

NEW FOR  
2023/24

## Hello from SIPS Catering!

For anyone that doesn't know us, we're part of the SIPS Education family - a not-for-profit organisation based in West Bromwich. SIPS provides a range of services to schools, and we're proud to be the caterer of choice for your child's school. We're education catering specialists and work in partnership with lots of schools in the local area.



## Something For Everyone

Welcome to our new menu! We had some great feedback about our last one, so we've built the new menu to include some favourite dishes and have created plenty of exciting and innovative ones.

We're always thinking about the ingredients in our meals, and our recipes are designed to be inclusive and suitable for children with a range of tastes and requirements.

- 👍 Variety of Plant-based Foods
- 👍 More 'Free From' dishes, including our new No-Egg Cakes & Desserts
- 👍 Fewer Allergens to Increase Choice
- 👍 Supporting Faith & Lifestyle Diet Types
- 👍 Buying Sustainably & Reducing Waste

## There is such a thing as a FREE SCHOOL LUNCH

School meals for Reception, Years 1 & 2 are **FREE** regardless of circumstances.

They are worth over £450 per child, each year.\* Older children in Years 3 - 6 may still be entitled to free school meals.

### WHY NOT **APPLY** TO FIND OUT?

TO APPLY FOR FREE SCHOOL MEALS  
PLEASE VISIT:

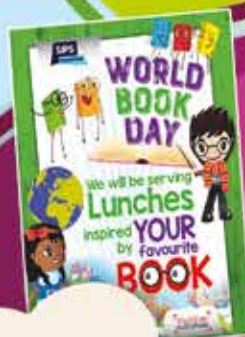
[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)



## Food **THEME** **DAYS** add fun and inspire children to try a school meal!

Check out our exciting theme days!

Here are some  
you can look  
forward to.





## Week 1

## Week 2

## Week 3

Monday

Cheesy Quesadilla **V B N**  
Sweetcorn, Green Beans or Assorted Salad

Fishless Fingers **VG** Diced Herby Potatoes  
Sweetcorn, Green Beans or Assorted Salad

Baked Apple Sponge **B N** & Custard

Müller Yoghurt

Quorn Southern Style Burger **V**  
Savoury Rice, Green Beans  
or Assorted Salad

Margherita Pizza Pasta Bake **V B N**  
Green Beans or Assorted Salad

Arctic Roll

Chocolate Mousse

Fish Fingers  
Mashed Potato, Peas, Carrots

Mac 'n' Cheese with Herby Bread **V N**  
Peas, Carrots or Assorted Salad

Chocolate & Cherry Muffin **N NE**

Muller Yogurt

Tuesday

Chicken Meatballs & Gravy  
Mashed Potato, Broccoli, Vegetable Medley

Vegan Meatballs **VG** & Gravy  
Mashed Potato, Broccoli, Vegetable medley

Brownie Bites &  
Mandarin Oranges **N VG NE**

Vanilla Ice Cream

Roast Chicken & Gravy  
Roast Potatoes, Broccoli, Carrots

Dhal **VG**

Bombay Potatoes & Naan Bread **N**  
or Assorted Salad

Oaty Apple Crumble & Custard **NE**

Frozen Strawberry Yoghurt

Chicken Curry  
Brown & White Rice & Naan Bread  
or Assorted Salad

Vegetable Curry  
Brown & White Rice & Naan Bread  
or Assorted Salad

Lemon Slice & Custard **N**

Fruit Jelly

Wednesday

Brunch Lunch  
(Pork sausage, hash brown,  
baked beans, omelette)

Vegetarian Brunch Lunch **V**  
(Vegetarian sausage, hash brown,  
baked beans, omelette)

Chocolate Crispies **N NE**

Fruit Jelly

Chilli & Cheese Loaded Wedges **N**  
Peas, Sweetcorn or Assorted Salad

Sticky Sausage Loaded Wedges **V N**  
Peas, Sweetcorn or Assorted Salad

Chocolate Cookie **N NE**

Muller Yoghurt

Pork Sausage, Jacket Wedges,  
Spaghetti Hoops or Sweetcorn

Vegetarian Sausage **VG**  
Jacket Wedges, Spaghetti Hoops  
or Sweetcorn

Apple Flapjack **B NE** & Custard

Vanilla Ice Cream Tub

Thursday

Cajun Chicken with Pineapple Salsa **N**  
Pasta, Sweetcorn or Assorted Salad

Margherita Pizza **V B**  
Pasta, Sweetcorn, Assorted Salad

Oat & Raisin Cookie

Muller Yoghurt

Pepperoni Pizza **B N**  
Sauté Potatoes, Assorted Salad

Jacket Potato with Tuna Mayo

Loaded Pizza **V B**  
Sauté Potatoes, Assorted Salad

Fruit Muffin **VG B N NE**

Fruit Jelly

Beef Bolognese with Pasta  
& Garlic Bread, Assorted Salad

Margherita Pizza **V B**

Pasta, Coleslaw, Assorted Salad

Sprinkle Tray Bake & Custard

Very Berry Mousse **N**

Friday

Fish Fingers  
Chips, Peas or Assorted Salad

Quorn Vegan Nuggets **VG**  
Chips, Peas or Assorted Salad

Cornflake Tart & Custard **NE**

Strawberry Mousse

Harry Ramsden's Battered Pollock  
Chips, Baked Beans

Country Bake **VG**  
Chips, Baked Beans

Iced Shortbread Biscuit **NE**

Muller Yoghurt

Harry Ramsden's Pollock  
Chips, Mushy Peas or Assorted Salad

Savoury Pastry Roll **VG**  
Chips, Mushy Peas or Assorted Salad

Melting Moment Biscuit **NE**

Muller Yoghurt

Dates:

2023: 05/06. 26/06. 17/07.  
04/09. 25/09. 16/10. 13/11. 04/12.  
2024: 08/01. 29/01. 26/02. 18/03.

2023: 12/06. 03/07. 24/07.  
11/09. 02/10. 23/10. 20/11. 11/12.  
2024: 15/01. 05/02. 04/03.

2023: 19/06. 10/07.  
18/09. 09/10. 06/11. 27/11. 18/12.  
2024: 22/01. 19/02. 11/03.

Dishes may change without prior notice. This is a generic menu and may differ to the menu bespoke to your school, check your school's website for full details.

**NE** No Eggs **N** New **V** Vegetarian **VG** Vegan **B** Boosted by hidden fruit and vegetables

Fruit and  
water  
served  
daily

