

this week's menu



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Sweet chilli chicken wrap served with oven baked potato wedges	Oven baked sausages served with creamed potato	Homemade minced beef pie served with creamed potato	Roast pork served with Yorkshire pudding and roast potatoes	Oven baked fish fingers served with chips
MEAT FREE CHOICE	Homemade cheese & tomato pizza served with oven baked potato wedges	Stuffed pepper with meat free mince served with oven baked potato wedges	Red lentil & sweet potato curry served with brown rice	Cheesy meat free meatball pasta served with salad	Vegetable and bean Chow Mein with salad
All served with seasonal vegetables and selection of salads from the salad bar					
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings All served with a selection of homemade salads from the salad bar				
SWEET CHOICE	Apple crumble with custard	Chocolate melting pudding with custard	Fruit jelly & ice cream served with peaches	Pancakes with toffee sauce and sliced banana	Jam & coconut sponge with custard
Fresh fruit salad and yoghurt is available daily					



North Tyneside Council

FRESH food
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Menu items subject to change
Please note that we will always restart on Week 1 following a holiday
All items subject to availability

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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Pork meatballs in red onion gravy served with creamed potato	Aromatic beef pilaf	Chicken enchilada served with oven baked potato wedges	Roast turkey served with Yorkshire pudding & creamed potato	Oven baked fish fillet served with chips
MEAT FREE CHOICE	Vegetable chilli served with brown rice	Homemade cheese & tomato pizza served with oven baked potato wedges	Meat free sausage stew served with creamed potato	Macaroni cheese served with garlic bread	Meat free cottage pie
All served with seasonal vegetables and selection of salads from the salad bar					
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings All served with a selection of homemade salads from the salad bar				
SWEET CHOICE	Apple and raspberry crumble cake with custard	Homemade chocolate brownie served with milk drink	Steamed syrup sponge served with peaches & custard	Ice cream sponge served with raspberry sauce & peaches	Oaty crunch biscuit served with milk drink
Fresh fruit salad and yoghurt is available daily					



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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Minced beef and dumpling served with creamed potato	Homemade chicken curry served with brown rice	Beef burger in a bun served with oven baked potato wedges	Roast gammon served with Yorkshire pudding & roast potatoes	Crispy salmon wrap served with chips & salad
MEAT FREE CHOICE	Meat Free chicken fajita served with oven baked potato wedges	Vegetable burger in a bun served with oven baked potato wedges	Homemade vegetable lasagne served with garlic bread	Chickpea and vegetable curry served with brown rice	Homemade cheese & tomato pizza served with chips
All served with seasonal vegetables and selection of salads from the salad bar					
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings All served with a selection of homemade salads from the salad bar				
SWEET CHOICE	Chocolate and orange sponge with custard	Blueberry muffin served with milk drink	Lemon drizzle sponge served with mandarin oranges & custard	Very berry sponge served with custard	Homemade flapjack served with milk drink
Fresh fruit salad and yoghurt is available daily					



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