

School Lunch Menu

NEW FOR
2022/23

Hello from
SIPS Catering!

For anyone that doesn't know us, we're part of the SIPS Education family - a not-for-profit organisation based in West Bromwich. SIPS provides a range of services to schools, and we're proud to be the caterer of choice for your child's school. We're education catering specialists and work in partnership with lots of schools in the local area.

When creating our menus we focus on three areas, The Food we serve, People who work for us and the Partnerships we have with our school communities.

Food - Healthy, School Food compliant, Appetising, Child Friendly, Home produced, sustainable products

People - Well supported and professionally trained to deliver an excellent school meals service

Partnership - Engagement with school communities, through Theme Days, Parent assemblies and reception intake days.

A Big
Thank you

This last year has shown more than ever the importance of working together and supporting each other, and we would like to take this opportunity to THANK ALL OUR STAKEHOLDERS.

We are looking forward to saying hello in person sometime soon, as we love to attend events in school and chat with pupils and families.

There is such a
thing as a **FREE**
SCHOOL LUNCH

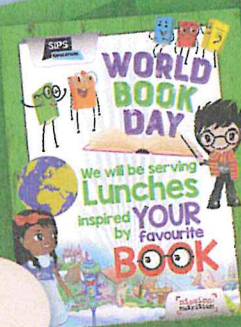
School meals for Reception, Years 1 & 2 are **FREE** regardless of circumstances.

They are worth over £400 per child, each year.* Older children in Years 3 - 6 may still be entitled to free school meals.

WHY NOT APPLY TO FIND OUT?

TO APPLY FOR FREE SCHOOL MEALS PLEASE VISIT:

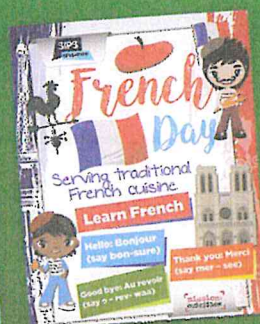
www.gov.uk/apply-free-school-meals



Food **THEME**
DAYS add fun
and **inspire**
children to try
a school meal!

Check out our exciting theme days!

Here are some
you can look
forward to.



School Lunch Menu

Check
with your school
for full details

NEW FOR
2022/23

FILLED JACKET POTATO AND SANDWICH MEAL OPTIONS AVAILABLE DAILY

Week 1

MEAT
FREE
MONDAY

Monday

Fish Fingers, Mash, Peas, Carrots
Vegetable Lasagne **N** **V**
Garlic Bread, Peas & Carrots
or Assorted Salad
Chocolate Pinwheels **N**
Strawberry Mousse
Fresh Fruit Slices

Week 2

MEAT
FREE
MONDAY

Veggie Burger **VG**
Diced Herby Potatoes, Green Beans,
Assorted Salad
Quorn & Sweet Potato Curry **V**
Brown & White Rice, Naan bread **B**
Assorted Salad
Apple & Banana Cake **B** & Custard
Cheese & Biscuits with Apple
Fresh Fruit Slices

Week 3

MEAT
FREE
MONDAY

Baked Vegetable Enchiladas **N** **V**
Assorted Salad
Quorn Southern Style Burger **V**
Diced Herby Potatoes,
Peas & Sweetcorn, Assorted Salad
Banana Muffins **B**
Muller Yoghurt
Fresh Fruit Salad

Tuesday

BBQ Chicken Wrap **N**
Sauté Potatoes, Vegetable Medley
or Assorted Salad
Jacket Potato, Tuna or
Jacket Potato, Cheese and Beans **V**
Assorted Salad
Toffee Cake **B** & Custard
Fruit Jelly
Fresh Fruit Platter

Beef Grill in a Bun, Cajun Wedges
& Baked Beans, Assorted Salad
Roasted Vegetable Bake, **N** **V**
Crusty Bread & Assorted Salad
Oat & Raisin Cookie **N** & Glass of Milk
Arctic Roll
Fresh Fruit Platter

Pork Sausage
Yorkshire Pudding & Gravy, Mash,
Vegetable Medley & Cauliflower
Cheese & Potato Pie **V**
Vegetable Medley & Cauliflower
Melting Moments & Glass of Milk
Cheese & Biscuits with Apple
Fresh Fruit Slices

Wednesday

Brunch Lunch (Sausage, Bacon, Baked
Beans, Omelette, Hash Brown)
Vegetarian Brunch Lunch **V**
(Vegetarian Sausage, Baked Beans,
Omelette, Hash Brown)
Warm Pancakes & Strawberry Sauce
Muller Yoghurt
Melon Slices

Sweet Chilli Chicken Breast Fillet,
Rice, Vegetable Medley & Coleslaw
Fishless Finger **VG**, Sauté Potatoes,
Vegetable Medley & Coleslaw
Chocolate & Orange Mud Pie **N**
Muller Yoghurt
Melon Slices

Roast Chicken & Gravy, Roast & Boiled
Potatoes, Broccoli, Carrots
Vegan Meatballs **VG**, Gravy, Roast &
Boiled Potatoes, Broccoli, Carrots
Carrot Cake **N** **B** & Custard
Fruit Jelly
Melon Slices

Thursday

Chicken Meatballs in Rich Tomato
Sauce, Pasta, Assorted Salad
Margherita Pizza **V** **B**
Seasoned Wedges,
Sweetcorn, Salad
Sprinkle Tray Bake & Custard
Cheese & Biscuits with Apple Slices
Fresh Fruit Salad

Beef Bolognese **B**
Spaghetti & Garlic Bread
Loaded Pizza **V** **B**, Pasta
Sweetcorn & Assorted Salad
Lemon Drizzle Cake & Custard
Fruit Jelly
Fresh Fruit Slices

Mexican Beef Chilli,
Brown & White Rice, Sweetcorn,
Assorted Salad
Loaded Pizza **V** **B**, Sauté Potatoes,
Baked Beans, Assorted Salad
Oaty Apple Crumble **B** & Custard
Vanilla Ice Cream Tub
Fresh Fruit Platter

Friday

Harry Ramsden's Junior Pollock
Chips & Peas, Assorted Salad
Quorn Vegan Nuggets **VG**
Chips & Peas, Assorted Salad
Iced Shortbread Biscuit
Frozen Strawberry Yoghurt
Fresh Fruit Salad

Fish Fingers, Chips, Baked Beans
Cheese & Red Pepper Flan **N** **V**
Chips, Baked Beans, Assorted Salad
Chocolate Crunch & Custard
Frozen Toffee Yoghurt
Fresh Fruit Salad

Harry Ramsden's Junior Pollock
Chips, Peas & Salad
Vegetarian Sausage **VG**
Chips, Peas, Assorted Salad
Cornflake Tart & Custard
Chocolate Whip
Fresh Fruit Salad

Dates:

2022	06/06/22 05/09/22 14/11/22	27/06/22 26/09/22 05/12/22	18/07/22 17/10/22 27/02/23
2023	04/01/23 20/3/23	30/10/23	

2022	13/06/22 03/10/22 12/12/22	04/07/22 31/10/22	12/09/22 21/11/22
2023	16/01/23 27/03/23	06/02/23	06/03/23

2022	20/06/22 10/10/22	11/07/22 07/11/22	19/09/22 28/11/22
2023	02/01/23 13/3/23	23/10/23	13/02/23

SERVED DAILY: BREAD BASKET, FRUITY WATER, ASSORTED SALAD, SEASONAL VEGETABLES SERVED AT THE COUNTER

Dishes may change without prior notice. This is a generic menu and may differ to the menu bespoke to your school, check your school's website for full details.

N New **V** Vegetarian **VG** Vegan **B** Boosted by hidden fruit and vegetables

We have more
FRESHLY COOKED FOOD
on our menu's than ever before