

It's *a bit* tasty



Bernard Gilpin Primary School

2021 / 2022

Spring / Summer Menu

School Meals


Sunderland
City Council

Week 1

Week 1 - week commencing

• 28th Feb 22 • 6th June 22
• 21st March 22 • 27th June 22
• 25th April 22 • 18th July 22
• 16th May 22

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 and 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

Belgain waffle served with cherries and ice cream

Fun Food Tuesday

Beef and cheese OR Quorn meatballs served in a tomato sauce served with tagliatelle / herby bread

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

Clementine sponge served with custard

Roast Dinner Wednesday

Roast chicken OR Quorn fillet served with a yorkshire pudding and crispy roast potatoes and gravy

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

Chocolate orange mousse served with a shortbread finger

Best of British Thursday

Minced beef pie OR Veggie Mince Pie with a puff pastry top served with creamed potatoes

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

Apple streusel muffin

Fish Friday

Gluten free fish fingers served with chips

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

Orange and ginger biscuit

Week 2

Week 2 - week commencing

- 7th March 22 - 23rd May 22
- 28th March 22 - 13th June 22
- 2nd May 22 - 4th July 22

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 and crackers, yoghurts, fresh fruit/fruit salad

Meat Free Monday

Tomato and basil pasta served with garlic bread slice

Savoury cheese quiche with baby boiled potatoes

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

Fresh fruit salad
Frozen fruit yoghurt

Fun Food Tuesday

Beef lasagne OR vegetable lasagne served with tomato bread

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

Rice pudding served with fruity flapjack finger

Roast Dinner Wednesday

Roast beef OR quorn in a yorkshire pudding wrap with crispy roast potatoes

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

Lemon doughnut muffin

Best of British Thursday

Best of British Brunch (bacon OR quorn sausage and grilled tomato served with a free range omelette and hash brown)

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

Strawberry jam traybake served with custard

Fish Friday

Lemon sole grill served with chips

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

Chocolate oat cookie served with an apple wedge

Week 3

Week 3 - week commencing

- 14th March 22 - 20th June 22
- 4th April 22 - 11th July 22
- 9th May 22

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 and crackers, yoghurts, fresh fruit/fruit salad

Meat Free Monday

Loaded vegetable pizza served with herby diced potatoes

Vegetable enchilada with herby diced potatoes

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

Marbled chocolate muffin

Fun Food Tuesday

Beef and broccoli grill OR vegetable burger served in a bun with seasoned potato wedges

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

Jam and cream scone

Roast Dinner Wednesday

Roast pork / chicken OR quorn fillet, with apple sauce and stuffing served with crispy roast potatoes

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

Iced sponge served with custard

Best of British Thursday

Pork sausage OR Quorn sausage with yorkshire pudding and creamed potatoes

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

Apple crumble traybake served with custard

Fish Friday

Salmon fillet with lemon wedge and chips

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

Fresh fruit and jelly served with ice cream