

Quality food options every day

Full details of dishes are available, including nutritional & allergen information at: sips.co.uk/foodportal

Week 1

Week Commencing:
29/04/19
20/05/19
17/06/19
08/07/19
02/09/19
23/09/19
14/10/19

MONDAY
MEAT FREE MONDAY
Fish Fingers, Mash, Vegetable Medley
Quorn and Sweet Potato Curry (V), Brown & White Rice, Naan bread, Assorted Salad
Lemon Drizzle Cake & custard
Cheese & Biscuits with Apple
Fresh Fruit Platter

TUESDAY
BBQ Chicken, Jacket Wedges Sweetcorn
Cheese & Onion Lattice (V), sweetcorn & salad
Melting Moments & Glass of Milk
Fruit Jelly
Melon Slice
Yoghurt

WEDNESDAY
Pork Hot Dogs, Sauté Potatoes, Baked Beans
Vegetarian Hot Dog (V), Sauté Potatoes, Baked Beans
Chocolate Brownie & Custard
Vanilla Ice Cream Tub
Fresh Fruit Slices

THURSDAY
Beef Bolognese with Spaghetti, Garlic Bread, Assorted Salad
Loaded Pizza (V), Oven Baked Diced Potatoes, Coleslaw, Assorted salad
Oaty Apple Crumble & Custard
Strawberry Mousse
Fresh Fruit Salad or Yoghurt

FRIDAY
Fish & Chips, Peas & Assorted Salad
Cheese Flan (V), Chips, Peas, Assorted Salad
Fruit Flapjack & Custard
Muller Yoghurt
Fresh Fruit Platter

Week 2

Week Commencing:
06/05/19
03/06/19
24/06/19
15/07/19
09/09/19
03/09/19
21/10/19

MONDAY
MEAT FREE MONDAY
Cod & Salmon Fishcake, Oven Diced Potatoes, Peas, Carrots
Cheese & Tomato Pasta Bake (V)
Herby Bread, Peas, Carrots or Assorted Salad
Apple & Banana Cake & Custard
Butterscotch Mousse
Muller Yoghurt
Fresh Fruit Salad

TUESDAY
Pork & Carrot Meatballs, Pasta, Herby Bread, Green Beans or Assorted Salad
Cheese & Potato Pie(V), Green Beans or Assorted Salad
Cocoa Crunch Cookie & Glass of Milk
Arctic Roll
Fresh Fruit Platter

WEDNESDAY
Roast of the Day, Roast Potatoes, Parsley Potatoes, Veg Medley & Seasonal Cabbage
Vegetable Burger (V), Roast Potatoes
Parsley Potatoes, Veg Medley & Seasonal Cabbage
Carrot Cake & Custard
Fruit Jelly
Muller Yoghurt
Melon Slices

THURSDAY
Breaded Chicken Wrap, Jacket Wedges, Sweetcorn, Assorted Salad
Cheese & Tomato Pizza, Jacket Wedges, Sweetcorn, Assorted Salad
Reduced Sugar Belgian Waffle & Fresh Fruit
Frozen Toffee Yoghurt
Fresh Fruit Slices

FRIDAY
Fish Fingers, Chips, Baked Beans
Mac & Cheese (V), Assorted Salad
Cornflake Tart & Custard
Cheese
Fresh Fruit Salad

Week 3

Week Commencing:
13/05/19
10/06/19
01/07/19
22/07/19
16/09/19
07/10/19

MONDAY
MEAT FREE MONDAY
Jacket Potato with Tuna
Mayo or Cheese & Beans, Assorted Salad
Quorn Style Burger (V), Oven Baked Diced Potatoes, Baked Beans
Chocolate Crunch & Chocolate Sauce
Strawberry Mousse
Melon Slice or Muller Yoghurt

TUESDAY
Italian Chicken Breast in Tomato Sauce with Pasta, Veg Medley, Assorted Salad
Chilli Wedge Bake (V), Veg Medley, Assorted Salad
Sticky Orange Cake & Custard
Ice Cream Tub
Fresh Fruit Salad

WEDNESDAY
All Day Brunch
Sausage, Bacon, Baked Beans, Tomato, Hash Brown
All Day Vegetarian Brunch (V)
Sausage, Bacon, Baked Beans, Tomato, Hash Brown
Banana Muffin & Glass of Milk
Muller Yoghurt
Fresh Fruit Salad

THURSDAY
Chicken Masala, Rice & Naan Bread
Loaded Pizza (V), Jacket wedges
Sweetcorn
Oaty Peach Crumble & Custard
Fruit Jelly
Fresh Fruit Slices
Muller Yoghurt

FRIDAY
Chicken Poppers, Chips, Coleslaw, Assorted Salad
Quorn Nuggets, Chips, Coleslaw, Assorted Salad
or
Jacket Potato with Cheese & Beans
Shortbread Biscuit & Custard
Frozen Strawberry Yoghurt
Fresh Fruit Salad

Our food conforms to the School Food Standards

mission: nutrition

Served daily: Bread Basket, Fruity Water, Assorted Salad, Seasonal Vegetables. Some schools also provide a sandwich or jacket potato option, please ask at your school directly. Dishes may change without prior notice. © SIPS Education Limited March 2019