

# School menu



Gateshead Council



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**WEEK 1** MEAT FREE MONDAY

	monday	tuesday	wednesday	thursday	friday <span style="float: right;">Fun Friday</span>
1ST CHOICE	Flat bread pizza slice with pasta, baked beans or mixed salad	Chicken pie, roast potatoes, mixed veg & gravy	Pork meatball sub roll, diced garlic potatoes & mixed salad	Chicken & Yorkshire pudding with mashed potato, cauliflower, carrots, broccoli & gravy	Fish fingers, potato wedges & peas
2ND CHOICE		Cheese pasty, roast potatoes, mixed veg & gravy	Veggie meatball sub roll, diced garlic potatoes & mixed salad	Quorn fillet & Yorkshire pudding with mashed potato, cauliflower, carrots, broccoli & gravy	Veggie fingers, potato wedges & peas
JACKET POTATO	Baked beans with mixed salad	Cheese with mixed salad	Tuna mayo with mixed salad	Cheese with mixed salad	Baked beans & salad
DELI OPTION	Cheese roll with pasta & salad	Tuna mayo wrap with roast potatoes & vegetable sticks	Ham sandwich with diced garlic potatoes & salad	Tuna mayo wrap with pasta & vegetable sticks	Cheese roll with potato wedges & salad
DESSERT	Ice cream roll & fruit	Jelly & fruit	Cooks' choice homemade biscuit	School cake & custard	Waffle & fruit

**WEEK 2** MEAT FREE MONDAY

	monday	tuesday	wednesday	thursday	friday <span style="float: right;">Fun Friday</span>
1ST CHOICE	Mini round pizza with pasta, spaghetti hoops or mixed salad	Savoury beef mince & veg with cooks' choice topping, mashed potato, green beans, carrots & gravy	Chicken curry, rice & naan bread with pea, carrot & sweetcorn medley	Pork sausages, roast potatoes, carrot & swede mash & gravy	Chicken goujon fillet in a finger roll with lettuce & mayo, mini potato waffles, mixed salad & veg sticks
2ND CHOICE		Quorn savoury mince & veg with cooks' choice topping, mashed potato, green beans, carrots & gravy	Vegetarian curry, rice & naan bread with pea, carrot & sweetcorn medley	Veggie sausages, roast potato, carrot & swede mash & gravy	Quorn frankfurter in a finger roll with ketchup, mini potato waffles, mixed salad & veg sticks
JACKET POTATO	Baked beans with mixed salad	Cheese with mixed salad	Tuna mayo with mixed salad	Cheese with mixed salad	Baked beans & salad
DELI OPTION	Cheese roll with pasta & salad	Tuna mayo wrap with pasta & vegetable sticks	Ham sandwich with pasta & salad	Tuna Mayo wrap with roast potatoes & vegetable sticks	Cheese roll with mini potato waffles & salad
DESSERT	School cake & custard	Ice cream with fruit	Cooks' choice homemade biscuit	Chocolate mousse, mandarins & mini biscuit	Doughnut & fruit

**WEEK 3** MEAT FREE MONDAY

	monday	tuesday	wednesday	thursday	friday <span style="float: right;">Fun Friday</span>
1ST CHOICE	Pizza wedge with pasta, baked beans or mixed salad	Sweet chilli or BBQ chicken wrap, rainbow rice, salad & veg sticks	Beef bolognese with pasta, garlic bread & pea & sweetcorn medley	Gammon slice with Yorkshire pudding mashed potato, carrots, cabbage & gravy	Fish portion, chips, peas & curry sauce
2ND CHOICE		Sweet chilli or BBQ veggie pieces in a wrap with rainbow rice, salad & veg sticks	Cheesy pasta with garlic bread & pea & sweetcorn medley	Quorn fillet with Yorkshire pudding mashed potato, carrots, cabbage & gravy	Veggie bites, chips, peas & curry sauce
JACKET POTATO	Baked beans with mixed salad	Cheese with mixed salad	Tuna mayo with mixed salad	Cheese with mixed salad	Baked beans with mixed salad
DELI OPTION	Cheese roll with pasta & salad	Tuna mayo wrap with rainbow rice & vegetable sticks	Ham sandwich with pasta & salad	Tuna mayo wrap with pasta & vegetable sticks	Cheese roll with chips & salad
DESSERT	Cooks' choice hot pudding	Cooks' choice homemade biscuit	Cooks' choice muffin	Fruit smoothie & fruit	Pancake with banana & chocolate sauce

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