

It's *a bit* tasty



Bernard Gilpin Primary School

Autumn / Winter Menu

School Meals

Sunderland
City Council

Week 3

Week 3 - week commencing:

- 5th Oct 20 • 16th Nov 20
- 7th Dec 20 • 18th Jan 21
- 8th Feb 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

Vegetable bolognese served with herby bread

Cheese & red onion pizza swirls
with spicy diced potatoes

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

Fruity oat crumble with custard

Fun Food Tuesday

Sunderland super sub soft baguette filled with
marinara meatballs served in a basket with potato
noisettes

Cauliflower cheese nuggets served with tomato relish
& mediterranean cous cous

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

Chocolate orange cake with ice cream

Roast Dinner Wednesday

Roast beef or roast pork with gravy and crispy roast
potatoes

Hearty vegetable 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

Fresh Fruit Wednesday (a special range of fresh fruit)

Best of British Thursday

Pork sausages with rich onion gravy and creamed
potatoes

Vegetable cottage pie and parsley new potatoes

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

Rice pudding with rice krispie finger

Fish Friday

Salmon fillet with lemon wedge and chips

Quorn Spanish rice served with vegetable noodles

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

Cherry bakewell biscuit served with milk