

Quality food options every day

Our food conforms to the School Food Standards

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

Week Commencing:

04/11/2019
25/11/2019
16/12/2019
20/01/2020
10/02/2020
09/03/2020
30/03/2020
04/05/2020.

Week 1

MONDAY

Lemon Sole Bites or Fish Fingers

Mashed Potato, Peas & Carrots

Veggie Mince Bolognese (V)(B) with Wholemeal Pasta and Garlic Bread

Assorted Salad

Chocolate Brownie (B) & Custard
Frozen Strawberry Yoghurt
Fresh Fruit Slices

MEAT FREE MONDAY

TUESDAY

Chicken Masala, Brown and White Rice and Naan Bread (H) **NEW**

or

Quorn Southern Style Burgers (v)

Herby Diced Potatoes
Green Beans

Iced Shortbread Biscuit
Vanilla Ice Cream Tub
Fresh Fruit Platter

WEDNESDAY

All Day Brunch

(pork sausage, bacon, baked beans, omelette hash brown)

All Day Vegetarian Brunch (v) (vegetarian sausage, omelette, baked beans, hash brown)

Cherry Muffin & Glass of Milk
Muller Yoghurt
Melon Slices

THURSDAY

Harry Ramsden's Junior Pollock & Tomato Ketchup
Chips & Peas
Assorted Salad

Cheese and Onion Lattice (v) & Tomato Ketchup
Chips Peas or Assorted Salad

Cocoa Crunch Cookie (b) & Custard
Fruit Jelly
Fresh Fruit Salad

FRIDAY

Beef Lasagne (B) with Garlic Bread(H) Assorted Salad

Margherita Pizza (v) (B)
Seasoned Wedges
Sweetcorn & Assorted Salad

Sponge (B) & Custard
Cheese and Biscuits with Apple Slices
Fresh Fruit Salad

Week Commencing:

11/11/2019
02/12/2019
06/01/2020
27/01/2020
24/02/2020
16/03/2020
20/04/2020
11/05/2020

Week 2

MONDAY

Fish fingers (v)

Green Beans & Herby Potatoes

Vegetarian Sausage (vegan) with Barbecue Sauce

Diced Herby Potatoes

Green Beans or Assorted Salad

Melting Moments & Glass of Milk
Cheese & Biscuits with Apple
Fresh Fruit Slices

MEAT FREE MONDAY

TUESDAY

Pork and Carrot Meatballs or Chicken Meatballs (New) in Tomato Sauce with Wholegrain Pasta
Roasted Mediterranean Veg

Pasta bake (v)
Assorted Salad

Oaty Apple and Crumble & Custard
Arctic Roll
Fresh Fruit Platter

WEDNESDAY

Chicken & Gravy (H)

Roast Potatoes

Boiled Potatoes Broccoli & Carrots

Vegetable Burger (vegan) & Gravy
Roast Potatoes Boiled Potatoes
Broccoli & Carrots

Hot Chocolate Fudge Cake & Chocolate Sauce
Muller Yoghurt
Melon Slices

THURSDAY

Popcorn Chicken
Chips & Baked Beans

Quorn Vegan Nuggets (vegan)
Chips & Baked Beans

Cherry Muffin and Custard
Fruit Jelly
Fresh Fruit Salad

FRIDAY

Chilli Con Carne with Rice or Beef Bolognese with Pasta and Herby Bread

Cheese and Tomato Pizza (v) (B)
Seasoned Wedges
Sweetcorn & Assorted Salad

Gingerbread (B) and Custard
Frozen Toffee Yoghurt
Fresh Fruit Slices

Week Commencing:

18/11/2019
09/12/2019
13/01/2020
03/02/2020
02/03/2020
23/03/2020
27/04/2020
18/05/2020

Week 3

MONDAY

Cod and Haddock Fish Stars
Sauté potatoes Peas

Quorn and Sweet Potato
Curry, Rice and Naan Bread

Toffee Cake (New)(B) and Vanilla Sauce
Muller Yoghurt
Fresh Fruit Salad

MEAT FREE MONDAY

TUESDAY

Pork Sausage with Yorkshire Pudding & Gravy Mashed Potato
Vegetable Medley

Vegetarian Sausage (vegan) with Yorkshire Pudding & Gravy Mashed Potato
Vegetable Medley

Warm Pancakes and Fruit
Cheese and Biscuits with Apple Slices
Peaches in Fruit Juice

WEDNESDAY

Buttermilk Chicken (New) or BBQ Chicken (H)
Savoury Rice Sweetcorn
Coleslaw

Cheese and Potato Pie (v)
Sweetcorn
Coleslaw

Apple Pie and Custard
Fruit Jelly
Melon Slices

THURSDAY

Fish Fingers & Tomato Ketchup
Chips & Peas

Tasty Bean Burger (New)(vegan)
Chips & Peas

Fruit Flapjack & Custard
Butterscotch Mousse
Fresh fruit Salad

FRIDAY

Quorn Curry with Rice & Naan Bread

Loaded Pizza (v) (B)
Potato Wedges & Baked Beans

Pineapple Upside Down Cake & Custard
Frozen Strawberry Yoghurt
Fresh Fruit Platter

N - New **V** - Vegetarian **VG** - Vegan
B - Boosted by hidden fruit and vegetables

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. * Either of these main courses will be served

Welcome to our New Menu!

Join us on our fantastic food journey through the cold winter into the warmer spring months.

We have been busy looking at food trends and talking to our customers about what they like to eat. All of this helps to build a menu that includes something for everyone. We hope that you'll be spoilt for choice! As ever, we've included firm favourites and also created new exciting dishes - this time there are more plant-based ones following the success of our Meat Free Mondays.

Many people are choosing to include less meat and fish in their diets, or none at all, and are exploring the benefits this brings to their own health and also the environment. We have found some creative ways to use plant-based food in our menu.

We recommend our **Vegetarian Cottage Pie** and **All Day Vegetarian Brunch**, which are hearty and filling to satisfy hungry appetites at lunchtime.

For those customers that enjoy meat or fish dishes too - we are big fans of the new **Buttermilk Chicken** and **Lemon Sole Bites**, both new on the menu.

Winner, winner, boosted dinner!

Not all meals need to have vegetables on the side. As part of our ongoing mission to ensure that the food we provide is packed full of healthy nutrition, we have some new recipes that contain cleverly hidden fruit and veg.

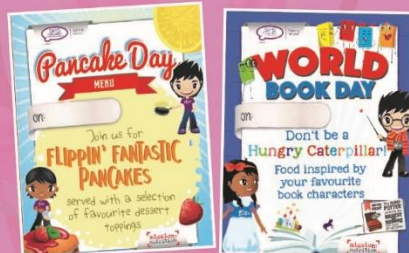
Look out for the Boosted symbol on our menus to see which dishes contain delicious extra nutritious ingredients!

We love the additions to our homemade desserts - the **Gingerbread** is just right with warming custard on a cold winter's day and you won't believe how much fruit is packed into our **Toffee Cake!**



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.



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 £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

0121 296 3000 | sips.co.uk | catering@sips.co.uk

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*£400 saving based upon a school meal taken 5 days per week, over a 38 week year

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School Meals

Autumn 2019
Spring 2020

Menu



Food is our passion,
Education catering is our specialism

SIPS
EDUCATION