

Week  
Commencing:29/04/19  
20/05/19  
17/06/19  
08/07/19  
02/09/19  
23/09/19  
14/10/19H  
Week 1

## MONDAY

Fish Fingers Wrap,  
Assorted SaladFilled Jacket Potato with  
Quorn Curry or Cheese (v)

Selection of sandwiches

Lemon Drizzle Cake & custard  
Cheese & Biscuits with Apple  
Fresh Fruit Platter

## TUESDAY

BBQ Chicken Wrap,  
Assorted SaladFilled Jacket Potato with  
Tuna or cheese (v)

Selection of sandwiches

Melting Moments & Glass of  
Milk  
Fruit Jelly Melon Slice or Yoghurt

## WEDNESDAY

Pork or Vegetarian Sausage  
Wrap, Assorted SaladFilled Jacket Potato with  
Beans or cheese (v)

Selection of sandwiches

Chocolate Brownie & Custard  
Vanilla Ice Cream Tub  
Fresh Fruit Slices

## THURSDAY

Fish Wrap &  
Assorted SaladFilled Jacket Potato with  
Coleslaw or cheese (v)

Selection of sandwiches

Fruit Flapjack & Custard  
Muller Yoghurt  
Fresh Fruit Platter

## FRIDAY

Beef Bolognese Wrap,  
Assorted SaladFilled Jacket Potato with  
Bolognese or cheese (v)Oaty Apple Crumble & Custard  
Strawberry Mousse  
Fresh Fruit Salad or YoghurtWeek  
Commencing:06/05/19  
03/06/19  
24/06/19  
15/07/19  
09/09/19  
03/09/19  
21/10/19

## Week 2

## MONDAY

Tuna Wrap, Assorted Salad

Filled Jacket Potato with  
Tuna or cheese

Selection of sandwiches

Apple & Banana Cake & Custard  
Butterscotch Mousse  
Muller Yoghurt  
Fresh Fruit Salad

## TUESDAY

Pork & Carrot Meatball or Quorn  
Meatballs, Wrap Assorted SaladFilled Jacket Potato with  
Coleslaw or cheese (v)

Selection of sandwiches

Cocoa Crunch Cookie & Glass of  
Milk  
Arctic Roll  
Fresh Fruit Platter

## WEDNESDAY

Roasted Chicken or  
Vegetable Burger Wrap,  
Assorted SaladFilled Jacket Potato with  
Coleslaw or cheese (v)

Selection of sandwiches

Carrot Cake & Custard  
Fruit Jelly  
Muller Yoghurt  
Melon Slices

## THURSDAY

Fish Finger Wrap, Assorted  
SaladFilled Jacket Potato with  
Beans or cheese (v)  
Assorted Salad

Selection of sandwiches

Cornflake Tart & Custard  
Cheese  
Fresh Fruit Salad

## FRIDAY

Chicken Wrap,  
Assorted SaladFilled Jacket Potato with  
Coleslaw or cheese (v)

Selection of sandwiches

Reduced Sugar Belgian Waffle &  
Fresh Fruit  
Frozen Toffee Yoghurt  
Fresh Fruit SlicesWeek  
Commencing:13/05/19  
10/06/19  
01/07/19  
22/07/19  
16/09/19  
07/10/19

## Week 3

## MONDAY

Quorn Southern Style  
Burger Wrap (v)  
Assorted SaladFilled Jacket Potato with  
Vegetable & Chickpea curry  
Or cheese

Selection of sandwiches

Chocolate Crunch & Chocolate  
Sauce  
Strawberry Mousse  
Melon Slice or Muller Yoghurt

## TUESDAY

Italian Chicken Wrap,  
Assorted SaladFilled Jacket Potato with  
Chilli or cheese

Selection of sandwiches

Sticky Orange Cake & Custard  
Ice Cream Tub  
Fresh Fruit Salad

## WEDNESDAY

Pork or Vegetarian Sausage  
Wrap, Assorted SaladFilled Jacket Potato with  
Beans or cheese (v)

Selection of sandwiches

Banana Muffin & Glass of  
Milk  
Muller Yoghurt  
Fresh Fruit Salad

## THURSDAY

Chicken Poppers or Quorn  
Nuggets Wrap, Assorted SaladFilled Jacket Potato with  
Coleslaw or cheese (v)

Selection of sandwiches

Shortbread Biscuit & Custard  
Frozen Strawberry Yoghurt  
Fresh Fruit Salad

## FRIDAY

Tuna Wrap, Assorted  
SaladFilled Jacket Potato with  
Chicken Masala, or cheese

Selection of sandwiches

Oaty Peach Crumble & Custard  
Fruit Jelly  
Fresh Fruit Slices  
Muller Yoghurt

# FUN FOOD ACTIVITIES WITH ELLA & MAX

Complete the activities and learn about eating well



## COLOUR IN

Can you make Max a healthy school meal and colour in the picture



How many fruit & vegetables can you find hidden around this page

Write your answer here

Can you help Ella find her way to her 5 a day?



## Food Theme Days

Check out our exciting theme days, here are some to look forward to.

Theme days add fun and inspire children to try a school meal.



HAVE FUN

## There is such a thing as a

FREE School Lunch

A freshly prepared meal offers young minds the chance to refuel for the afternoon's learning, gaining important nutrients, and the good news is it may not cost a penny!

APPLY Today

School meals for Reception, Years 1 & 2 are FREE regardless of circumstances. They are worth over £400 per child, each year.\*

Older children in Years 3 - 6 may still be entitled to free school meals. Why not apply to find out?

CHECK Today

To apply for FREE SCHOOL MEALS please visit: [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

0121 296 3000 [sips.co.uk](http://sips.co.uk)

@sips.co.uk

Where



is present a Halal option is Available

Food is our passion, Education catering is our specialism

SIPS EDUCATION

# School Meals Menu

2019 Summer into Autumn

