

NEW MENU 2016

FRESH **food**
matters



About us ...

- Award winning food service provider
- Professional qualified team
- Comply to school food standards
- High quality, tasty and nutritious food
- Use fresh, sustainable and locally sourced ingredients when available and in season
- Focus on home cooking & baking



The Independent
SCHOOL FOOD PLAN

Free School Meals

Are you entitled?

Tel: (0191) 643 2288

Paying for school meals

Have you registered with Joinos, our on line payment & information service?

Email
catering.services@
northtyneside.gov.uk

Food Allergies

Do you need to discuss your child's medically prescribed diet?

Tel: (0191) 643 8355

For more information about school meals go to
www.northtyneside.gov.uk

**Week 1
w/c**

11th April
2nd May
23rd May
6th June
27th June
18th July

MONDAY

Pork meatballs in tomato sauce with pasta

Vegetable pasty

Jaffa drizzle cake with custard & mandarin oranges

TUESDAY

Roast chicken and Yorkshire pudding

Italian style bean bake

Fruit layered jelly with ice cream

WEDNESDAY

Chilli beef wrap

Pizza Margarita

Homemade rice pudding with sultanas

THURSDAY

Turkey & vegetable pie

Macaroni & broccoli cheese

Chocolate fudge brownie with custard

FRIDAY

Fish fingers

Sweet potato & cauliflower curry with rice

Homemade shortbread biscuit with milk

**Week 2
w/c**

18th April
9th May
13th June
4th July

Chicken curry with rice

Quorn mince shepherd's pie

Fruity flapjack with milk

Oven baked sausages

Penne pasta in tomato sauce

Mixed fruit berry Eton Mess

Chicken casserole with herby dumpling

Pizza Margarita

Marbled sponge with custard & peaches

Roast beef and Yorkshire pudding

Mediterranean vegetable wrap

Frozen yoghurt with shortbread biscuit

Crispy battered fish

Cheese & onion lattice

Chocolate melted pudding with pears

**Week 3
w/c**

25th April
16th May
20th June
11th July

Tandoori chicken bites

Tortellini in a tomato sauce

Raspberry muffin with apple juice

Minced beef and dumplings

Vegetable lasagne

Lemon cookie with milk

Moroccan style chicken

Quorn sausages

Caramel apple pudding with custard

Roast pork with Yorkshire pudding

Vegetable burritos

Ice cream sponge with mandarin oranges

Salmon fishcake

Pizza Margarita

Chocolate orange cake with chocolate sauce & pears

**AVAILABLE
DAILY**

(M)

Menu items subject to change and availability

Seasonal vegetables and a choice of potatoes
Selection of homemade salads from the salad bar
A selection of sandwiches and oven baked jacket potatoes with choice of fillings
Selection of fresh fruit salad and yoghurts



North Tyneside Council