



# COOK AT HOME

## QUORN TOSTADAS (4 PORTIONS)

### Ingredients

Quorn mince 250gm,  
Chilli powder ½ teaspoon,  
Coriander powder ½ teaspoon,  
Baked beans 150gm, Tortilla wraps 4,  
Iceberg lettuce 40gm, Tomatoes 1,  
Cheddar cheese 40gm.

### Method

1. Shallow fry mince until browned
2. Add spices and cook through
3. Add baked beans and heat
4. Lightly sprinkle water onto both sides of tortilla and oven bake for 2-3 minutes
5. Spread the filling on top of the tortilla and cook in a moderate oven for 10 minutes
6. Remove from oven and serve hot
7. Garnish with finely shredded lettuce, diced tomato and grated cheese in the centre of the tortilla.

You can also replace the quorn with either minced beef or minced pork.

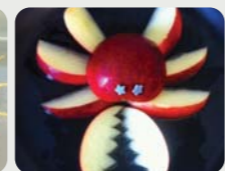
## LEMON MUFFIN (5 MUFFINS)

### Ingredients

Eggs 1, Caster sugar 42.5gm, Milk 120ml,  
Vegetable oil 50ml, Plain flour 150gm,  
Baking powder 1.5 teaspoons,  
Lemon zest from 2 lemons, Icing sugar 25gm,  
Juice from 1 Lemon.

### Method

1. Preheat oven to 200C/400F/Gas 6.
2. Line the muffin tin with paper cases
3. Mix the egg, sugar, milk and oil in a bowl. Sift in the flour, baking powder and then add the lemon. roughly mix.
4. Spoon the mixture into the cases.
5. Bake for 30-35 minutes until well risen and golden. cool on a wire rack
6. Make the lemon drizzle topping by mixing together the icing sugar and lemon juice.
7. Spoon the lemon drizzle over the cooled muffins



## FUNNY FRUITY FRIDAY

Keep a look out every Friday for our funny fruity characters such as Percy Pineapple, Heather Hedgehog and the Twice as Nice Strawberry Mice!

Especially created by our talented cooks to bring a sense of fun to the lunchtime experience and to encourage children to try new fruits

# 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 2016 - JULY 2017



# WEEK 1 MENU

**WEEK COMMENCING:** 5 Sept 2016, 3 Oct 2016, 31 Oct 2016, 28 Nov 2016, 2 Jan 2017, 30 Jan 2017, 27 Feb 2017, 27 March 2017, 24 April 2017, 22 May 2017, 5 June 2017, 3 July 2017.

**MONDAY**

Roast gammon and egg served with croquette potatoes  
Tomato pasta served with herby bread  
Fruit mousse with cream topping



**TUESDAY**

**AROUND THE WORLD TUESDAY**  
Mexican pulled pork burrito with potato wedges  
Italian cheese and tomato pizza with herby diced potato  
Toffee Muffin



**WEDNESDAY**

**ROAST DINNER WEDNESDAY**  
Roast chicken breast with gravy and new potatoes  
Sweet potato and vegetable curry with rice or naan bread  
Fruity flapjack with custard



**THURSDAY**

Minced beef pudding with suet pastry top served with creamed potato  
Savoury fajita served with sunshine rice  
Orange drizzle traybake



**FRIDAY**

**FISH SHOP FRIDAY**  
Salmon goujons served with chips  
Quorn fried rice with spicy noodles  
Chocolate crisp biscuit



## PICNIC BASKET OPTIONS

A daily selection of popular lighter bites will also be offered each day such as: Wraps, Panini/Deli sub sandwiches, Jacket potatoes and Salads

# WEEK 2 MENU

**WEEK COMMENCING:** 12 Sept 2016, 10 Oct 2016, 7 Nov 2016, 5 Dec 2016, 9 Jan 2017, 6 Feb 2017, 6 March 2017, 3 April 2017, 1 May 2017, 12 June 2017, 10 July 2017.

**MONDAY**

Posh dog served in a finger roll with french fries  
Savoury cheese quiche with spicy potatoes  
Chocolate krispie cake



**TUESDAY**

**AROUND THE WORLD TUESDAY**  
Italian spaghetti bolognese or beef lasagne served with tomato bread  
Chinese vegetable stir fry with savoury rice  
Lemon muffin



**WEDNESDAY**

**ROAST DINNER WEDNESDAY**  
Roast pork loin with gravy and parsley potatoes  
Pasta neapolitan served with dough balls  
Apple sponge and custard



**THURSDAY**

Hunter's chicken (breast of chicken wrapped in bacon and cooked in barbeque sauce) served with new potatoes  
Vegetable traybake with potato boat  
Fruit jelly and cream



**FRIDAY**

**FISH SHOP FRIDAY**  
Battered fish bites served with chips  
Vegetable enchilada with egg fried rice  
Cookie swirl biscuit



## VEGETABLES

A selection of vegetables and salad bar available daily

# WEEK 3 MENU

**WEEK COMMENCING:** 19 Sept 2016, 17 Oct 2016, 14 Nov 2016, 12 Dec 2016, 16 Jan 2017, 13 Feb 2017, 13 March 2017, 8 May 2017, 19 June 2017, 17 July 2017.

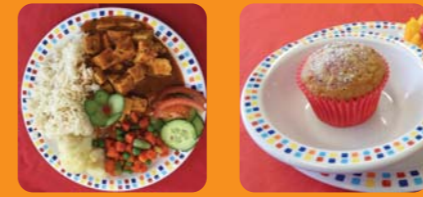
**MONDAY**

Traditional mince and dumplings with creamed potato  
Quorn jambalaya served with curried potatoes  
Pancakes with Ice Cream and Fruit Coulis



**TUESDAY**

**AROUND THE WORLD TUESDAY**  
Indian chicken korma or chicken tikka massala served with rice or tortilla wrap  
Mexican vegetable chilli accompanied by nachos  
Peach muffin



**WEDNESDAY**

**ROAST DINNER WEDNESDAY**  
Roast turkey breast served with a Yorkshire pudding and roast potatoes  
Leek and mushroom pasta bake with garlic bread  
Ginger sponge served with ice cream



**THURSDAY**

Steak pie with a pastry top served with boiled potatoes  
Cheese and tomato pinwheel with herby diced potatoes  
Rice pudding with a chocolate shortie



**FRIDAY**

**FISH SHOP FRIDAY**  
Fish fingers (gluten free) served with chips  
Quorn lasagne with tomato bread  
Iced sponge and custard



## BREAD

Freshly baked bread available each day

# WEEK 4 MENU

**WEEK COMMENCING:** 26 Sept 2016, 21 Nov 2016, 23 Jan 2017, 20 March 2017, 15 May 2017, 26 June 2017.

**MONDAY**

Beef burger in a bun served with potato wedges  
Tomato and cheese macaroni with tomato dough balls  
Chocolate surprise cake



**TUESDAY**

**BEST OF BRITISH TUESDAY**  
Sausages in onion gravy served with creamed potato  
Vegetarian shepherd's pie with parsley potatoes  
Jam roly poly or jam sponge served with custard



**WEDNESDAY**

Chicken curry served with rice  
Cheese and potato square with diced potatoes  
Marbled muffin



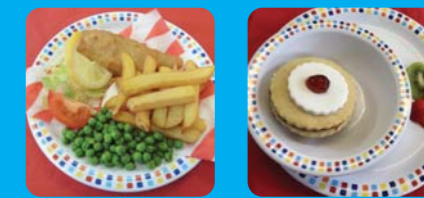
**THURSDAY**

**ROAST DINNER THURSDAY**  
Roast beef and Yorkshire pudding served with new potatoes  
Quorn tostadas served with spicy noodles  
Cornflake tart



**FRIDAY**

**FISH SHOP FRIDAY**  
Battered fish fillet (gluten free) served with chips  
Vegetable bolognese served with herby bread  
Empire biscuit



## DESSERTS

Fresh fruit, cheese & biscuits and yoghurt available daily