



Gateshead School Catering Service Menu 2017/2018



Week 1 :

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
1st Choice MAIN DISH	Cumberland sausages served with steamed new potatoes, seasonal vegetables & gravy	Turkey Lasagne with garlic dough balls, salad or steamed vegetables	Warm Beef & homemade Baps with potato wedges, baked beans & broccoli	Roasted chicken Breast with Yorkshire pudding, mixed vegetables, gravy & potatoes	Harry Ramsdens Crispy Salmon fillets with chips, peas & lemon
2nd Choice VEGETARIAN DISH	Beans & cheese Tortilla parcels (Quesadillas) with warm pasta salad	Free Range Egg & cheese omelettes with vegetables & new potatoes	Quorn Korma with steamed vegetables, curry potato wedges & mini naans	Cheese & broccoli pasta bake with garlic bread & seasonal vegetables	Warm Tomato, basil & mozzarella soft wraps with chips & salad
3rd Choice JACKET POTATO OR DELI OPTION	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	DELI CHOICE: selection of either bread or wraps with choice of fillings
Two of the following are available interchangeably for jackets : baked beans, cheese, tuna, ham Two of the following are available interchangeably for sandwiches & wraps : ham, cheese, egg mayo, tuna & sweetcorn, chicken mayo.					
Dessert	Pineapple, coconut & lime flapjacks	Carrot & mango muffins	Fruit Salad in Strawberry Jelly	Yoghurt & home-made granola pots	Toffee Cake served with custard
ADDITIONAL DESSERTS options available daily to choose from: raisins, fruit salads, fresh fruits, yoghurts, cheese & crackers					
SALAD BAR (Your child's 5 a day top up station) – Freshly prepared salad bar items such as cucumber sticks, mixed peppers sticks, tomatoes, sweetcorn, lettuce, beetroot, potato or pasta salads, hummus, cous cous, etc. (minimum 5 items available daily)					
Week Commencing ; 4/9/17, 25/9/17, 16/10/17, 13/11/17, 4/12/17, 8/1/18, 29/1/18, 26/2/18, 19/3/18, 23/4/18, 14/5/18, 11/6/18, 2/7/18					

Week 2:

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
1st Choice MAIN DISH	Tuna pasta bake with mixed vegetables & garlic bread	Roasted Pork with apple sauce, roasted potatoes, gravy, Yorkshire pudding & seasonal vegetables	Beef meatballs in tomato sauce with wholegrain penne pasta, sweet corn & green beans	Yoghurt marinated chicken breast pieces with mild curry sauce & vegetable rice	Battered Cod Fillets with chips & choice of peas or mushy peas & lemon wedge
2nd Choice VEGETARIAN DISH	Pizza slices with potato wedges, roasted carrots & sweetcorn	Vegetarian rice bake Jambalaya with Quorn chunks	Cheese, leek & potato pie with seasonal vegetables	Sweet Potato Vegetarian Sausage roll with steamed vegetables & new potatoes	Cheese & Broccoli Quiche with peas & chips
3rd Choice JACKET POTATO OR DELI OPTION	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	DELI CHOICE: selection of either bread or wraps with choice of fillings
Two of the following are available interchangeably for jackets : baked beans, cheese, tuna, ham Two of the following are available interchangeably for sandwiches & wraps : ham, cheese, egg mayo, tuna & sweetcorn, chicken mayo.					
Dessert	Lemon drizzle cake	Jammy biscuit with oats	Coco brownie	Ice cream & Fruit	Fruity Tray Bake with custard
ADDITIONAL DESSERTS options available daily to choose from: raisins, fruit salads, fresh fruits, yoghurts, cheese & crackers					
SALAD BAR (Your child's 5 a day top up station) – Freshly prepared salad bar items such as cucumber sticks, mixed peppers sticks, tomatoes, sweetcorn, lettuce, beetroot, potato or pasta salads, hummus, cous cous, etc. (minimum 5 items available daily)					
Week Commencing ; 11/9/17, 2/10/17, 30/10/17, 20/11/17, 11/12/17, 15/1/18, 5/2/18, 5/3/18, 26/3/18, 30/4/18, 21/5/18, 18/6/18, 9/7/18					

Week 3:

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
1st Choice MAIN DISH	Cheese & Ham Pizza with mixed vegetables and warm pasta salad	Chicken & sweetcorn pie with steamed new potatoes, cabbage & roasted carrots	Minced Beef Cobbler with cheddar & herb dumplings, mashed potatoes, crushed swede & carrots & steamed cauliflower	Sweet chilli chicken fillets with steamed rice, sweetcorn & tomato salsa with broccoli	Omega 3 Birds Eye Fish Fingers , chips, minted peas & lemon mayo
2nd Choice VEGETARIAN DISH	Vegetarian bolognese served pasta & with mixed vegetables	Spaghetti & vegetable ratatouille with dough balls	Cowboy Bean bake with seasonal vegetables, mash potatoes & vegetable medley	Vegetable fajitas with potato wedges & salsa	Vegetable Chow Mein with egg noodles
3rd Choice JACKET POTATO OR DELI OPTION	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	Freshly baked Golden JACKET POTATO with choice of fillings	DELI CHOICE: selection of either bread or wraps with choice of fillings
Two of the following are available interchangeably for jackets : baked beans, cheese, tuna, ham Two of the following are available interchangeably for sandwiches & wraps : ham, cheese, egg mayo, tuna & sweetcorn, chicken mayo.					
Dessert	Banana & date muffin	Coconut & lime rice pudding with peaches Or Angel Delight	Ice cream & Fruit	Apple & Pear crumble with custard	Peach & jam puff pastry swirl with fruit salad
ADDITIONAL DESSERTS options available daily to choose from: raisins, fruit salads, fresh fruits, yoghurts, cheese & crackers					
SALAD BAR (Your child's 5 a day top up station) – Freshly prepared salad bar items such as cucumber sticks, mixed peppers sticks, tomatoes, sweetcorn, lettuce, beetroot, potato or pasta salads, hummus, cous cous, etc. (minimum 5 items available daily)					
Week Commencing ; 18/9/17, 9/10/17, 6/11/17, 27/11/17, 18/12/17, 22/1/18, 19/2/18, 12/3/18, 16/4/18, 7/5/18, 4/6/18, 25/6/18, 16/7/18					