

this week's menu



WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Beef burger in a bun	Chicken and tomato pasta bake	Cheese and tomato pizza	Roast pork with Yorkshire pudding	Fish fingers
MEAT FREE CHOICE	Plant based burger in a bun	Cauliflower cheese served in a Yorkshire pudding	Meat free sausages	Vegetable curry with brown Rice	Quorn fishless fingers
ON THE SIDE	Oven baked potato wedges Garden peas Sweetcorn	New potatoes Green beans Salad	Potato croquettes Broccoli Carrots	Roast potatoes Crushed swede Green beans Gravy	Chips Mushy peas Baked beans
DAILY	A selection of sandwiches with choice of fillings Selection of homemade salads from the salad bar				
SWEET CHOICE	Lemon drizzle shortbread served with milk	Chocolate orange muffin	Fruit jelly served with ice cream	Pancakes served with toffee sauce and sliced banana	Marbled sponge served with custard
DAILY	Fresh fruit salad is available daily				



North
Tyneside
Council

FRESH food matters

Menu items subject to change. Please note that we will always restart on week one following a holiday.
All items subject to availability.

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WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Pork sausages	BBQ chicken sub	Pasta bolognese	Roast turkey with Yorkshire pudding	Fish fingers
MEATFREE CHOICE	Quorn sausages	BBQ meatless sub	Quorn bolognese	Cheese and tomato pizza	Vegetable fingers
ON THE SIDE	Creamed potato Carrots Garden Peas	Oven baked potato wedges Mixed salad Coleslaw	Wholewheat pasta Sweetcorn Broccoli	Roast potatoes Crushed swede Green beans Salad	Chips Mushy peas Baked beans
DAILY	A selection of sandwiches with choice of fillings Selection of homemade salads from the salad bar				
SWEET CHOICE	Frozen yoghurt	Fruity flapjack	Chocolate swirl cookie served with milk	Ice cream sponge served with raspberry sauce	Syrup sponge served with custard and peaches
DAILY	Fresh fruit salad is available daily				



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WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Sweet chilli chicken wrap	Beef burger in a bun	Chicken curry	Roast pork with Yorkshire pudding	Fish fingers or salmon fingers
MEAT FREE CHOICE	Wholewheat macaroni cheese	Plant based burger in a bun	Cheese and tomato pizza	Jacket potato served with cheese or baked beans	Quorn fishless fingers
ON THE SIDE	Potato croquettes Mixed salad Coleslaw	Oven baked potato wedges Garden peas Carrots	Brown rice Broccoli Sweetcorn	Roast potatoes Crushed swede Green beans	Chips Mushy peas Baked beans
DAILY	A selection of sandwiches with choice of fillings Selection of homemade salads from the salad bar				
SWEET CHOICE	Shortbread biscuit served with milk	Raspberry muffin	Ice cream served with peaches	Fruity flapjack	Orange sponge served with custard
DAILY	Fresh fruit salad is available daily				



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WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	BBQ chicken sub	Tex Mex enchilada	Pork sausages	Roast turkey with Yorkshire Pudding	Fish fingers
MEAT FREE CHOICE	Jacket potato with cheese or baked beans	Cheese and tomato pizza	Veggie sausages	Wholemeal pasta in a tomato sauce	Vegetable fingers
ON THE SIDE	Oven baked potato wedges Mixed salad Baked beans Coleslaw	Potato croquettes Sweetcorn Broccoli	Mashed potato Carrots Garden peas	Roast potatoes Crushed swede Green beans	Chips Mushy peas Baked beans
DAILY	A selection of sandwiches with choice of fillings Selection of homemade salads from the salad bar				
SWEET CHOICE	Oaty crunch biscuit served with milk	Ice cream served with peaches	Chocolate brownie	Ice cream sponge served with raspberry sauce	Lemon drizzle sponge served with custard and mandarin oranges
DAILY	Fresh fruit salad is available daily				

