

**NEW FOR
2022/23**

Hello from SIPS Catering!

For anyone that doesn't know us, we're part of the SIPS Education family - a not-for-profit organisation based in West Bromwich. SIPS provides a range of services to schools, and we're proud to be the caterer of choice for your child's school. We're education catering specialists and work in partnership with lots of schools in the local area.

When creating our menus we focus on three areas, The Food we serve, People who work for us and the Partnerships we have with our school communities.

Food - Healthy, School Food compliant, Appetising, Child Friendly, Home produced, sustainable products

People - Well supported and professionally trained to deliver an excellent school meals service

Partnership - Engagement with school communities, through Theme Days, Parent assemblies and reception intake days.

A Big Thank you

This last year has shown more than ever the importance of working together and supporting each other, and we would like to take this opportunity to THANK ALL OUR STAKEHOLDERS.

We are looking forward to saying hello in person sometime soon, as we love to attend events in school and chat with pupils and families.



There is such a thing as a FREE SCHOOL LUNCH

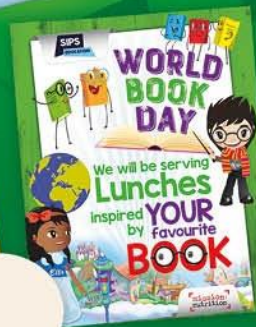
School meals for Reception, Years 1 & 2 are FREE regardless of circumstances.

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?

TO APPLY FOR FREE SCHOOL MEALS PLEASE VISIT:

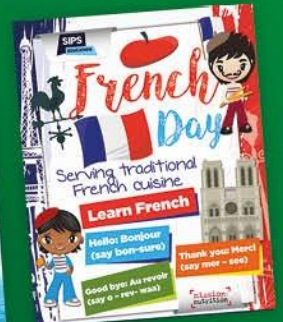
www.gov.uk/apply-free-school-meals



**Food THEME
DAYS** add fun
and **inspire**
children to try
a school meal!

Check out our exciting theme days!

Here are some you can look forward to.



FILLED JACKET POTATO AND SANDWICH MEAL OPTIONS AVAILABLE DAILY



Monday



Week 1

MEAT FREE MONDAY

Fish Fingers, Peas & Carrots
Vegetable Lasagne, Garlic Bread, Peas & Carrots or Assorted Salads
Strawberry Mousse
Fresh Fruit



Week 2

MEAT FREE MONDAY

Veggie Burger, Diced Herby Potatoes, Green Beans, Salad
Quorn & Sweet Potato Curry, Naan Bread, Rice, Salad
Cheese & Biscuits with Apple
Fresh Fruit



Week 3

MEAT FREE MONDAY

Baked Enchiladas, Salad
Quorn Southern Style Burger, Herby Potatoes, Peas & Sweetcorn, Salad
Muller Yoghurt
Fresh Fruit



Tuesday

BBQ Chicken Wrap, Sauté Potatoes, Peas & Carrots or Salads
Jacket Potato, Cheese & Beans, Assorted Salads
Fruit Jelly
Fresh Fruit

Beef Grill in a Bun, Cajun Wedges & Baked Beans, Salad
Veggie Sausage, Cajun Wedges & Baked Beans, Salad
Oat & Raisin Cookie
Fresh Fruit

Pork Sausage, Yorkshire Pud & Gravy, Mashed Potato Veg Medley & Cauliflower
Jacket Potato with Cheese & Beans
Melting Moments
Fresh Fruit



Wednesday

Brunch Lunch (Sausage, Bacon, Beans, Omelette, Hash Brown)
Veggie Brunch (Veggie Sausage, Beans, Omelette, Hash Brown)
Warm Pancakes & Strawberry Sauce
Fresh Fruit

Sweet Chilli Chicken Breast, Rice, Veg Medley & Coleslaw
Fishless Finger, Sauté Potatoes, Veg Medley & Coleslaw
Muller Yoghurt
Fresh Fruit

Roast Chicken & Gravy, Roast & Boiled Potatoes, Broccoli & Carrots
Vegan Meatballs, Gravy, Roast & Boiled Potatoes, Broccoli & Carrots
Fruit Jelly
Fresh Fruit



Thursday

Chicken Meatballs in Tomato Sauce, Pasta & Assorted Salad
Margarita Pizza, Seasoned Wedges, Sweetcorn & Salad
Sprinkle Tray Bake & Custard
Fresh Fruit

Beef Bolognese, Spaghetti & Garlic Bread
Loaded Pizza, Baked Wedges, Sweetcorn & Salad
Lemon Drizzle Cake
Fresh Fruit

Mexican Beef Chilli, Rice, Sweetcorn & Salad
Loaded Pizza, Sauté Potatoes, Baked Beans & Salad
Vanilla Ice Cream Tub
Fresh Fruit



Friday

Harry Ramsden's Junior Pollock, Chips, Peas, Assorted Salad
Quorn Nuggets, Chips, Peas, Assorted Salad
Iced Shortbread Biscuit
Fresh Fruit

Fish Fingers, Chips & Baked Beans
Cheese & Red Pepper Flan, Chips, Baked Beans, Salad
Frozen Toffee Yoghurt
Fresh Fruit

Harry Ramsden's Junior Pollock, Chips, Peas, Assorted Salad
Roasted Vegetable Bake, Crusty Bread, Assorted Salads
Chocolate Whip
Fresh Fruit



Dates:

06/06/22, 27/06/22, 18/07/22, 05/09/22, 26/09/22, 17/10/22, 14/11/22, 05/12/22, 09/01/23, 30/01/23, 27/02/23, 20/03/23

13/06/22, 04/07/22, 12/09/22, 03/10/22, 31/10/22, 21/11/22, 12/12/22, 16/01/23, 06/02/23, 06/03/23, 27/03/23

20/06/22, 11/07/22, 19/09/22, 10/10/22, 07/11/22, 28/11/22, 02/01/23, 23/01/23, 13/02/23, 13/03/23

SERVED DAILY: BREAD BASKET, FRUITY WATER, ASSORTED SALAD, SEASONAL VEGETABLES SERVED AT THE COUNTER.

Dishes may change without prior notice. This is a generic menu and may differ to the menu bespoke to your school, check your school's website for full details.

N New **V** Vegetarian **VG** Vegan **B** Boosted by hidden fruit and vegetables

We have more **FRESHLY COOKED FOOD** on our menu's than ever before!