

School lunch menus

Newcastle
City Council

September 2012 to February 2013

Seasonal vegetables served daily.

Daily salad and sandwich selection.

A selection of bread and rolls and a selection of salad bowls will be served each day.

Week One

3	September	2012
24	September	2012
15	October	2012
12	November	2012
1	December	2012
7	January	2013
28	January	2013

Week Two

10	September	2012
1	October	2012
22	October	2012
19	November	2012
10	December	2012
14	January	2013
4	February	2013

Week Three

17	September	2012
8	October	2012
5	November	2012
26	November	2012
17	December	2012
21	January	2013
11	February	2013

Week One

Sept 2012 to Jan 2013

M Chicken Korma
Cheese and tomato tortilla wedge
Haddock bites

Steamed rice or Naan bread
Oven roast potatoes

Mixed fruit salad, Orange sorbet
Fresh fruit or yoghurt

T Minced beef pie
Vegetable ragu
Burger in a bun

Creamed potatoes or chips
Garlic and herb bread

Banana muffin, Fruit juice
Fresh fruit or yoghurt

W Turkey casserole with herb dumpling
Pizza
Quiche Lorraine

Baby boiled potatoes
Country diced potatoes

Shortbread, Custard
Fresh fruit or yoghurt

Th Soup of the day
Cheese and potato pie
Spaghetti bolognaise

Oven baked potato wedges
Crusty or herb bread

Oaty chocolate biscuit, Milkshake
Fresh fruit or yoghurt

F Fish goujons with seafood dip
Mushroom stroganoff
Sweet potato topped cottage pie

Oven baked potato wedges
Savoury vegetable rice

Steamed jam sponge, Custard
Fresh fruit or yoghurt

Week Two

Sept 2012 to Feb 2013

M Pork curry
Quorn frankfurter in a bun
Cheese roll

Boiled rice
Chips

Raspberry ripple mousse, Fruit juice
Fresh fruit or yoghurt

T Chicken fillet in gravy
Mediterranean tart
Salmon nibbles with parsley mayo

Creamed potatoes
Oven baked potato wedges

Flapjack, Custard
Fresh fruit or yoghurt

W Roast beef and yorkshire pudding
Baked bean and potato bake
Sausage roll

Oven roast potatoes

Cup cake, Fruit juice
Fresh fruit or yoghurt

Th Steak pie
Pizza margarita
Tuna and sweetcorn wrap

Sweet potato mash, Baked jacket potato
Savoury vegetable rice

Chocolate sponge, Chocolate sauce
Fresh fruit or yoghurt

F Tempura batter fish
Spinich and broccoli pasta supreme
Minced beef cobbler

Country diced potatoes, Fresh crusty bread
Creamed potatoes

Mixed fruit biscuit, Milkshake
Fresh fruit or yoghurt

Week Three

Sept 2012 to Feb 2013

M Hot chicken sandwich
Quorn paella
Northumbrian beef casserole

Country diced potatoes
Creamed potatoes

Apple crumble, Ice cream or custard
Fresh fruit or yoghurt

T Ham and mushroom pasta bake
Loaded vegetable pizza
Beef and tomato pie

Oven baked roast potatoes

Strawberry jelly delight,
Fresh fruit or yoghurt

W Sausages
Vegetable curry
Lamb hotpot

Mashed potatoes
Steamed rice

Chocolate and mandarin gateaux, Fruit juice
Fresh fruit or yoghurt

Th Turkey and vegetable pie
Vegetable bolognaise
Pork tenderloin

Creamed potatoes
Herb bread

Californian fruity rice pudding
Fresh fruit or yoghurt

F Cod and salmon fish cake with tomato ketchup
Courgette slice
Lasagne

Chips
Garlic and herb bread

Steamed syrup sponge, Custard
Fresh fruit or yoghurt