

Simonside Primary School Lunch Menu

5 September 2016
26 September 2016
17 October 2016
14 November 2016
5 December 2016
2 January 2017
23 January 2017
13 February 2017

week one

Monday

Homemade Pizza
Falafels with Garlic Dip
Sweetcorn • Baked Beans
Seasoned Potato Wedges
Savoury Vegetable Couscous
Egg and Tomato Sandwich
Raspberry Ripple Mousse

Tuesday

Roast Chicken with Gravy*
Tagliatelle Carbonara
Savoy Cabbage • Mixed Vegetables
Parsley Potatoes
Tuna Filled Jacket Potato
Rice Pudding with Jam Sauce

Wednesday

BBQ Meatball Sub*
Turkey Cobbler*
Coleslaw
Carrot Batons • Oven Roast Potatoes
Cheese Savoury Sandwich
Chocolate Shortbread
Custard

Thursday

Minced Beef Pie*
Tuna Tortilla Wedge*
Broccoli
Tomato Salsa • Creamed Potatoes
Sweet Pepper Rice
Baked Bean Filled Jacket Potato
Sticky Toffee Pudding • Custard

Friday

Fish Fingers **GF**
Lasagne*
Spaghetti Hoops in Tomato Sauce
Garden Peas • Chips
Ham Salad Sandwich
Spiced Apple Muffin

*Also available as meat or meat free option.

Sandwiches and Jacket Potatoes will be available on alternative days. Salad bar, selection of fresh bread and rolls available daily. Alternative Desserts: Fresh fruit, low fat yoghurt, and cheese and biscuits. Daily Choice of Drinks to include: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water. **GF** Gluten Free.

12 September 2016
3 October 2016
31 October 2016
21 November 2016
12 December 2016
9 January 2017
30 January 2017

week two

Monday

Chinese Style Vegetable Curry
Cheese Omelette
Baked Beans • Broccoli
Egg Noodles • Hash Browns
Baked Bean Filled Jacket Potato
Frozen Yoghurt

Tuesday

Chicken Bites with Garlic Mayo*
Penne Pasta Ragu
Beetroot • Sweetcorn
Country Diced Potatoes
Ham and Tomato Sandwich
Pear and Chocolate Sponge
Custard

Wednesday

Savoury Minced Beef with Dumpling*
Chicken Korma*
Carrot Batons • Green Beans
Baby Jacket Potatoes
Steamed Rice
Tuna Filled Jacket Potato
Strawberry Cupcake

Thursday

Beef Burger in Bun*
Pork Tenderloin* with Sage
and Onion Stuffing
Mixed Vegetables • Baked Beans
Oven Roast Potatoes
Egg and Cress Sandwich
Pineapple Upside Down Cake • Custard

Friday

Salmon Fish Fingers
with Tomato Relish
Homemade Hawaiian Pizza*
Minted Peas • Red Slaw
Chips
Chicken Mayo Filled Jacket Potato
Anzac Biscuit

*Also available as meat or meat free option.

Sandwiches and Jacket Potatoes will be available on alternative days. Salad bar, selection of fresh bread and rolls available daily. Alternative Desserts: Fresh fruit, low fat yoghurt, and cheese and biscuits. Daily Choice of Drinks to include: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water. **GF** Gluten Free.

19 September 2016
10 October 2016
7 November 2016
28 November 2016
19 December 2016
16 January 2017
6 February 2017

week three

Monday

Fish Goujons
Carrot and Leek Quiche
Garden Peas • Coleslaw
Country Diced Potatoes
Tuna Sandwich
Warm Apple Crumble
with Ice Cream

Tuesday

Spicy Chicken and Spinach Curry*
Baked Sausages*
Broccoli
Spaghetti Hoops in Tomato Sauce
Steamed Rice • Oven Roast Potatoes
Cheese Filled Jacket Potato
Ginger Snap Biscuit

Wednesday

Pasta Bolognese*
Southern Style Chicken Fillet
with Garlic Mayo*
Green Beans
Sweetcorn
Baby Jacket Potatoes
Ham Sandwich
Chocolate Brownie • Chocolate Sauce

Thursday

Roast Beef with Yorkshire Pudding*
Homemade Pizza Margherita
Carrot and Swede Medley
Beetroot
Mashed Potatoes
Seasoned Potato Wedges
Baked Bean Filled Jacket Potato
Lemon Drizzle Muffin

Friday

Battered Fish Portion **GF**
Lamb Kofta in Pitta* Bread
with Yoghurt and Mint Raita
Mushy Peas
Apple and Cucumber Salad
Chips • Couscous
Turkey Salad Sandwich
Fruity Flapjack • Custard

*Also available as meat or meat free option.

Sandwiches and Jacket Potatoes will be available on alternative days. Salad bar, selection of fresh bread and rolls available daily. Alternative Desserts: Fresh fruit, low fat yoghurt, and cheese and biscuits. Daily Choice of Drinks to include: Fruit juice drink, reduced fat milk, flavoured milk, chilled drinking water. **GF** Gluten Free.

September 2016 - February 2017



Red Tractor
Assurance

Newcastle
City Council