



Catering Service



# School Meals Menu

## March 2016 to May 2016

Take a look at our new menu - packed full of the dishes our customers know and love and some new ones we hope you will enjoy

### Free School meals for infants

This is an exciting time for SIPS Catering as we're cooking more meals than ever now that all Reception, Year 1 and Year 2 pupils are entitled to free school meals. This is a potential saving of over £400 per year per child.

Our menus are just right for older children too - we hope that you'll consider school meals for your Junior aged kids if they haven't tried them before.

### Free School meals for Juniors

If you are in receipt of certain benefits your child could be entitled to Free School Meals. For further information and to see if you qualify please call Sandwell Council on: 0121 569 8186.

### Join the team!

We're often looking to recruit more kitchen staff so if you're interested in part-time work please contact us to see if we have any vacancies: 0121 296 3000 or email catering@sipseducation.co.uk



## Allergens

**There is now a legal requirement for us to tell customers if there are any allergens in your food and drinks**

14 Foods have been identified as causing allergens. We have all this information to hand in our School Kitchens and at Head Office so please contact us if you'd like to know more.



We cater for students with food allergies as much as we possibly can, and are working with Schools to ensure that we have all the information we need. If your child has a medical requirement regarding food then please be sure that you let the School know.

More details can be found by visiting: [www.food.gov.uk/allergy](http://www.food.gov.uk/allergy)

## Meal prices

Primary £2.00  
Secondary £2.05  
Free Adult £2.05  
Paid Adult £2.05 plus VAT

## Price increase 01/04/2016

£2.10  
£2.15  
£2.15  
£2.15 plus VAT



<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Week 1</b></p>	<p><b>Monday</b></p> <p><b>Week Commencing:</b></p> <ul style="list-style-type: none"> <li>• 22 Feb 16</li> <li>• 14 March 16</li> <li>• 11 April 16</li> <li>• 2 May 16</li> <li>• 23 May 16</li> </ul> <p>1. Roast Gammon &amp; Parsley Sauce or Fish Fingers</p> <p>2. Cheesy Tomato Pasta Bake (v) &amp; Garlic &amp; Spinach Bread</p> <p><b>Dessert:</b> Cornflake Tart &amp; Custard or Muller Yoghurt</p>	<p><b>Tuesday</b></p> <p>1. Pork Sausage &amp; Onion Gravy</p> <p>2. Vegetarian Sausage &amp; Onion Gravy (v) or Cheese &amp; Potato Pie</p> <p><b>Dessert:</b> Fruit Flapjack &amp; Custard or Fruit Jelly</p>	<p><b>Wednesday</b></p> <p>1. Cajun or Jerk Chicken</p> <p>2. Crunchy Vegetable Crumble (v) or Vegetable Burgers (v)</p> <p><b>Dessert:</b> Cherry Shortcake &amp; Vanilla Sauce or Strawberry Mousse</p>	<p><b>Thursday</b></p> <p>1. Spaghetti Bolognese (Beef) &amp; Garlic Bread</p> <p>2. Loaded Pizza (v)</p> <p><b>Dessert:</b> Rice Pudding with Fruit or Ice-cream, Strawberry Sauce &amp; Wafer</p>	<p><b>Friday</b></p> <p>1. Fish &amp; Chips</p> <p>2. Cheese and Red Pepper Flan (v)</p> <p><b>Dessert:</b> Iced Apple Sponge &amp; Custard Muller Yoghurt</p>	
	<p><b>Week 2</b></p>	<p><b>Monday</b></p> <p><b>Week Commencing:</b></p> <ul style="list-style-type: none"> <li>• 1 Feb 16</li> <li>• 29 Feb 16</li> <li>• 21 March 16</li> <li>• 18 April 16</li> <li>• 9 May 16</li> </ul> <p>1. Roast Turkey, Stuffing &amp; Gravy</p> <p>2. Macaroni Cheese (v) and Herby Bread</p> <p><b>Dessert:</b> Chelsea Bun &amp; Custard or Chocolate Mousse</p>	<p><b>Tuesday</b></p> <p>1. Chicken, Leek and Sweetcorn Pie or Fish Fingers</p> <p>2. Quorn Paella (v) &amp; Garlic Bread</p> <p><b>Dessert:</b> Chocolate Mandarin Brownie &amp; Custard or Muller Yoghurt</p>	<p><b>Wednesday</b></p> <p>1. Braised Beef &amp; Gravy</p> <p>2. Cheese and Onion Pasty (v)</p> <p><b>Dessert:</b> Iced Lemon Cake &amp; Custard or Arctic Roll</p>	<p><b>Thursday</b></p> <p>1. Chicken Curry, Rice and Naan Bread</p> <p>2. Loaded Pizza (v)</p> <p><b>Dessert:</b> Fruit Crumble &amp; Custard or Cheese and Biscuits with Grapes</p>	<p><b>Friday</b></p> <p>1. Fish &amp; Chips</p> <p>2. Vegetarian Shepherd's Pie (v)</p> <p><b>Dessert:</b> Toffee Apple Tart &amp; Vanilla Sauce or Fruit jelly</p>
	<p><b>Week 3</b></p>	<p><b>Monday</b></p> <p><b>Week Commencing:</b></p> <ul style="list-style-type: none"> <li>• 8 Feb 16</li> <li>• 7 March 16</li> <li>• 25 April 16</li> <li>• 16 May 16</li> </ul> <p>1. Roast Turkey, Stuffing and Gravy</p> <p>2. Quorn and Sweet Potato Curry with Rice and Naan Bread (v)</p> <p><b>Dessert:</b> Hot Chocolate Fudge Cake &amp; Custard or Muller Yoghurt</p>	<p><b>Tuesday</b></p> <p>1. Beef Burger in a Bun</p> <p>2. Quorn Southern Fried Burger/ Vegetable Burger in a Bun (v)</p> <p><b>Dessert:</b> Fruit Pie &amp; Custard or Strawberry Mousse</p>	<p><b>Wednesday</b></p> <p>1. Roast Pork, Apple Sauce and Gravy</p> <p>2. Vegetarian Lasagne (Linda McCartney) (v) &amp; Garlic Bread</p> <p><b>Dessert:</b> Fruit Muffins &amp; Custard or Ice Cream, Strawberry Sauce and Wafers</p>	<p><b>Thursday</b></p> <p>1. Sweet and Sour Chicken with Rice &amp; Herby Bread</p> <p>2. Loaded Pizza(v)</p> <p><b>Dessert:</b> Sticky Orange Sponge &amp; Chocolate Sauce or Fruit Jelly</p>	<p><b>Friday</b></p> <p>1. Fish &amp; Chips</p> <p>2. Jacket Potato with Five Bean Chilli or Cheese &amp; Coleslaw (v)</p> <p><b>Dessert:</b> Apple &amp; Banana Crisp &amp; Vanilla Sauce or Muller Yoghurt</p>