

this week's menu



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Pork meatballs in a tomato & sweet pepper sauce served with penne pasta	Savoury minced beef & onion pie served with creamed potatoes	Sweet chilli chicken served in a wrap	Roast turkey and Yorkshire pudding served with roast potatoes	Oven baked fish fingers served with chipped potatoes
MEAT FREE CHOICE	Quorn sausages served with baby potatoes	Homemade macaroni cheese	Cheese and tomato pizza served with oven baked potato wedges	Vegetable Chow Mein	Lentil & sweet potato curry served with brown rice
All served with seasonal vegetables and a selection of homemade salads from the salad bar					
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings				
SWEET CHOICE	Raspberry muffin served with fruit juice	St Clements cake served with custard	Fruity crunch slice served with chilled milk	Fruit jelly served with peaches & vanilla ice cream	Melting chocolate & pear sponge served with custard
Fresh fruit salad and yoghurt is available daily					



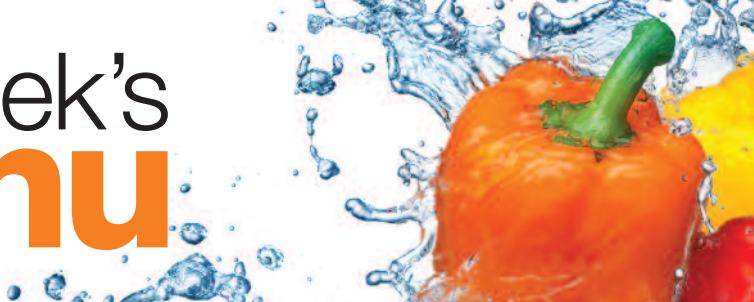
North Tyneside Council

FRESH food
matters

Menu items subject to change
Please note that we will always restart on Week 1 following a holiday
All items subject to availability

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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Oven baked pork sausages served with creamed potatoes	Salmon and broccoli pasta bake	Minced beef Bolognese pasta	Roast beef and Yorkshire pudding served with roast potatoes	Oven baked fish fingers served with chipped potatoes
MEAT FREE CHOICE	Mexican style bean wrap	Cheese and tomato pizza served with oven potato baked wedges	Vegetable burger in a bun served with oven baked potato wedges	Vegetable fingers served with roast potatoes	Quorn vegetable chilli served with brown rice
All served with seasonal vegetables and a selection of homemade salads from the salad bar					
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings				
SWEET CHOICE	Pineapple and coconut sponge served with custard	Homemade chocolate fudge brownie served with pears & custard	Dutch apple crumble served with vanilla ice cream	Creamy rice pudding served with mandarin oranges	Oaty crunch biscuit served with chilled milk
Fresh fruit salad and yoghurt is available daily					



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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Beef burger in a bun served with oven baked potato wedges	Homemade minced beef & herby dumpling served with creamed sweet potato	Homemade chicken curry served with brown rice	Roast pork loin and Yorkshire pudding served with baby new potatoes	Battered fish served with chipped potatoes
MEAT FREE CHOICE	Penne pasta served with homemade tomato sauce	Cheese and tomato pizza served with oven baked potato wedges	Quorn Shepherd's pie	Cheese & onion lattice served with oven baked potato wedges	Cauliflower falafel burger served with chipped potatoes
All served with seasonal vegetables and a selection of homemade salads from the salad bar					
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings				
SWEET CHOICE	Steamed peach & syrup sponge served with custard	Golden coconut cookie served with chilled milk	Very berry sponge served with custard	Frozen yoghurt dessert served with homemade shortbread biscuit	Chocolate & banana muffin served with fruit juice
Fresh fruit salad and yoghurt is available daily					



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