

## Welcome to our New Menu!

Join us on our fantastic Food Journey through the cold winter into the warmer spring months.

We have been busy looking at Food trends and talking to our customers about what they like to eat. All of this helps to build a menu that includes something for everyone. We hope that you'll be spoilt for choice! As ever, we've included firm favourites and also created new exciting dishes - this time there are more plant-based ones following the success of our Meat Free Mondays.

Many people are choosing to include less meat and fish in their diets, or none at all, and are exploring the benefits this brings to their own health and also the environment. We have found some creative ways to use plant-based food in our menu.

We recommend our **Vegetarian Cottage Pie** and **All Day Vegetarian Brunch**, which are hearty and filling to satisfy hungry appetites at lunchtime.

For those customers that enjoy meat or fish dishes too - we are big fans of the new **Buttermilk Chicken** and **Lemon Sole Bites**, both new on the menu.

## Winner, winner, boosted dinner!

Not all meals need to have vegetables on the side. As part of our ongoing mission to ensure that the food we provide is packed full of healthy nutrition, we have some new recipes that contain cleverly hidden fruit and veg.

Look out for the Boosted symbol on our menus to see which dishes contain delicious extra nutritious ingredients!

We love the additions to our homemade desserts - the **Gingerbread** is just right with warming custard on a cold winter's day and you won't believe how much Fruit is packed into our **Toffee Cake!**



## Food Theme Days

Check out our exciting theme days, here are some to look forward to. Theme days add fun and inspire children to try a school meal.



## There is such a thing as a

School meals for Reception, Years 1 & 2 are FREE regardless of circumstances. They are worth over £400 per child, each year.\* Older children in Years 3 - 6 may still be entitled to free school meals. Why not apply to find out?

**FREE School Lunch**

**CHECK Today**

To apply for **FREE SCHOOL MEALS** please visit: [www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

☎ 0121 296 3000 🌐 [sips.co.uk](http://sips.co.uk) @catering@sips.co.uk

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\*£400 saving based upon a school meal taken 5 days per week, over a 38 week year

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# School Meals Menu

Autumn 2019  
Spring 2020



**Food is our passion,**  
Education catering is our specialism

**SIPS**  
EDUCATION

**SIPS**  
EDUCATION

## Quality food options every day

Our food conforms to the School Food Standards

Full details of dishes & allergen information are available at: [sips.co.uk/foodportal](http://sips.co.uk/foodportal)

Week Commencing:  
04/11/2019  
25/11/2019  
16/12/2019  
20/01/2020  
10/02/2020  
09/03/2020  
30/03/2020  
04/05/2020

Week 1

### MONDAY

**MAINS**  
Lemon Sole Bites **(B)**  
Mashed Potato, Peas, Carrots

**VEG** **(V)** **(B)**  
Veggie Mince Bolognese with Wholemeal Pasta & Garlic Bread, Assorted Salad

**DESSERTS**  
Chocolate Brownie **(B)** & Custard  
Strawberry Mousse  
Fresh Fruit Slices

**MEAT FREE MONDAY**

### TUESDAY

**MAINS**  
Chicken Masala\*  
Brown & White Rice & Naan Bread or  
Chicken Pasta Bake\* & Garlic Bread

**VEG**  
Quorn Southern Style Burgers **(V)**  
Herby Diced Potatoes, Green Beans

**DESSERTS**  
Iced Shortbread Biscuit  
Vanilla Ice Cream Tub  
Fresh Fruit Platter

### WEDNESDAY

**MAINS**  
All Day Brunch  
(pork sausage, bacon, baked beans, omelette, hash brown)

**VEG**  
All Day Vegetarian Brunch **(V)**  
(vegetarian sausage, omelette, baked beans, hash brown)

**DESSERTS**  
Banana Muffin **(B)** & Glass of Milk  
Muller Yoghurt  
Melon Slices

### THURSDAY

**MAINS**  
Beef Lasagne **(B)**  
Garlic Bread, Assorted Salad

**VEG** **(V)** **(B)**  
Margherita Pizza **(V)** **(B)**  
Seasoned Wedges, Sweetcorn, Assorted Salad

**DESSERTS**  
Sticky Orange Sponge **(B)** & Custard  
Cheese & Biscuits with Apple Slices  
Fresh Fruit Salad

### FRIDAY

**MAINS**  
Harry Ramsden's Junior Pollock & Tomato Ketchup  
Chips, Peas, Assorted Salad

**VEG** **(V)**  
Cheese and Onion Lattice **(V)**  
& Tomato Ketchup  
Chips, Peas, Assorted Salad

**DESSERTS**  
Ooey Crunch Cookie **(B)** & Custard  
Fruit Jelly  
Fresh Fruit Salad

Week Commencing:  
11/11/2019  
02/12/2019  
06/01/2020  
27/01/2020  
24/02/2020  
16/03/2020  
20/04/2020  
11/05/2020

Week 2

### MONDAY

**MAINS**  
Linda McCartney Mince Cottage Pie **(V)** **(B)**  
Green Beans

**VEG** **(V)** **(B)**  
Vegetarian Sausage **(V)** with Barbecue Sauce  
Diced Herby Potatoes, Green Beans or Assorted Salad

**DESSERTS**  
Melting Moments & Glass of Milk  
Cheese & Biscuits with Apple  
Fresh Fruit Slices

**MEAT FREE MONDAY**

### TUESDAY

**MAINS**  
Pork and Carrot Meatballs\* **(B)**  
or  
Chicken Meatballs\*  
Wholegrain Pasta, Roasted Mediterranean Veg

**VEG**  
Jacket Potato with Tuna Mayonnaise **(V)**  
Cheese & Coleslaw  
Assorted Salad

**DESSERTS**  
Oaty Apple & Cinnamon  
Crumble & Custard  
Arctic Roll, Fresh Fruit Platter

### WEDNESDAY

**MAINS**  
Roast Gammon\*  
or  
Chicken & Gravy\*  
Roast Potatoes, Boiled Potatoes, Broccoli, Carrots

**VEG** **(V)** **(B)**  
Vegetable Burger **(V)** & Gravy  
Roast Potatoes, Boiled Potatoes, Broccoli, Carrots

**DESSERTS**  
Hot Chocolate Fudge Cake & Chocolate Sauce  
Muller Yoghurt  
Melon Slices

### THURSDAY

**MAINS**  
Chilli Con Carne with Rice\*  
or  
Beef Bolognese\* with Pasta & Herby Bread

**VEG** **(V)** **(B)**  
Cheese and Tomato Pizza **(V)** **(B)**  
Seasoned Wedges, Sweetcorn, Assorted Salad

**DESSERTS**  
Gingerbread **(B)** **(V)** & Custard  
Frozen Toffee Yoghurt  
Fresh Fruit Slices

### FRIDAY

**MAINS**  
Popcorn Chicken  
Chips  
Baked Beans

**VEG** **(V)**  
Quorn Vegan Nuggets **(V)**  
Chips  
Baked Beans

**DESSERTS**  
Comflake Tart & Custard  
Fruit Jelly  
Fresh Fruit Salad

Week Commencing:  
18/11/2019  
09/12/2019  
13/01/2020  
03/02/2020  
02/03/2020  
23/03/2020  
27/04/2020  
18/05/2020

Week 3

### MONDAY

**MAINS**  
Cod & Haddock Fish Stars  
Sauté potatoes  
Peas

**VEG** **(V)** **(B)**  
Quorn & Sweet Potato Curry  
Rice & Naan Bread

**DESSERTS**  
Toffee Cake **(B)** **(V)** & Vanilla Sauce  
Muller Yoghurt  
Fresh Fruit Salad

**MEAT FREE MONDAY**

### TUESDAY

**MAINS**  
Pork Sausage  
Yorkshire Pudding & Gravy,  
Mashed Potato, Vegetable Medley

**VEG** **(V)**  
Vegetarian Sausage **(V)**  
Yorkshire Pudding & Gravy,  
Mashed Potato, Vegetable Medley

**DESSERTS**  
Warm Pancakes & Fruit  
Cheese & Biscuits with Apple Slices  
Peaches in Fruit Juice

### WEDNESDAY

**MAINS**  
Buttermilk Chicken\* **(B)**

**VEG** **(V)** **(B)**  
BBQ Chicken\*  
Savoury Rice, Sweetcorn, Coleslaw

**VEG** **(V)** **(B)**  
Cheese & Potato Pie  
Sweetcorn, Coleslaw

**DESSERTS**  
Apple Pie & Custard  
Fruit Jelly  
Melon Slices

### THURSDAY

**MAINS**  
Keema Curry **(B)**  
Rice & Naan Bread

**VEG** **(V)** **(B)**  
Loaded Veggie Feast Pizza **(V)** **(B)**  
Potato Wedges  
Baked Beans

**DESSERTS**  
Pineapple Upside Down Cake & Custard  
Frozen Strawberry Yoghurt  
Fresh Fruit Platter

### FRIDAY

**MAINS**  
Fish Fingers & Tomato Ketchup  
Chips  
Peas

**VEG** **(V)** **(B)**  
Tasty Bean Burger **(V)** **(B)**  
Chips  
Peas

**DESSERTS**  
Fruit Flapjack & Custard  
Butterscotch Mousse  
Fresh Fruit Salad

**(N)** - New **(V)** - Vegetarian **(VC)** - Vegan  
**(B)** - Boosted by hidden fruit and vegetables

**mission:**  
**nutrition**

Served daily: Bread Basket, Fruity Water, Assorted Salad, Seasonal Vegetables.

Some schools also provide a sandwich or jacket potato option, please ask at your school directly. Dishes may change without prior notice. \* Either of these main courses will be served