



Meeting all your catering needs for meetings, events, functions and parties

Northern Taste has been developed to build upon the extensive (and often underrated!) skills of Sunderland's school cooks to deliver a catering service that meets all your catering needs.

Our aim is to provide you with high quality food that looks great and is also nutritious and delicious and we will do that at prices that are competitive.

We can cover all occasions, including:

- Work meetings and training events
- School events such as teacher training days, Xmas parties, proms, sports days and summer fayres
- Children's birthday parties
- Wedding receptions
- Christenings
- Retirements
- Funerals

If you would like to discuss any of your requirements then please contact Keith Miles, Catering Services Manager on 0191 561 4655

- Outdoor based community events
- Festivals

To see our menus please visit: www.sunderland.gov.uk/index.aspx?articleid=6155

We are also happy to develop bespoke menus to meet your needs and budget.



COOK AT HOME

CHILLI BOATS (SERVES 8)

Ingredients

Minced Beef 500gm, Diced Onion 125gm, Mushrooms 60gm, Red Kidney Beans 500gm, Tinned Tomatoes 900gm, Tomato Paste 100gm, Chilli Powder 10gm, Grated Cheese 50gm, Soft Tacos 8

Method

Dry fry minced beef and add onions.

Add mushrooms and continue to stir.

Add Chopped tomatoes, chilli powder and kidney beans.

Simmer for approximately 15 minutes and add tomato paste.

Warm soft tacos and fill with chilli. Sprinkle with grated Cheese

APPLE STRESEL CUPCAKES (MAKES 8)

Ingredients

Bi carbonate of Soda ¼ tsp, Pureed Apple 140gm, Margarine 2 tbspn, Brown Sugar 40gm, Egg 1, Self Raising Flour 85gm, Cinnamon ¼ tsp, Nutmeg ¼ tsp.

Topping

Plain Flour 25gm, Brown Sugar 25gm, Cinnamon ¼ tsp, Butter 15gm.

Method

To make the topping: Place the flour, sugar and cinnamon in a bowl. Rub in the butter until the mixture resembles fine breadcrumbs and set aside.

To make the cupcakes: Add the bicarbonate of soda to the apple puree and stir until dissolved. Beat together the margarine and sugar, gradually beat in the egg. Sift in the flour, cinnamon and nutmeg and fold into the mixture. Stir the apple sauce through the mixture. Spoon the mixture into the paper cases. Sprinkle a little topping on each cupcake covering the mixture and press down gently. Bake in a pre heated oven 180°C/350°F for 20 minutes or until well risen and golden brown. Leave the cakes for 2-3 minutes before serving warm or transfer to a wire rack to cool.



THEME DAYS

Look out for our fun themed promotional days. They add excitement and interest to school lunch times and are highly popular with children.



THE FOOD



As well as our menu meeting the national school food standards, it also meets the criteria for Food for Life, a national organisation that promotes a core ethos of healthy, tasty and sustainable food, meaning that you can be confident that:

- food does not contain any undesirable additives, trans fats or genetically modified ingredients
- the vast majority of dishes are cooked from scratch using unprocessed ingredients
- we only use free range eggs
- our meat is UK farm assured (Red Tractor) making it fully traceable and ensuring the highest standards of animal welfare
- our fish is MSC certified
- we use predominantly local suppliers

SPECIAL DIETS

If your child has a special dietary need related to a medical condition, allergy or intolerance and you wish them to have a school meal, please provide a written request to your school from a doctor or dietician.

FREE SCHOOL MEALS

If your child is in Reception, Years 1 or 2 then they are entitled to a free school meal saving approximately £380/child/family

SCHOOL MEAL PRICE FOR KEY STAGE 2

The price of a school meal for pupils in Years 3 – 6 will be £2.00

WANT TO JOIN OUR TEAM?

If you're interested in working for the school meals service please call 0191 561 4655.

CARE TO COMMENT?

We want to make the school meal experience an enjoyable one for all pupils.

If you have anything you want to discuss please contact Keith Miles (Catering Services Manager) on 0191 561 4655 or e-mail: keith.miles@sunderland.gov.uk



PRIMARY SCHOOL MENU

SEPTEMBER 2017 - JULY 2018

Sunderland City Council

WEEK 1 MENU

WEEK COMMENCING: 4 Sept 2017, 2 Oct 2017, 30 Oct 2017, 27 Nov 2017, 8 Jan 2018, 5 Feb 2018, 19 Feb 2018, 19 Mar 2018, 16 Apr 2018, 14 May 2018, 4 Jun 2018, 2 July 2018.

MONDAY	Low fat sausage roll with potato puffs Mac n'cheese bites with herby bread Deli Tray Choice - Chicken salad wrap, veggie sticks, fruit wedges/raisins, yoghurt and fruit juice Belgium waffle and ice cream		
TUESDAY	Savoury mince with yorkshire pudding and parsley potatoes Vegetable stir fry served with savoury rice Deli Tray Choice - Roast turkey sandwich, nachos, chocolate brownie, fruit wedges/raisins and fruit juice Chocolate orange puddle pudding		
WEDNESDAY	Chicken and tomato pasta with tomato bread Quorn Empanada with garlic potatoes Honey and Lemon muffin Deli Tray Choice - Toasted panini, veggie sticks, mousse pot, fruit wedges/raisins and milkshake		
THURSDAY	Roast pork dinner with creamed potato Cheesy Beans Jacket Potato with salad Deli Tray Choice - Tuna sandwich, nachos, flapjack finger, fruit wedges/raisins and fruit juice Fruity flapjack and custard		
FRIDAY	Jumbo cod fish finger with chips Quorn fried rice with spicy noodles Deli Tray Choice - Cheese baguette, veggie sticks, shortbread, fruit wedges/raisins and milkshake Iced shortbread biscuit		






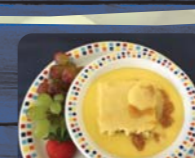

WEEK 2 MENU

WEEK COMMENCING: 11 Sept 2017, 9 Oct 2017, 6 Nov 2017, 4 Dec 2017, 15 Jan 2018, 26 Feb 2018, 26 Mar 2018, 23 Apr 2018, 21 May 2018, 11 Jun 2018, 9 July 2018.

MONDAY	Barbeque chicken burger in a bun with seasoned crisscuts Quorn paella with jacket wedges Deli Tray Choice - Ham sandwich, nachos, chocolate swirl, fruit wedges/raisins and fruit juice Toffee Sponge with toffee sauce and custard		
TUESDAY	Mini chilli boat with nachos Cheese and tomato traybake served with diced potatoes in white sauce Deli Tray Choice - Toasted panini, veggie sticks, yoghurt, fruit wedges/raisins and milkshake Fruit jelly and cream		
WEDNESDAY	Steak and vegetable casserole with herb dumpling and creamed potato Savoury cheese quiche with crispy diced potatoes Deli Tray Choice - Tuna wrap, nachos, iced sponge, fruit wedges/raisins and fruit juice Peachy muffin traybake and custard		
THURSDAY	Roast turkey dinner with new potatoes Vegetable tacos with noodles Deli Tray Choice - Cheese savoury sandwich, veggie sticks, jelly pot, fruit wedges/raisins and fruit juice Blackberry and apple flapjack crumble and custard		
FRIDAY	Battered cod fillet with tomato sauce and chips Cheese and tomato chimichanga with sunshine rice Deli Tray Choice - Garlic chicken baguette, nachos, fruit muffin, fruit wedges/raisins and milkshake Viennese swirls		

WEEK 3 MENU

WEEK COMMENCING: 18 Sept 2017, 16 Oct 2017, 13 Nov 2017, 11 Dec 2017, 22 Jan 2018, 5 Mar 2018, 30 Apr 2018, 18 Jun 2018, 16 July 2018.

MONDAY	Ham and cheese pizza with crispy potatoes Spicy burrito served with BBQ noodles Deli Tray Choice - Tuna baguette, nachos, chocolate shortcake, fruit wedges/raisins and fruit juice St Clement's sponge with custard		
TUESDAY	Hot beef bap with gravy and new potatoes Tomato and basil pasta served with herby bread Deli Tray Choice - Ham salad wrap, veggie sticks, fruit mousse pot, fruit wedges/raisins and fruit juice Apple and cinnamon muffin		
WEDNESDAY	Savoury mince pie with creamed potatoes Sweet potato and vegetable curry with naan bread Deli Tray Choice - BLT sandwich, veggie sticks, lemon swirl cake, fruit wedges/raisins and milkshake Oatflake shortcake		
THURSDAY	Roast chicken dinner with roast potatoes Home made vegetable puff pastry slice served with saute potatoes Deli Tray Choice - Toasted panini, nachos, yoghurt, fruit wedges/raisins and fruit juice Syrup sponge and custard		
FRIDAY	Salmon fish fingers with chips Vegetable bolognese with tomato bread Deli Tray choice - Egg sandwich, veggie sticks, ginger biscuit, fruit wedges/raisins and milkshake Marbled cookie		

WEEK 4 MENU

WEEK COMMENCING: 25 Sept 2017, 20 Nov 2017, 18 Dec 2017, 29 Jan 2018, 12 Mar 2018, 8 May 2018, 25 Jun 2018.

MONDAY	Big brunch muffin with mini potato waffles Vegetable chilli with savoury rice Deli Tray Choice - Tuna sandwich, nachos, chocolate sponge, fruit wedges/raisins and fruit juice Banana and chocolate sponge and custard		
TUESDAY	Chicken curry with rice/naan bread Jacket Potato filled with tuna and salad Deli Tray Choice - Cheese savoury baguette, veggie sticks, cookie, fruit wedges/raisins and fruit juice Butterscotch tart and cream		
WEDNESDAY	Spaghetti bolognese with tomato bread Cheese and onion croquettes with garlic and herb potatoes Deli Tray Choice - Chicken deli sub, nachos, jelly pot, fruit wedges/raisins and milkshake Rice pudding with mini cookie		
THURSDAY	Roast Gammon and Pineapple with new potatoes Vegetarian Shepherd's pie with parsley potatoes Deli Tray Choice - Toasted panini, veggie sticks, muffin, fruit wedges and juice Iced Fruit/yoghurt muffin		
FRIDAY	Battered fish goujons with chips Cheese Quesadilla with sweet chilli noodles Deli Tray choice - Chicken tikka wrap, nachos, yoghurt, fruit wedges/raisins and milkshake Gingernut biscuit		

DRINKS

Milk, water and a selection of juice or milkshake available daily

VEGETABLES

A selection of vegetables and salad bar available daily

BREAD

Freshly baked bread available each day

DESSERTS

Fresh fruit, cheese and biscuits and yoghurt available daily