

## NEW! even more information for families

SIPS Education Ltd has been working hard over the last few months to create a site for families to access the nutritional and allergen information in our food. We're always keen to support you in making informed choices and so we're delighted to launch our Menu Portal.

You're able to view the menu by section, and even search for your favourite dishes.

From September 2017 you'll be able to see all of this at [sipseducation.mysaffronportal.com](http://sipseducation.mysaffronportal.com)

SIPS Education Catering Service is a team of professional caterers with over 30 years' experience. We're small enough that we know all our employees and clients, but large enough to offer competitive prices. Our Mission is to open children's eyes to the wonderful world of food and to encourage them to eat school meals as part of a healthy lifestyle.

Look out for mission nutrition themed lunches, rewards and competitions.



**School meals  
are still GREAT  
value for money!**

Did you know that your older children could be entitled to free school meals too?

### 1. Check to see if you qualify.

Are you in receipt of one or more of the following?

- Income support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on or Universal Credit

### 2. Start your application

It's easy to apply and your child will receive them discreetly at school.

Apply online at  
[www.sandwell.gov.uk/freeschoolmeals](http://www.sandwell.gov.uk/freeschoolmeals)

Speak to someone direct 0121 569 8186/9

Any enquiries contact us at  
[catering@sipseducation.co.uk](mailto:catering@sipseducation.co.uk)



Catering  
Service

Autumn 2017  
to February 2018

# School Meals Menu



**NEW  
DISH**

Find this stamp on  
our menu overleaf

change  
**4 life**

**mission:**  
nutrition



## Week 1

Week commencing:

- 04/09/17 • 04/12/17
- 25/09/17 • 01/01/18
- 16/10/17 • 22/01/18
- 13/11/17 • 12/02/18

### MONDAY

#### MAINS

1. Fish Fingers, mashed potatoes, peas & broccoli
2. Quorn and Sweet Potato Curry (v), served with rice and naan bread (v), assorted salad

#### DESSERTS

- jam sponge & custard
- cheese and biscuits with grapes
- fresh fruit platter

### TUESDAY

#### MAINS

1. Chicken and Vegetable Pie and Gravy, oven baked diced herby potatoes, mixed vegetables
2. Noodle Bake (v) oven baked diced herby potatoes, mixed vegetables or assorted salad

#### DESSERTS

- melting moments & custard
- Muller yoghurt
- melon slices

### WEDNESDAY

#### MAINS

1. Roast of the Day, roast potatoes, parsley potatoes, mixed root vegetables
2. Vegetable Burgers (v), roast potatoes, parsley potatoes, mixed root vegetables or assorted salad

#### DESSERTS

- chocolate mandarin brownie & custard
- ice cream tub
- pineapple in fruit juice

### THURSDAY

#### MAINS

1. Chilli Chicken with rice, assorted salad
2. Loaded Pizza (v), baked jacket wedges, baked beans or assorted salad

#### DESSERTS

- lemon drizzle cake
- strawberry mousse
- fresh fruit salad

### FRIDAY

#### MAINS

1. Fish & Chips, peas, sweetcorn or assorted salad
2. Sticky Vegetarian Sausage (v), chips, peas, sweetcorn or assorted salad

#### DESSERTS

- apple flapjack & custard
- fruit jelly
- fresh fruit platter

## Week 2

Week commencing:

- 11/09/17 • 11/12/17
- 02/10/17 • 08/01/18
- 30/10/17 • 29/01/18
- 20/11/17

### MONDAY

#### MAINS

1. Pork Sausages or Vegetarian Sausages, Yorkshire pudding & gravy, mashed potatoes & peas
2. Vegetable Risotto (v), & mixed vegetables or assorted salad

#### DESSERTS

- banana & gingerbread slice & custard
- Muller yoghurt
- fresh fruit salad

### TUESDAY

#### MAINS

1. Beef Grill, oven baked diced potatoes, sweetcorn, carrots
2. Quorn Southern Style Burger (v), oven baked diced potatoes, sweetcorn, carrots

#### DESSERTS

- cocoa crunch cookie & custard
- arctic roll
- fresh fruit platter

### WEDNESDAY

#### MAINS

1. Roast of the Day, roast and boiled potatoes, cabbage & carrots
2. Whole Wheat Tomato Pasta Bake or Macaroni Cheese (v), assorted salad

#### DESSERTS

- pancakes and fruit
- chocolate mousse
- pineapple in juice

### THURSDAY

#### MAINS

1. Chicken Masala with rice and naan bread, assorted salad
2. Loaded Pizza (v), baked cajun wedges, roasted Mediterranean vegetables or coleslaw

#### DESSERTS

- cherry sponge and custard
- cheese, biscuits and apple slices
- melon slices

### FRIDAY

#### MAINS

1. Fish & Chips, garden peas or assorted salad
2. Vegetable and Bean Burritos (v), chips, garden peas or assorted salad

#### DESSERTS

- cornflake tart & custard
- Muller yoghurt
- fresh fruit salad

## Week 3

Week commencing:

- 18/09/17 • 18/12/17
- 09/10/17 • 15/01/18
- 06/11/17 • 05/02/18
- 27/11/17

### MONDAY

#### MAINS

1. Beef Meatballs in Tomato Sauce served with whole wheat pasta
2. Vegetable Finger (v), oven baked diced potatoes, mixed vegetables

#### DESSERTS

- chocolate crunch and chocolate sauce
- strawberry mousse
- peaches in juice

### TUESDAY

#### MAINS

1. All Day Brunch (bacon, sausage, omelette, beans, hash brown)
- OR All Day Vegetarian Brunch (v) (vegetarian sausage, omelette, beans, hash brown)

2. Jacket Potato with cheese and beans (v) assorted salad

#### DESSERTS

- fruit muffin & custard
- Muller yoghurt
- fresh fruit salad

### WEDNESDAY

#### MAINS

1. Roast of the Day, boiled potatoes, broccoli, carrots
2. Quorn Paella (v), assorted salad

#### DESSERTS

- oaty fruit crunch & custard
- ice cream tub
- fresh fruit platter

### THURSDAY

#### MAINS

1. Beef Bolognaise with spaghetti and garlic bread
2. Loaded Pizza (v), oven baked jacket wedges, baked beans, assorted salad

#### DESSERTS

- pineapple upside down cake and custard
- fruit jelly
- melon slice

### FRIDAY

#### MAINS

1. Fish & Chips, peas and sweetcorn
2. Cheese Flan (v), chips, peas and sweetcorn

#### DESSERTS

- shortbread & custard
- Muller yoghurt
- fresh fruit salad