

05 food matters



North Tyneside Council

this week's menu



WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|--|
| CHEF'S CHOICE | Oven baked sausages served with creamed potatoes | Chicken fillet served with Yorkshire pudding and new potatoes | Salmon and broccoli pasta bake | Savoury mince and dumplings served with creamed potatoes | Battered fillet of fish served with chipped potatoes |
| MEAT FREE CHOICE | Mushroom tortellini in a homemade tomato sauce | Sweet and sour vegetables served with brown rice | Pizza Margherita served with oven baked potato wedges | Spanish style frittata served with oven roast potatoes | Quorn mince pie served with chipped potatoes |
| All served with seasonal vegetables and selection of salads from the salad bar | | | | | |
| DAILY | A selection of sandwiches and oven baked jacket potatoes with choice of fillings | | | | |
| SWEET CHOICE | Apple and red berry crumble served with custard | Ice cream sponge served with mandarin oranges | Jam roly poly served with custard | Lemon drizzle cake served with peach slices and custard | Mini pancake served with sliced bananas and toffee sauce |
| Fresh fruit salad and yoghurt is available daily | | | | | |



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

www.northtyneside.gov.uk

this week's menu::



WEEK 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|--|
| CHEF'S CHOICE | Chicken curry served with brown rice | Spaghetti bolognese served with homemade garlic bread | Beef and spinach pattie in a bread bun served with oven baked potato wedges | Roast pork loin served with Yorkshire pudding and roast potatoes | Crispy fish bites served with chipped potatoes |
| MEAT FREE CHOICE | Vegetable fingers served with oven baked potato wedges | Homemade pizza Margherita served with mixed salad | Chilli bean casserole served with oven baked potato wedges | Quorn and mushroom stroganoff served with brown rice | Cheesy pasta bake served with garlic slice |
| All served with seasonal vegetables and selection of salads from the salad bar | | | | | |
| A selection of sandwiches and oven baked jacket potatoes with choice of fillings | | | | | |
| SWEET CHOICE | Pineapple and coconut sponge served with custard | Vanilla ice cream served with peaches | Chocolate cake served with chocolate custard and mandarin oranges | Banoffee cheesecake | Cornflake cookie served with milk |
| Fresh fruit salad and yoghurt is available daily | | | | | |

this week's menu



WEEK 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|--|
| CHEF'S CHOICE | Pork meatballs in a homemade tomato sauce served with penne pasta | Chicken, leek and potato bake | Homemade minced beef pie served with creamed potatoes | Roast beef served with Yorkshire pudding and roast potatoes | Fish fingers served with chipped potatoes |
| MEAT FREE CHOICE | Quorn Shepherd's pie | Pizza Margherita served with oven baked potato wedges | Tomato and herb pasta bake with homemade garlic bread | Cheese lattice pasty served with roast potatoes | Quorn Karma served with brown rice |
| All served with seasonal vegetables and selection of salads from the salad bar | | | | | |
| A selection of sandwiches and oven baked jacket potatoes with choice of fillings | | | | | |
| SWEET CHOICE | Chocolate orange muffin served with milk | Apple sponge served with custard | Fruit jelly served with mandarin oranges and ice cream | Oaty fruit crunch biscuit served with milk | Chocolate and raspberry cake served with custard |
| Fresh fruit salad and yoghurt is available daily | | | | | |



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Your New School Meals

We are delighted that North Tyneside Council Catering Services has been awarded the contract to provide school meals in your school from September.

We have prepared this welcome pack for you with lots of useful information about our school meals service.

We specialise in freshly prepared school meals to ensure your child receives a highly nutritious meal everyday in order to encourage healthy eating habits from an early age.

Did you know - research shows a child's capacity to learn improves if they are properly nourished throughout the day.

Previous winners of the Educating Award for Local Authority caterer of the Year proves that your child is receiving school meals from the best local authority caterer in the country.

Great Value & Choice

Your child can enjoy a freshly cooked 2 course meal with a variety of choices accompanied by a selection of potatoes, seasonal vegetables and freshly prepared salads followed by a tasty dessert.

Best for Quality

Fresh food really does matter to us. Our school meals are designed to give your child exactly the right kind of foods to keep them going until tea-time with plenty of energy giving carbohydrates and at least two of their five a day.

Paying for School Meals

You should continue to pay for school meals through your school. Don't forget school meals for children in Reception, Year 1 and Year 2 are free. You should only pay for meals from Year 3.

Free school meals



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Your child may be entitled to free school meals.

For information on free school meals please contact your school.

Universal Infant Free School Meals

All children in Reception, Year 1 or Year 2 are eligible for Universal Infant Free School Meals.

You should apply for free school meals from Year 3.

Easy to apply

It only takes a few minutes to apply, you will need your N Number or your NASS reference to register.

Savings for your family

You could save a minimum of £380 per year for every child that qualifies for free school meals.

Your school benefits too

Your school receives additional funding for every child registered for free school meals. So the school and your children will be better resourced.

Food allergies



Food allergies and intolerances

North Tyneside Council recognises the importance of making school meals available for everyone and that includes children with food allergies and intolerances.

If your child requires a medically prescribed diet then it is important that you contact us so that we can make sure their school lunch is safe to eat.

Likes and dislikes

Our aim is to ensure that not only does your child receive a school meal that meets their medical requirements but that they also have a school lunch that they enjoy.

We currently offer a range of diets including :-

- Milk Free
- Egg Free
- Gluten Free
- Legume Free
- Nut Free

Peace of mind

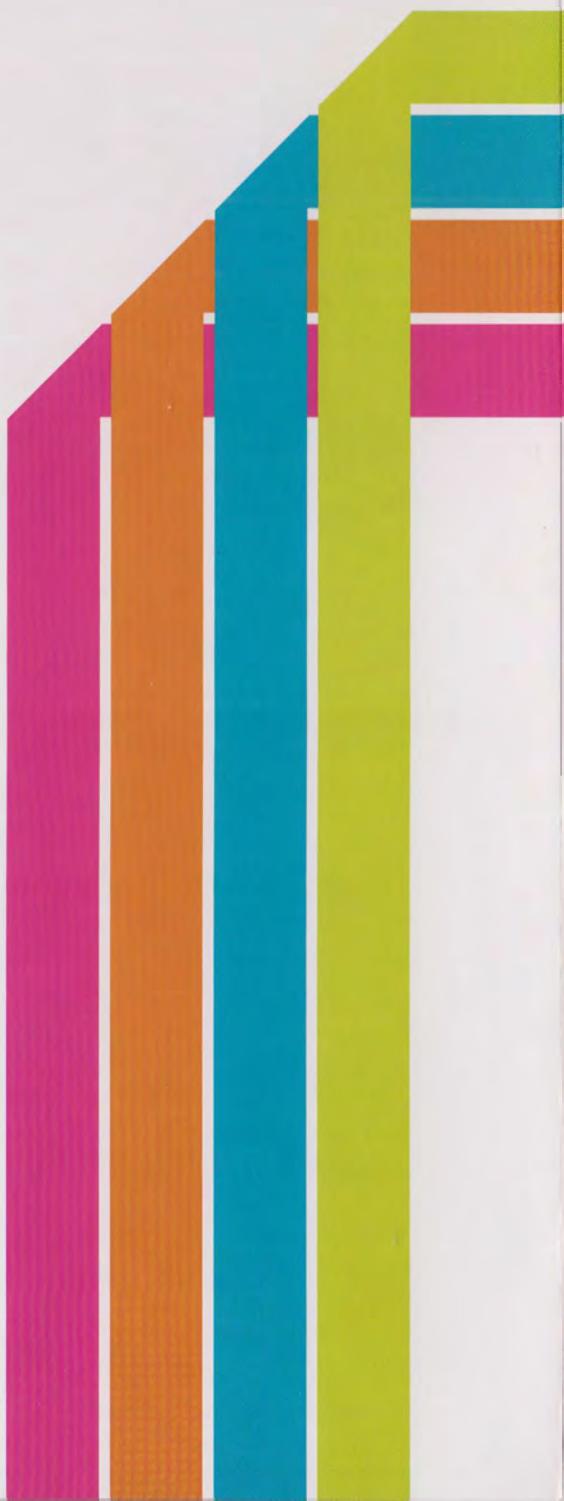
All our core menus are analysed by a qualified dietician as part of a partnership between North Tyneside Council and Northumbria Healthcare Foundation Trust, ensuring the menu we offer is suitable for your child's needs.

Contact us

In the interest of safety a meal cannot be provided for any child with a food allergy or intolerance until parents/carers have met with a Manager from North Tyneside Council Catering Services. A bespoke menu will be compiled for your child, taking into account their likes and dislikes wherever possible.

To arrange an appointment please call

(0191) 643 8355



Catering Services

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The Silverlink North
Cobalt Business Park
North Tyneside
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(0191) 643 8555

www.educationservices.org.uk