

# Quality food options every day

Filled Jacket Potatoes and Sandwich meals are available in some schools, check your schools website for full details.

## Week Commencing:

30/08/21  
20/09/21  
11/10/21  
08/11/21  
29/11/21  
03/01/22  
24/01/22  
14/02/22  
14/03/22  
04/04/22

## Week 1

### MONDAY

Fishless Fingers & Mash, Carrots **MEAT PEAS & MONDAY**  
Quorn & Sweet Potato Curry (v) with Brown & White Rice & Naan Bread  
Assorted Salad  
Egg Mayo Sandwich  
Jacket Potato & Cheese (v)  
Melting Moments & a Glass of Milk  
Strawberry Mousse  
Fresh Fruit Slices

### TUESDAY

Chicken Curry with Brown & White Rice & Naan Bread or Chicken Pasta Bake & Vegetable Medley  
Ham Sandwich  
Vegetarian Sausage Roll (v)  
Sauté Potatoes, Veg Medley Assorted Salad  
Jacket Potato & Beans (v)  
Toffee Cake & Custard (b)  
Fruit Jelly  
Fresh Fruit Platter

### WEDNESDAY

Brunch Lunch (pork sausage, bacon, baked beans, omelette hash brown)  
Turkey Sandwich  
Vegetarian Brunch Lunch (v) (vegetarian sausage, omelette, baked beans, hash brown)  
Jacket Potato Cheese & Beans (v)  
Banana Muffin (b)  
Muller Yoghurt  
Melon Slices

### THURSDAY

Chicken Meatballs in Tomato Sauce, Pasta  
Jacket Potato with Cheese (v)  
Margherita Pizza (v), Seasoned Wedges, Sweetcorn  
Cheese Sandwich (v)  
Assorted Salad  
Pineapple Upside Down Cake (B) & Custard  
Cheese & Biscuits with Apple  
Fresh Fruit Salad

### FRIDAY

Breaded Chicken Fillet, Chips, Peas & Assorted Salad  
Tasty Bean Bake (VG), Chips, Peas, Assorted Salad  
Turkey Sandwich  
Jacket potato Cheese & Beans (v)  
Chocolate Crunch & Chocolate Sauce  
Frozen Strawberry Yoghurt  
Fresh Fruit Salad

## Week Commencing:

06/09/21  
27/09/21  
18/10/21  
15/11/21  
06/12/21  
10/01/22  
31/01/22  
28/02/22  
21/03/22

## Week 2

### MONDAY

Veggie Burger (VG), Diced Herby Potatoes, Green Beans, Assorted Salad  
Cheese Sandwich  
Vege Bolognese (v, b) Spaghetti  
Jacket Potato & Cheese (v)  
Assorted Salad  
Sticky Orange Cake (B) & Custard  
Cheese & Biscuits with Apple  
Fresh Fruit Slices **MEAT FREE MONDAY**

### TUESDAY

Beef Grill in a Bun, Cajun Wedges, Baked Beans, Assorted Salad  
Turkey Sandwich  
Wild West Jacket Potato (V, N), (Vege Sausage & Baked Beans in a jacket)  
Lemon Crunch Biscuit  
Fruit Jelly  
Fresh Fruit Platter

### WEDNESDAY

Sweet Chilli Chicken or Buttermilk Chicken  
Rice, Veg Medley & Coleslaw  
Jacket Potato with Tuna Mayo  
Fishless Finger (VG N), Sauté Potatoes, Veg Medley & Coleslaw  
Cheese Sandwich (v)  
Choc Brownie & Choc Sauce  
Arctic Roll  
Melon Slices

### THURSDAY

Mexican Chilli (Beef or Vege) (B), Brown & White Rice, Sweetcorn, Assorted Salad  
Ham Sandwich  
Loaded Vege Feast Pizza (V B), Seasoned Wedges, Sweetcorn  
Jacket Potato with Cheese & Beans  
Assorted Salad  
Sprinkled Traybake (N) & Custard  
Muller Yoghurt  
Fresh Fruit Slices

### FRIDAY

Popcorn Chicken, Chips, Baked Beans  
Quorn Vegan Nuggets, Chips, Baked Beans (V), Assorted Salad  
Egg Mayo Sandwich  
Jacket Potato & Coleslaw  
Fruit Flapjack (B) & Custard  
Frozen Toffee Yoghurt  
Fresh Fruit Salad

## Week Commencing:

13/09/21  
04/10/21  
01/11/21  
22/11/21  
13/12/21  
17/01/22  
07/02/22  
07/03/22  
28/03/22

## Week 3

### MONDAY

Cheese & Onion Lattice Finger (V), Diced Herby Potatoes, Baked Beans, Assorted Salad  
Ham Sandwich  
Quorn Southern Style Burger (v), Diced Herby Potatoes, Baked Beans, Assorted Salad  
Jacket Potato Cheese & Beans (v)  
Warm Pancakes & Fruit  
Muller Yoghurt  
Fresh Fruit Salad **MEAT FREE MONDAY**

### TUESDAY

Pork Sausage, Yorkshire Pud & Gravy, Mash, Veg Medley & Cauliflower  
Cheese Sandwich  
Cheese & Tomato Pasta Bake (v), Veg Medley & Cauliflower  
Jacket Potato & Coleslaw  
Cocoa Crunch Cookie (B) & Custard  
Cheese & Biscuits with Apple  
Fresh Fruit Slices

### WEDNESDAY

Roast Gammon Or Roast Chicken  
Gravy, Roast & Boiled Potatoes, Broccoli, Carrots  
Turkey Sandwich  
Vegan Meatballs (VG N)  
Gravy, Roast & Boiled Potatoes, Broccoli, Carrots  
Jacket Potato Cheese & Beans  
Ginger Bread & Custard  
Fruit Jelly  
Melon Slices

### THURSDAY

Keema Curry, (Beef or Vege) Brown & White Rice & Naan Bread  
Ham Sandwich  
Loaded Pizza (V B), Jacket wedges, Baked Beans, Assorted Salad  
Jacket Potato & Coleslaw  
Lemon Drizzle Cake & Custard  
Vanilla Ice Cream Tub  
Fresh Fruit Platter

### FRIDAY

BBQ Chicken, Chips, Peas & Assorted Salad  
Egg Mayo Sandwich  
Vegetarian Sausage (VG), Chips, Peas, Assorted Salad  
Jacket Potato & Coleslaw  
Iced Shortbread Biscuit & Glass of Milk  
Chocolate Whip  
Fresh Fruit Salad

## Hello from SIPS Catering!

For anyone that doesn't know us, we're part of the SIPS Education family - a non-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.

We have been working throughout the pandemic to continue to provide lunches in a variety of ways and would like to thank you for your continued custom. This new menu is hot off the press and full of great dishes that we're really excited about!

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

With Best Wishes from SIPS Catering

# 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 and a special thank you to all the catering staff for all the support we have received over the last few months.



## 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](http://www.gov.uk/apply-free-school-meals)

## 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.



## SCHOOL LUNCH MENU

New for Sept  
**2021**



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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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