In addition there has also been an increase in the number of meals served to all other age groups.

We would love to hear your views and suggestions. If you would like to comment on the food that we serve in your child's school, please contact Christine Herriot by email christine.herriot@newcastle.gov.uk or by telephone 0191 278 7878 or visit the website on www.newcastle.gov.uk and search City Schools Catering.

What does the Food for Life Catering Mark mean to you?



Food Allergy Labelling

All of our catering staff have recently been trained in Food Allergy Awareness and will be able to let you know if any of our meals contain allergens.

The 14 major Allergens which can be identified in our recipes are listed below.



Celery



Cereals containing gluten



Crustaceans



Eggs



Fish



Lupin



Milk



Mollusc



Mustard



Nuts



Peanuts



Sesame seeds



Soya



Sulphur Dioxide

Free School Lunch – Go for it

If you are on Income Support or receive certain other benefits, your child is entitled to a free school lunch. It could be worth around £370 a year to you and your child. If you think that you may be entitled then we urge you to go for it. The approval of your free school meals application may mean you also get financial help with music tuition and with curriculum related residential trips or school visits.

You can get further information or advice by: phoning **0191 278 7878** and ask for “**free school meals**”, or email your query to admissions.information@newcastle.gov.uk or call into any Customer Service Centre and speak to a member of staff.

Week One

23 February 2015
16 March 2015
20 April 2015
11 May 2015
8 June 2015
29 June 2015

Week Three

9 March 2015
30 March 2015
4 May 2015
1 June 2015
22 June 2015
13 July 2015

Week Two

2 March 2015
23 March 2015
27 April 15
18 May 2015
15 June 2015
6 July 2015

Menu Week One

Monday

Choice One

Breaded Chicken Bites or Vegetable Nuggets with Ketchup

Choice Two

Spaghetti Napoli

Seasonal Vegetables

Sweetcorn, Green Beans

Accompaniments

Seasoned Wedges

Filled Jacket Potato

Cheese Savoury filled Jacket Potato

Dessert

Frozen Yoghurt with Choice of Drink

Tuesday

Choice One

Meatballs in Tomato and Herb Sauce

Choice Two

Hot Quorn or Chicken Fillet in Sesame Seed Bun

Seasonal Vegetables

Broccoli, Coleslaw

Accompaniments

Pasta, Potato Croquettes

Sandwiches

Tuna Mayo on Wholemeal Bread

Dessert

Flapjack with Custard or Drink

Wednesday

Choice One

Turkey Casserole with Cobbler

Choice Two

Cheese and Onion Pie

Seasonal Vegetables

Cauliflower, Baked Beans

Accompaniments

Country Diced Potatoes

Filled Jacket Potato

Baked Bean filled Jacket Potato

Dessert

Chocolate Krispy Tray Bake with Choice of Drink

Thursday

Choice One

Roast Beef and Yorkshire Pudding

Choice Two

Homemade Pizza Margarita

Seasonal Vegetables

Mixed Vegetables, Beetroot

Accompaniments

Baby Roast Potatoes

Sandwiches

Ham and Tomato in Crusty Baguette

Dessert

Sticky Orange Sponge with Custard or Drink

Friday

Choice One

Lamb or Vegetarian Jalfrezi

Choice Two

Fish Fingers

Seasonal Vegetables

Minted Apple and Cucumber Salad, Garden Peas

Accompaniments

Boiled Rice, Chips

Filled Jacket Potato

Chicken and Sweetcorn filled Jacket Potato

Dessert

Apricot Biscuit with Choice of Drink

Alternative Desserts: Fresh fruit, low fat yoghurt and cheese and biscuits.

Choice of Drinks: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water.

Vegetarian options available on request.

Menu Week Two

Monday

Choice One

Garlic Chicken or Garlic Quorn Fillet

Choice Two

Mediterranean Roasted Vegetable Flan

Seasonal Vegetables

Green Beans, Coleslaw

Accompaniments

New Potatoes, Savoury Vegetable Rice

Sandwiches

Tuna and Sweetcorn on Wholemeal Bread

Dessert

Arctic Roll with Choice of Drink

Tuesday

Choice One

Oven Baked Pork or Vegetarian Sausages

Choice Two

Cheese Pattie

Seasonal Vegetables

Mixed Vegetables, Baked Beans

Accompaniments

Creamed Potatoes, Seasoned Potato Wedges

Filled Jacket Potato

Baked Beans filled Jacket Potato

Dessert

Shortbread with Custard or Drink

Wednesday

Choice One

Savoury Minced Beef with Dumpling

Choice Two

Homemade Vegetable Pizza

Seasonal Vegetables

Spring Cabbage, Sweetcorn

Accompaniments

Baby Roast Potatoes

Sandwiches

Chicken Mayo in Crusty Baguette

Dessert

Strawberry Mousse with Choice of Drink

Thursday

Choice One

Pork Tenderloin or Quorn Fillet

Choice Two

Chinese Style Vegetarian Curry

Seasonal Vegetables

Broccoli, Roasted Vegetables

Accompaniments

Egg Noodles, Parsley Potatoes

Filled Jacket Potato

Cheese and Spring Onion filled Jacket Potato

Dessert

Pear and Chocolate Sponge with Custard or Drink

Friday

Choice One

Ham and Mushroom Pasta Bake

Choice Two

Vinegar Infused Fish Goujons

Seasonal Vegetables

Beetroot, Garden Peas

Accompaniments

Chips, Crusty Bread

Sandwiches

Ham and Tomato on Wholemeal Bread

Dessert

Jelly and Fruit Salad with Choice of Drink

Alternative Desserts: Fresh fruit, low fat yoghurt and cheese and biscuits.

Choice of Drinks: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water.

Vegetarian options available on request.

Menu Week Three

Monday

Choice One

Beef Burger or Quorn Burger in Bun

Choice Two

Vegetarian Korma

Seasonal Vegetables

Baked Beans, Green Beans

Accompaniments

Chips, Boiled Rice

Filled Jacket Potato

Baked Beans filled Jacket Potato

Dessert

Raspberry Ripple Mousse with Choice of Drink

Tuesday

Choice One

Homemade BBQ Chicken or Quorn Pizza

Choice Two

Salmon Goujons with Parsley Mayo

Seasonal Vegetables

Garden Peas, Coleslaw

Accompaniments

Country Diced Potatoes

Sandwiches

Cheese on Wholemeal Bread

Dessert

Chocolate Brownie with Chocolate Sauce or Choice of Drink

Wednesday

Choice One

Turkey Pie

Choice Two

Quorn Frankfurter in Finger Bun with Ketchup

Seasonal Vegetables

Carrots, Sweetcorn

Accompaniments

Champ Mash, Seasoned Wedges

Filled Jacket Potato

Tuna Crunch filled Jacket Potato

Dessert

Anzac Biscuit with Choice of Drink

Thursday

Choice One

Roast Gammon with Pineapple or Pease Pudding

Choice Two

Tuna or Cheese Tortilla Wedge

Seasonal Vegetables

Broccoli, Beetroot

Accompaniments

New Potatoes, Savoury Vegetable Rice

Sandwiches

Chicken Mayo on Wholemeal Bread

Dessert

Lemon Drizzle Cake with Custard or Choice of Drink

Friday

Choice One

Spaghetti Bolognese

Choice Two

Harry Ramsdens Battered Fish

Seasonal Vegetables

Sweetcorn, Mushy Peas

Accompaniments

Baby Roast Potatoes

Filled Jacket Potato

Cheese filled Jacket Potato

Dessert

Banana Muffin with Choice of Drink

Alternative Desserts: Fresh fruit, low fat yoghurt and cheese and biscuits.

Choice of Drinks: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water.

Vegetarian options available on request.