

# Week 1

## Week commencing:

- 02/01/17 • 23/01/17
- 13/02/17 • 13/03/17
- 03/04/17 • 08/05/17
- 05/06/17 • 26/06/17
- 17/07/17

## MONDAY

### MAINS

Fish Fingers, mashed potatoes & mixed vegetables

Dhal (v), Rice, Naan bread

### DESSERTS

Baked Apple Sponge & custard  
Cheese & Biscuits with grapes  
Fresh Fruit Platter

## TUESDAY

### MAINS

Pork Hot Dog or Veggie Hot Dogs, oven baked herby potatoes, sweetcorn & assorted salad

Whole Wheat Tomato Pasta Bake (v), sweetcorn & salad

### DESSERTS

Cherry Shortcake & custard  
Muller Yoghurt  
Melon Slice

## WEDNESDAY

### MAINS

Roast of the Day, parsley potatoes, broccoli & carrots

Cheese and Potato Pie (v), broccoli & carrots or assorted salad

### DESSERTS

Apple Flapjack & custard  
Chocolate Mousse  
Mandarin Oranges

## THURSDAY

### MAINS

Meatballs in Tomato Sauce with pasta with assorted salad

Loaded Pizza (v) baked jacket wedges, baked beans or assorted salad

### DESSERTS

Carrot Cake & custard  
Fruit Jelly  
Fresh Fruit Salad

## FRIDAY

### MAINS

Fish & Chips, peas & sweetcorn or assorted salad

Crunchy Topped Vegetarian Pie (v), peas & sweetcorn or assorted salad

### DESSERTS

Chocolate Crunch & vanilla sauce  
Ice Cream Tub  
Fresh Fruit Platter

# Week 2

## Week commencing:

- 09/01/17 • 30/01/17
- 27/02/17 • 20/03/17
- 24/04/17 • 15/05/17
- 12/06/17 • 03/07/17
- 24/07/17

## MONDAY

### MAINS

Pork Sausages or Vegetarian Sausages, gravy, mashed potatoes & mixed vegetables

Vegetable Lasagne (v), & mixed vegetables or assorted salad

### DESSERTS

Hot Chocolate Fudge Cake with chocolate sauce  
Muller Yoghurt  
Fresh Fruit Salad

## TUESDAY

### MAINS

Beef Bolognaise with spaghetti, garlic bread & assorted salad

Jacket Potato with five bean chilli (v) or cheese & beans with assorted salad

### DESSERTS

Oat & Raisin Cookie & custard  
Muller Yoghurt  
Fresh Fruit Platter

## WEDNESDAY

### MAINS

Vegeburger, gravy, roast carrots

Southern Style Quorn Burger (v), roast and boiled potatoes, cabbage & carrots

### DESSERTS

Fruit Crumble & custard  
Arctic Roll  
Pineapple in Juice

## THURSDAY

### MAINS

BBQ Chicken with Savoury Rice, Roasted Mediterranean Vegetables or Assorted Salad

Loaded Pizza (v) baked Cajun wedges, Roasted Mediterranean Vegetables or Assorted Salad

### DESSERTS

Rice Pudding with fruit  
Fruit jelly  
Melon Slices

## FRIDAY

### MAINS

Fish & Chips, garden peas or assorted salad

Italian Vegetable Bake (v), garden peas or assorted salad

### DESSERTS

Banana & Gingerbread Slice & custard  
Strawberry Mousse  
Fresh Fruit Salad

# Week 3

## Week commencing:

- 16/01/17 • 06/02/17
- 06/03/17 • 27/03/17
- 01/05/17 • 22/05/17
- 19/06/17 • 10/07/17

## MONDAY

### MAINS

Crunchy Topped Cowboy Pie & mixed vegetables

Vegetable Burger (v), oven baked diced potatoes, mixed vegetables or salad

### DESSERTS

Melting Moments and custard  
Strawberry Mousse  
Peaches in Juice

## TUESDAY

### MAINS

All Day Brunch (bacon, sausage, omelette, beans, hash brown)

Jacket Potato with cheese/ beans (v)

### DESSERTS

Oaty Fruit Crunch & custard  
Ice Cream Tub  
Fresh Fruit Salad

## WEDNESDAY

### MAINS

Roast Pork, stuffing & gravy, boiled potatoes, broccoli, carrots

Vegetarian Bolognaise (v), with spaghetti & garlic bread & assorted salad

### DESSERTS

Chocolate Mandarin Brownie & custard  
Muller Yoghurt  
Fresh Fruit Platter

## THURSDAY

### MAINS

Chicken Curry, rice & naan bread

Loaded Pizza (v), oven baked jacket wedges & assorted salad

### DESSERTS

Iced Lemon Sponge & custard  
Muller Yoghurt  
Melon Slice

## FRIDAY

### MAINS

Fish & Chips, chips, peas and sweetcorn

Vegetable Sausage Pasta (v), peas and sweetcorn

### DESSERTS

Cornflake Tart & custard  
Fruit jelly  
Fresh Fruit Salad

Served daily: bread basket and assorted salad to accompany meals. Drink choice of fruit juice, milk or water  
Some schools also provide a sandwich or jacket potato option, ask at your school



## Did you know?

School meals remain free for children in reception, years one and two regardless of circumstance. Your child will automatically receive this benefit.

School meals are better for you, saving on household budget and better for your child, as a healthy balanced meal will help with their attainment and achievement.

SIPS Education Catering Service is a team of professional caterers with over 30 years' experience. We're small enough that we know all our employees and clients, but large enough to offer competitive prices. Our Mission is to open children's eyes to the wonderful world of food and to encourage them to eat school meals as part of a healthy lifestyle.

Look out for mission nutrition themed lunches, rewards and competitions.



**School meals are still GREAT value for money!**

**Did you know that your older children could be entitled to free school meals too?**

### 1. Check to see if you qualify.

- Are you in receipt of one or more of the following?
  - Income support
  - Income-based Jobseeker's allowance
  - Income-related Employment and Support Allowance
  - Support under Part VI of the Immigration and Asylum Act 1999
  - Guaranteed element of Pension Credit
  - Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
  - Working Tax Credit run-on or Universal Credit

### 2. Start your application

It's easy to apply and your child will receive them discreetly at school.

- Apply online at [www.sandwell.gov.uk/freeschoolmeals](http://www.sandwell.gov.uk/freeschoolmeals)
- On-line application
- Speak to someone direct 0121 569 8186/9

Any enquiries contact us on [catering@sipseducation.co.uk](mailto:catering@sipseducation.co.uk)

SIPS Education  
Smaller Specialist Support

Catering Service

January 2017  
to July 2017

# School Meals Menu



change  
**4 life**  
Eat well Move more Live longer

mission:  
nutrition