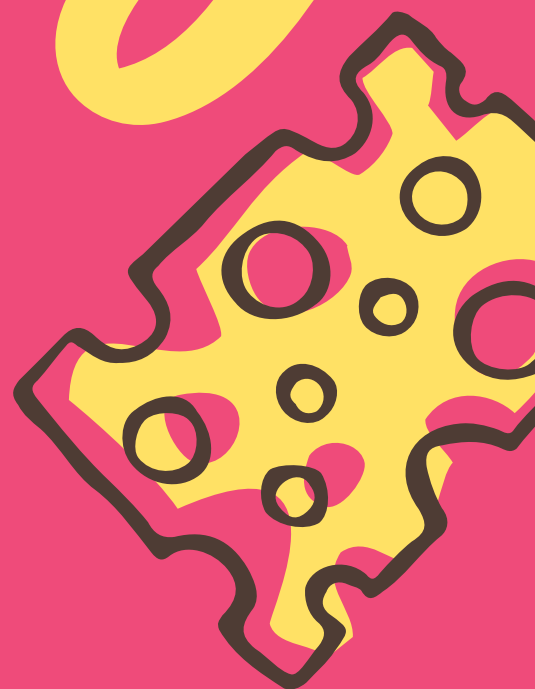


It's *a bit* tasty



Bernard Gilpin Primary School

Autumn / Winter Menu

School Meals

Sunderland
City Council

Week 1

Week 1 - week commencing:

- 21st Sept 20 • 12th Oct 20
- 2nd Nov 20 • 23rd Nov 20
- 14th Dec 20 • 4th Jan 21
- 25th Jan 21

Drinks - Milk, water and a selection of juice or milkshake available daily

Vegetables - A selection of vegetables and salad bar available daily

Bread - Freshly baked bread available each day

The following additional desserts are available daily:

Cheese & crackers, yoghurts, fresh fruit / fruit salad.

Meat Free Monday

Margherita pizza served with herby diced potatoes

Vegetable keema curry with rice

Sandwich selection (cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Fruity flapjack served with custard

Fun Food Tuesday

Southern coated chicken served in a basket with seasoned potato wedges

Home made tomato soup served with a choice of cheese, tuna or egg mayonnaise sandwich

Jacket potato filled with a choice of baked beans cheese or tuna served with salad & coleslaw

Sticky toffee pudding with cream

Roast Dinner Wednesday

Steak casserole served in a giant Yorkshire pudding with sweet potato mash

Pasta bowl (tomato, tuna or macaroni cheese) accompanied by home made dough balls

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Fresh Fruit Wednesday (a special range of fresh fruit)

Best of British Thursday

Traditional corned beef pie served with steamed new potatoes

Hearty vegetable hot pot with home made stottie wedge

Jacket potato filled with a choice of baked beans cheese or tuna served with salad & coleslaw

Pineapple sponge served with custard

Fish Friday

Bubble crisp fish fillet served with chips

Vegetable chilli cheese filled burrito served with BBQ noodles

Sandwich selection (ham, cheese, tuna or egg mayonnaise) served in a basket with salad accompaniments

Butterscotch biscuit served with milk