



PRIMARY SCHOOL MENU

SEPTEMBER 2019 -
JULY 2020

WEEK 1 MENU

WEEK COMMENCING: 2 Sept 2019, 23 Sept 2019, 14 Oct 2019, 4 Nov 2019, 25 Nov 2019, 16 Dec 2019, 6 Jan 2020, 27 Jan 2020, 24 Feb 2020, 16 Mar 2020, 20 Apr 2020, 11 May 2020, 1 June 2020, 22 June

MONDAY

Beef, Spinach and Broccoli Burger served in a bun with potato rosti
Quorn Fried Rice served with Vegetable Noodles
Ham Salad Sandwich with tortillas and side salad
Ice Cream Roll served with fruit



TUESDAY

Mac and Cheese Ragu served with Tomato Bread
Fish finger sandwich with new potatoes and side salad
Fish Finger Sandwich with tortillas and side salad
Rice Pudding served with Shortcake Finger



WEDNESDAY

Chicken Italiano in a Tomato Sauce served with Spaghetti
Vegetarian Slice served with Herby Diced Potatoes
Toasted Panini with herby diced potatoes and side salad
Toffee Apple Muffin



THURSDAY

Roast Beef Yorkie Wrap served with Roast Potatoes
Cheese and Rice Cake served with Homemade Jacket Wedges
Pulled Pork Bap with homemade jacket wedges and vegetables/salad
Fresh Fruit Thursday Fruit Yoghurt



FRIDAY

Seaside Fish Fillet served with Chips
Sticky Citrus Quorn served with Sunshine Rice
Cheese Savoury Sandwich with tortillas and side salad
Jam/Lemon Love Cake served with Custard



DRINKS

Milk, water and a selection of juice or milkshake available daily

WEEK 2 MENU

WEEK COMMENCING: 9 Sept 2019, 30 Sept 2019, 21 Oct 2019, 11 Nov 2019, 2 Dec 2019, 13 Jan 2020, 3 Feb 2020, 2 Mar 2020, 23 Mar 2020, 27 Apr 2020, 18 May 2020, 8 June 2020, 29 June 2020

MONDAY

Margarita Pizza
served with Seasoned Wedges
Vegetarian Bolognese
served with Herby Bread
Jacket Potato with Baked Beans & salad
Waffle served with Cherries and Ice Cream



TUESDAY

Steak Casserole served with
Herby Dumpling and Duchess Potatoes
Vegetable Fajita served with Spicy Rice
Jacket Potato with Cheese & salad
Steamed Fruit Sponge Pudding
served with Custard



WEDNESDAY

Chilli Con Carne in a Cone
served with Tortilla Chips
Cheese Pasty
served with Baby New Potatoes
Jacket Potato with Tuna & salad
Tangy Oat Crunch



THURSDAY

Roast of The Day (Chicken or Turkey)
with Yorkshire Pudding and Creamed Potato
Tomato Risotto
served with Homemade Jacket Wedges
Jacket Potato
with Ham and Coleslaw & Salad
Fresh Fruit Thursday Frozen Fruit Yoghurt



FRIDAY

Fish Fingers (Gluten free)
served with Chips
Vegetable Stir Fry
served with BBQ Noodles
Jacket Potato
with Chicken Mayo & salad
Carrot Cake Muffin



VEGETABLES

A selection of vegetables and salad bar available daily

WEEK 3 MENU

WEEK COMMENCING: 16 Sept 2019, 7 Oct 2019, 18 Nov 2019, 9 Dec 2019, 20 Jan 2020, 10 Feb 2020, 9 Mar 2020, 30 Mar 2020, 4 May 2020, 15 June 2020, 6 July 2020

MONDAY

Penne Pasta served in a Rich Tomato Sauce and Sauté Potatoes
Vegetable Chow Mein served with Savoury Rice
Tuna Wrap with tortillas and salad
Fruit Crunch served with Custard



TUESDAY

Savoury Mince Pie served with New Potatoes
Tomato and Basil Soup served with Homemade Stottie Wedge
Garlic or Sweet Chilli Chicken Wrap with salad
Fruit Jelly or Cheesecake served with Cream



WEDNESDAY

Chicken Curry served with Naan Bread/Rice
Spaghetti Provencal served with Rosemary Diced Potatoes
Bacon and Egg Wrap with diced potatoes and salad
Chocolate Orange Brownie served with Custard



THURSDAY

Pork Sausages, Yorkshire Pudding and Gravy served with Creamed Potatoes
Savoury Cheese Quiche served with Roast Potatoes
Roast Ham Wrap with tortillas and salad
Fresh Fruit Thursday Fruit Yoghurt



FRIDAY

Lemon Salmon Fillet served with Chips
Broccoli Pasta Bake served with Cheesy Bread
Cheese Savoury Wrap with tortillas and salad
Lemon and Courgette Muffin



BREAD

Freshly baked bread available each day





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

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

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





COOK AT HOME

TANGY OATY CRUNCH BISCUIT (MAKES 10 BISCUITS)

Ingredients

Plain Flour 100gm, Oats 100gm, Margarine 70gm, Granulated Sugar 70gm, Golden Syrup 70gm, Baking Powder 7.5gm, Lemons 1

Method

Cream the margarine and sugar together
Add the syrup and remaining dry ingredients including the zest of the lemon
Mix to a smooth dough
Divide the mixture into portions and roll into a ball
Flatten slightly with fingers
Bake in a moderate oven for 5 to 10 minutes
Orange zest can be used as an alternative

CHEESE AND RICE CROQUETTES (SERVES 10)

Ingredients

Cheddar Cheese 140gm, Pudding Rice 80gm, Semi Skimmed Milk 200ml, Eggs 1, Diced Onion 10gm, Breadcrumbs 50gm, Egg to Coat, Black Pepper

Method

Cook the pudding rice in milk until the liquid is completely absorbed.
Stir occasionally
When cooked add the grated cheese, beaten egg, diced onions and season with black pepper
Divide into portions
Roll and form into croquette shapes
Cover and chill prior to coating
Coat with eggs and breadcrumbs
Place on a baking sheet and bake in a moderate oven until golden brown



THEME DAYS

Look out for our fun themed promotional days. They add excitement and interest to school lunch times and are highly popular with children.





Meeting all your catering needs for meetings, events, functions and parties

Northern Taste has been developed to build upon the extensive (and often underrated!) skills of Sunderland's school cooks to deliver a catering service that meets all your catering needs.

Our aim is to provide you with high quality food that looks great and is also nutritious and delicious and we will do that at prices that are competitive.

We can cover all occasions, including:

- Work meetings and training events
- School events such as teacher training days, Christmas parties, proms, sports days and summer fayres
- Children's birthday parties
- Wedding receptions
- Christenings
- Retirements
- Funerals
- Outdoor based community events
- Festivals

GOOD
food for all
OCCASIONS

To see our menus please visit us on 

We are also happy to develop bespoke menus to meet your needs and budget.

If you would like to discuss any of your requirements then please contact Keith Miles, Catering Services Manager on 0191 561 4655

