

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 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





WEEK 1	MEAT-FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat option	Wholemeal pizza margherita with hand-cut potato wedges & mixed salad or baked beans	Roast chicken with yorkshire pudding, gravy, roast potatoes & vegetable medley	Minced beef pie with steamed new potatoes & mixed vegetables	Mild chicken tikka masala with steamed rice & mini naan bread	Omega-3 Fish fingers with handmade bun, seasoned surf fries & beans or peas
Vegetarian option		Bean tortilla pocket with rainbow rice & tomato & sweetcorn salsa	Free range egg omelette bake with tomato & cheese topping & wholegrain rice	Vegetarian pasta bake with garlic bread & mixed salad	Sweet chilli Quorn & vegetable stir fry with steamed rice
Jacket Potatoes served with Mixed Salad	Baked beans or cheese	Tuna mayo or cheese	Baked beans or cheese	Cheese or tuna mayo	Cheese or baked beans
Dessert (choice of 3 options)	Sticky toffee pudding or Yoghurt or Whole or fresh fruit portion	Chocolate mousse Eton mess with strawberry sauce or Cheese & crackers or Whole or fresh fruit portion	Jelly & fruit salad or Cheese & crackers or Whole or fresh fruit portion	Oaty biscuit or Yoghurt or Whole or fresh fruit portion	Iced fruit smoothie with fruit salad or Yoghurt or Whole or fresh fruit portion

WEEK ONE

02/09/ 23/09/ 14/10/	11/11/ 02/12/ 06/01/	27/01/ 24/02/ 16/03/	20/04/ 11/05/ 08/06/	29/06/ 20/07/
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WEEK 2	MEAT-FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat option	Ravioli in rich tomato sauce with homemade garlic bread & mixed salad	Locally produced sausage with mashed potatoes, gravy & seasonal vegetables	Roast pork with yorkshire pudding, gravy, roast potatoes, crushed carrots & swede & green beans	Locally produced chicken burger in a homemade bun with hand-cut potato wedges, garlic sauce & served with salad	Fish & chips with beans or peas
Vegetarian option		Creamy veggie korma with steamed rice & naan bread	Broccoli & cheese pastry parcel with steamed vegetables & baked beans	Mild Mexican bean chilli with fluffy rice, mini tortilla, sprinkled with cheddar cheese & served with salad	Traditional quiche with potato wedges, peas or salad
Jacket Potatoes served with Mixed Salad	Baked beans or cheese	Tuna mayo or cheese	Baked beans or cheese	Cheese or tuna mayo	Cheese or baked beans
Dessert (choice of 3 options)	Apple & cinnamon crumble with custard or Yoghurt or Whole or fresh fruit portion	Flapjack or Cheese & crackers or Whole or fresh fruit portion	Vanilla ice cream & fruit or Cheese & crackers or Whole or fresh fruit portion	Baked doughnut garnished with peaches or Yoghurt or Whole or fresh fruit portion	Homemade biscuit or Yoghurt or Whole or fresh fruit portion

WEEK TWO

02/09/ 23/09/ 14/10/	11/11/ 02/12/ 06/01/	27/01/ 24/02/ 16/03/	20/04/ 11/05/ 08/06/	29/06/ 20/07/
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WEEK 3	MEAT-FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat option	Tomato & mozzarella topped flat bread pizza with garlic & herb oven-baked potatoes, coleslaw & sweetcorn	Minced beef in gravy, yorkshire pudding, mashed potatoes & vegetables	BBQ chicken mini baguette melt with paprika seasoned oven-baked potatoes and cucumber & tomato salad	Locally sourced beef meatballs in marinara sauce with penne pasta & garlic bread	Omega 3 fish fingers with chunky chips & peas or beans
Vegetarian option		Vegetable & Quorn chow mein noodles	Cauliflower mac & cheese with garlic bread & steamed vegetables	Vegetarian pie with steamed new potatoes & vegetables	Handmade bubble & squeak potato cakes with mushy peas or baked beans
Jacket Potatoes served with Mixed Salad	Baked beans or cheese	Tuna mayo or cheese	Baked beans or cheese	Cheese or tuna mayo	Cheese or baked beans
Dessert (choice of 3 options)	Chocolate & pear cake with chocolate custard or Yoghurt or Whole or fresh fruit portion	Shortbread biscuit or Yoghurt or Whole or fresh fruit portion	Fruity tray bake or Cheese & crackers or Whole or fresh fruit portion	Strawberry mousse with homemade granola sprinkle or Cheese & crackers or Whole or fresh fruit portion	Rainbow fruit sundae with crunchy biscuit sprinkle or Yoghurt or Whole or fresh fruit portion or

WEEK THREE

02/09/ 20/09/ 23/09/ 14/10/	11/11/ 02/12/ 06/01/ 27/01/	24/02/ 16/03/ 20/04/ 11/05/	08/06/ 29/06/ 18/07/ 20/07/
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ALSO AVAILABLE DAILY:

Selection of breads or sliced baguettes
Mixed salad
Carrot or cucumber crudites