

Food for thought

When your child tucks into a school meal you can be assured a lot of thought has gone into making it as healthy as possible.

We only provide food that is fresh, prepared daily and which provides everything your child needs to feed their bodies and their minds without compromising quality and choice.

Therefore, we have put into place the ingredients that make our school meals service one you can trust - from preparation to plate.

Working together

We are working together with a wide variety of people to ensure the food looks good, tastes good and does your child good - every lunchtime.

We work with:

- The School Food Trust to make sure our meals comply with the National Standards for School Meals set by the government.
- Head Teachers and Healthy School leads to promote healthy lifestyle choices for young people.
- Parents, pupils and teachers to constantly improve our service.
- With over 300 professionally trained staff at schools across Gateshead who prepare and deliver thousands of meals everyday.

Did you know

- Lack of exercise and poor diet mean that one in four children are overweight or obese.
- Children who have a balanced meal at lunchtime can concentrate better and are more receptive during afternoon lessons.
- Sitting down and eating a meal together helps children develop social and interpersonal skills.
- We provide school meals to every primary school in Gateshead.
- Over 75% of the main courses and puddings are prepared freshly each day on site by trained catering staff.
- Many of our ingredients come from less than 20 miles from the centre of Gateshead.

Different Formats

If you would like this information in large print, Braille, on tape/ CD or another language please contact us on 0191 433 5522

Contact us

0800 169 2780 Email: customerservices@gateshead.gov.uk
For more information: www.gateshead.gov.uk



Gateshead School Meals



November 2010-October 2011

1 Nov, 22 Nov, 13 Dec, 17 Jan, 7 Feb, 7 Mar, 28 Mar, 2 May, 23 May, 20 Jun, 11 Jul, 5 Sep, 26 Sep, 17 Oct

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Option	Homemade Tomato Pizza Slice, served with Pasta Shells & Baked Beans ■	Savoury Minced Pork & Vegetable Pie served with Baby Boiled Potatoes, Diced Carrots & Gravy ■	Chicken Fillet, Stuffing & Yorkshire Pudding served with Roast Potatoes, Green Beans & Gravy	Beef Bolognese served with Pasta Twists, Garlic Bread and Vegetable Medley ■	Oven Baked Fish Fingers, Parsley & Lemon, served with Country Diced Potatoes & Garden Peas
Non Meat Option	Salmon Fishcake served with Pasta Shells & Baked Beans	Quorn & Vegetable Curry & Rice served with Naan Bread & Diced Carrots ■	Vegetarian Cottage Pie served with Green Beans ■	Tuna Wrap Melt served with Pasta Twists & Side Salad ■	Crispy Topped Macaroni Cheese served with Garden Peas ■
Jacket Potatoes	Assorted fillings are available daily with side salad				
Dessert	Steamed Chocolate & Pear Sponge served with Custard ■	Strawberry Surprise	Fruit Crumble served with Cream ■	Homemade Custard Cream Cookie ■	Frosted Carrot & Apple Cake ■
Daily	Fresh Selection of Salads, Wholemeal Bread, Fruit, Cheese & Crackers, Assorted Yoghurts & Drinks				

8 Nov, 29 Nov, 3 Jan, 24 Jan, 14 Feb, 14 Mar, 4 Apr, 9 May, 6 Jun, 27 Jun, 18 Jul, 12 Sep, 3 Oct

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Option	Homemade Individual Mini Ham & Pineapple Pizza, served with Jacket Wedges & Sweetcorn ■	Savoury Minced Lamb & Vegetable Cobbler served with Creamed Potato, Cauliflower & Broccoli ■	Sliced Roast Beef & Yorkshire Pudding served with Roast Potatoes, Cabbage & Gravy	Turkey Curry, Rice & Naan Bread served with Diced Carrots ■	Oven Baked Salmon Fillet & Tomato Sauce served with Potato Noisettes and Garden Peas
Non Meat Option	Tuna Mayo & Lettuce Flatbread served with Jacket Wedges & Sweetcorn ■	Ratatouille Pasta served with Garlic Bread & Cauliflower & Broccoli ■	Cheese & Tomato Quiche served with Roast Potatoes & Coleslaw ■	Quorn Sausage Toad in the Hole served with ½ Jacket Potato, Diced Carrots & Gravy ■	Cheesy Cauliflower & Broccoli Potato Bake served with Garden Peas ■
Jacket Potatoes	Assorted fillings are available daily with side salad				
Dessert	Rice Pudding served with Fruit Cocktail ■	Lemon Cup Cake ■	Mandarin Jelly & Cream	Banana Flapjack ■	Peach Melba Sponge ■
Daily	Fresh Selection of Salads, Wholemeal Bread, Fruit, Cheese & Crackers, Assorted Yoghurts & Drinks				

15 Nov, 6 Dec, 10 Jan, 31 Jan, 28 Feb, 21 Mar, 11 Apr, 16 May, 13 Jun, 4 Jul, 19 Sep, 10 Oct

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Option	Homemade Pepperoni Pizza Slice, served with Pasta Twists & Baked Beans ■	Chicken & Vegetable Casserole with Dumplings served with Baby Boiled Potatoes & Vegetable Medley ■	Baked Ham & Pineapple served with Roast Potatoes & Sweetcorn ■	Oven Baked Sausages served with Creamed Potatoes, Diced Carrots & Gravy ■	Oven Baked Fish Fillet, Lemon & Parsley served with Country Diced Potatoes & Garden Peas
Non Meat Option	Vegetable Cous Cous Bake served with Pasta Twists & Baked Beans	Tuna & Pasta Bake served with Vegetable Medley & Tomato Bread ■	Cheese Salad Wrap served with Roast Potatoes & Sweetcorn	Vegetarian Lasagne served with Garlic Bread & Diced Carrots ■	Savoury Cheese & Tomato Whirl served with Country Diced Potatoes & Garden Peas ■
Jacket Potatoes	Assorted fillings are available daily with side salad				
Dessert	Pear Conde	Raspberry Bun ■	Apple & Jam Sponge served with Custard ■	Fruity Muffin ■	Homemade Ginger Biscuit ■
Daily	Fresh Selection of Salads, Wholemeal Bread, Fruit, Cheese & Crackers, Assorted Yoghurts & Drinks				

■ *Homemade. Vegetarian and Special diets can be catered for upon request. Contact us on Freephone: 0800 169 2780. Please note this menu may be subject to change.*