

Welcome to school meals



Freshly Prepared

We specialise in freshly prepared school meals to ensure your child receives a high quality 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.

Best for Quality

Fresh food really does matter to us. North Tyneside 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.

Great Value & Choice

Our 3 week menu has an emphasis on home cooking and baking and fully complies with school food legislation.

Your child can enjoy a 2 course meal and can choose from a four choice menu:

- Traditional chef's choice dish
- Meat free dish
- Jacket potato with filling
- Sandwich with selection of fillings
- Choice of dessert, yoghurt or fresh fruit

All dishes are accompanied by fresh seasonal vegetables and freshly prepared salads.

Do you know...

- We only use British meat which is Red Tractor Farm Assured, ensuring full traceability from farm to fork
- We only ever use free range eggs in our dishes
- Our fish is Marine Stewardship Council certified ensuring we help safeguard the oceans for the future

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.

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.

Types of Diets

We currently offer a range of diets including:-

- Milk free
- Egg free
- Gluten free
- Legume free
- Nut free

To arrange an appointment

If your child requires a medically prescribed diet you must contact Catering Services and not the school to make an appointment to discuss your child's dietary requirements.

Telephone **0191 643 8355**

Email

catering.services@northtyneside.gov.uk

In the interest of safety a meal cannot be provided for your child until you have met with a Manager from North Tyneside Council Catering Services.

A menu will be compiled for your child to suit the diet required and implemented with the Unit Supervisor in your child's school.

Free school meals



Your child may be entitled to 'benefit-based' free school meals.

To check eligibility for 'benefit-based' free school meals you must apply online at www.northtyneside.gov.uk and enter 'free school meals' in the search bar.

Universal Infant Free School Meals

Reception, Year 1 and Year 2 are eligible for Universal Infant Free School Meals, however you must still apply online at www.northtyneside.gov.uk and enter 'free school meals' in the search bar.

If you are entitled to free school meals, we will automatically credit your child's lunch account each day. If the allocation is not used it is removed daily.

If you don't have an e-mail address please call to register for free meals.

Easy to apply

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

Savings for your family

You could save over £400 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.

(0191) 643 2288

this week's menu



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Pork meatballs & spaghetti served with a tomato & sweet pepper sauce	Sweet chilli chicken wrap served with corn on the cob	Savoury minced beef & onion pie served with creamed potatoes	Roast turkey & Yorkshire pudding served with roast potatoes	Oven baked fish fingers served with chipped potatoes
MEAT FREE CHOICE	Homemade bean & vegetable bake served with oven baked potato wedges	Pizza margherita served with mixed salad	Macaroni cheese	Lentil & sweet potato curry served with brown rice	Pasta served in a homemade tomato sauce
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 All served with a selection of homemade salads from the salad bar				
SWEET CHOICE	Chocolate & beetroot cake served with chocolate sauce	St Clements cake served with custard	Fruit jelly & ice cream served with peaches	Pancakes served with toffee sauce & sliced banana	Homemade marbled sponge served with custard
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	Homemade chicken curry served with brown rice	Beef grill served with oven baked potato wedges	Pasta bolognese	Roast chicken & Yorkshire pudding served with creamed potatoes	Oven baked fish fingers served with chipped potatoes
MEAT FREE CHOICE	Vegetable fingers served with oven baked potato wedges	Homemade roasted vegetable quiche served with roast potatoes	Pizza margherita served with mixed salad	Chickpea & vegetable curry served with brown rice	Homemade lentil fritters 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 All served with a selection of homemade salads from the salad bar				
SWEET CHOICE	Lemon drizzle sponge served with custard	Homemade chocolate brownie served with chilled milk	Very berry sponge served with custard	Ice cream sponge served with raspberry sauce & peaches	Oaty crunch biscuit served with chilled milk
Fresh fruit salad and yoghurt is available daily					



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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Minced beef & dumplings served with creamed potatoes	Salmon pasta bake	Beef burger in a bun served with oven baked potato wedges	Roast pork & Yorkshire pudding served with roast potatoes	Oven baked battered fish served with chipped potatoes
MEAT FREE CHOICE	Spinach & ricotta tortellini in a homemade tomato sauce	Pizza margherita served with mixed salad	Homemade vegetable lasagne	Mixed bean chilli served with brown rice	Vegetable burger 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 All served with a selection of homemade salads from the salad bar				
SWEET CHOICE	Apple crumble served with vanilla ice cream	Chocolate orange muffin served with chilled milk	Jam & coconut sponge served with custard	Raspberry shortbread served with chilled milk	Homemade gingersnap biscuit served with chilled milk
Fresh fruit salad and yoghurt is available daily					



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