

SPECIAL DIETS

If your child has special dietary needs we can still provide them with a meal. Examples may include diabetic, coeliac, low fat, & dairy intolerances.

We can also adapt menus to suit religious needs. Please contact us on 0191 433 5522 to see how we can help

FREE SCHOOL MEALS

Free meals may be available if

- Your child is in reception year 1 & year 2 as part of the Universal Infant Free School Meals (UIFSM) initiative.
- You are receiving Income Support, Job Seeker's Allowance (income based), Employment & Support Allowance (income related), Child Tax Credit (but not Working Tax Credit or Universal Credit).

For more information & to apply, visit www.gateshead.gov.uk/benefits or telephone 0191 433 3729

DID YOU KNOW

- We serve over 11,000 meals each school day!
- More than two-thirds of children in Gateshead primary schools stay for a school meal
- 75% of our main courses & desserts are prepared freshly each day on site by trained catering staff.
- We buy only quality ingredients from suppliers we trust.
- Our Bronze Food for Life Catering Mark guarantees that fresh food is always on our menu.
- We use only Red Tractor Assured Meat, Poultry, Milk & Seasonal Vegetables. Red Tractor products are fully traceable & produced in the UK.
- All of our fish comes from well managed & sustainable fish stocks.
- We use Fairtrade Cocoa, Sugar & Bananas & Free Range Eggs.

SCHOOL MEALS ARE IMPORTANT

- Research has shown that children who have a proper, balanced meal at lunchtime can concentrate better & are more receptive during afternoon lessons.
- Sitting down & eating a meal together helps children to develop important social & interpersonal skills.
- Poor diet & lack of exercise are among the major contributing factors in childhood obesity - & why one-in-four children in the UK are either overweight or obese.

YOUR CHILDREN

We feed around 11,000 children every day - so we know all about fussy eaters! Our staff work hard to reassure children & encourage them to try a wide a range of dishes. Food is one of mankind's greatest pleasures - which is why the UK spends £40bn each year on eating out! We want your child to enjoy food too, so we help to extend their palates with new tastes & textures.

We also want to help instil healthy eating behaviours which will serve your child well in later life.

YOU CAN HELP

To ensure your child eats healthily & enjoys as wide a range of meals as possible, please:

- Encourage your child to take at least ONE item from the salad bar each day
- Ask them to try unfamiliar dishes - we're happy to put samples on your child's plate
- Ensure that they vary their diet & don't stick to the same types of foods every day

HOW TO CONTACT US:

Telephone: 0191 433 5522

Email: schoolcatering@gateshead.gov.uk

Website: www.gateshead.gov.uk

TEMPORARY MENU



TEMPORARY MENU

WEEK 1
07/09, 01/03,
28/09, 22/03,
19/10, 26/04,
16/11, 17/05,
07/12, 14/06,
11/01, 05/07,
01/02,

MENU WEEK 1	MEAT FREE MONDAY	GREAT BRITISH FOOD TUESDAY	ROAST DINNER WEDNESDAY	AROUND THE WORLD THURSDAY	FISH FRIDAY
MEAT ALTERNATIVE	Wholemeal pizza margherita, hand cut potato wedges and baked beans or mixed salad.	Sausage and mashed potatoes, seasonal vegetables and gravy	Roasted beef, Yorkshire pudding, roast potatoes, steamed mixed vegetables and gravy	Chicken curry, rice and mini naan bread	Omega 3 Fish fingers with chips, peas or mushy peas
VEGETARIAN ALTERNATIVE		Quorn sausage and mashed potatoes, gravy and seasonal vegetables (on request)	Quorn fillet, Yorkshire pudding, roast potatoes, gravy and steamed mixed vegetables (on request)	Quorn curry, rice and mini naan bread (on request)	Quorn sausage, chips, peas and gravy (on request)
JACKET POTATOES	Freshly baked Golden jacket potato with choice of fillings				
DESSERT	Oaty biscuit	Sticky toffee cup cake	Chocolate Brownie	Homemade biscuit	Rainbow muffin

MENU WEEK 2	MEAT FREE MONDAY	GREAT BRITISH FOOD TUESDAY	ROAST DINNER WEDNESDAY	AROUND THE WORLD THURSDAY	FISH FRIDAY
MEAT ALTERNATIVE	Meat free sausage and mozzarella topped pizza slice with tomato and vegetable pasta salad	Minced beef and herby dumpling with mashed potatoes and steamed vegetables	Roast chicken with Yorkshire pudding, roast potatoes and gravy	Posh dog in a finger bun, hand cut potato chunks, onions, coleslaw and sweetcorn	Crispy salmon fillet with chips, peas or mushy peas
VEGETARIAN ALTERNATIVE		Minced Quorn and herby dumpling with mashed potatoes and steamed vegetables (on request)	Roast Quorn Fillet with Yorkshire pudding, gravy, roast potatoes (on request)	Quorn Hot Dog Posh dog, finger bun, hand cut white and sweet potato chunks, caramelised onions, coleslaw and sweetcorn (on request)	Quorn fillet with chips, peas or mushy peas (on request)
JACKET POTATOES	Freshly baked Golden jacket potato with choice of fillings				
DESSERT	Flapjack	Waffle	Ginger cookie	Apple and cinnamon cup cake	Homemade biscuit

WEEK 2
14/09, 08/03,
05/10, 29/03,
02/11, 03/05,
23/11, 24/05,
14/12, 21/06,
18/01, 12/07,
08/02,

MENU WEEK 3	MEAT FREE MONDAY	GREAT BRITISH FOOD TUESDAY	ROAST DINNER WEDNESDAY	AROUND THE WORLD THURSDAY	FISH FRIDAY
MEAT ALTERNATIVE	Wholemeal pizza margherita, hand cut potato wedges and mixed salad or baked beans	Chicken and wholemeal pastry pie, steamed new potatoes, carrots and broccoli	Roast pork with Yorkshire pudding, mashed potatoes, vegetables and gravy	Sweet chilli chicken fillet, rainbow rice, soft tortilla with sweetcorn and tomato sauce	Battered cod fillet, with chips, peas or mushy peas
VEGETARIAN ALTERNATIVE		Minced Quorn and wholemeal pastry pie, steamed new potatoes, carrots and broccoli (on request)	Roast Quorn with Yorkshire pudding, gravy, mashed potatoes and vegetables (on request)	Quorn fillet in sweet chilli sauce, rainbow rice, soft tortilla with sweetcorn and tomato sauce (on request)	Quorn sausage, chips, peas and gravy (on request)
JACKET POTATOES	Freshly baked Golden jacket potato with choice of fillings				
DESSERT	Fruity cup cake	Shortbread biscuit	Waffle	Chocolate and pear cup cake	Homemade biscuit

WEEK 3
21/09, 15/03,
12/10, 19/04,
09/11, 10/05,
30/11, 07/09,
04/01, 28/06,
25/01, 19/07,
22/02,

