

# Quality food options every day

Full details of dishes & allergen information are available at: [sips.co.uk/foodportal](https://www.sips.co.uk/foodportal)

Week Commencing:  
2/11/2020  
23/11/2020  
07/12/2020  
04/01/2021  
18/01/2021  
01/02/2021

## Week 1

### MONDAY

**MAINS**  
Lemon Sole Bites  
Boiled Potato,  
Peas, Carrots

Jacket Potato **V**, Cheese & Baked Beans

Sandwiches with a Choice of Fillings – Ham, Cheese or Tuna

**DESSERTS**  
Banana Muffin  
Fresh Fruit Slices

### TUESDAY

**MAINS**  
Pork Sausage Hot Dog  
Herby diced potatoes  
Peas, Tomato Ketchup

Vegetarian Sausage Hot Dog **V**  
Herby diced potatoes  
Peas, Tomato Ketchup

Sandwiches with a Choice of Fillings – Ham, Cheese or Tuna

**DESSERTS**  
Iced Shortbread Biscuit  
Fresh Fruit Platter

### WEDNESDAY

**MAINS**  
BBQ Chicken  
Savoury Rice,  
Carrots

Cheese & Potato Pie **V**  
Carrots, Coleslaw

Sandwiches with a Choice of Fillings – Ham, Cheese or Tuna

**DESSERTS**  
Fruit Jelly  
Fresh Fruit

### THURSDAY

**MAINS**  
Chicken Pasta Bake  
Garlic Bread  
Sweetcorn

Margherita Pizza, **V**  
Seasoned Wedges,  
Baked Beans

Sandwiches with a Choice of Fillings – Ham, Cheese or Tuna

**DESSERTS**  
Muller Yoghurt  
Fresh Fruit

### FRIDAY

**MAINS**  
Harry Ramsden's Junior Pollock & Tomato Ketchup  
Chips, Peas

Cheese & Onion Lattice & Tomato Ketchup **V**  
Chips, Peas,

Sandwiches with a Choice of Fillings – Ham, Cheese or Tuna

**DESSERTS**  
Cocoa Crunch Cookie  
Fresh Fruit

Week

Commencing

9/11/2020  
30/11/2020  
14/12/2020  
11/01/2021  
25/01/2021  
08/02/2021

## Week 2

### MONDAY

**MAINS**  
Fish Fingers,  
Herby Diced Potatoes  
Baked Beans

Quorn Southern Style Burgers **V**  
Herby Diced Potatoes  
Baked Beans

Sandwiches with a Choice of Fillings – Ham, Cheese or Tuna

**DESSERTS**  
Melting Moments  
Fresh Fruit Slices

### TUESDAY

**MAINS**  
Chicken Meatballs  
Pasta,  
Roasted Mediterranean Veg

Jacket Potato with Cheese & Coleslaw or Baked Beans **V**

Sandwiches with a Choice of Fillings – Ham, Cheese or Tuna

**DESSERTS**  
Fruit Flapjack  
Fresh Fruit Slices

### WEDNESDAY

**MAINS**  
Buttered Chicken  
Boiled Potatoes, Broccoli, Carrots,  
Home-made bread

Vegetable Burger, **V**  
Boiled Potatoes, Broccoli, Carrots.  
Home-made bread

Sandwiches with a Choice of Fillings – Ham, Cheese or Tuna

**DESSERTS**  
Muller Yoghurt  
Fresh Fruit

### THURSDAY

**MAINS**  
Pork Sausage,  
Jacket wedges  
Sweetcorn  
Home -made Bread

Loaded Veggie Feast Pizza **V**  
Jacket wedges, Sweetcorn

Sandwiches with a Choice of Fillings – Ham, Cheese or Tuna

**DESSERTS**  
Fruit Jelly  
Fresh Fruit Platter

### FRIDAY

**MAINS**  
Pop Corn Chicken, & Tomato Ketchup  
Chips, Baked Beans

Quorn Vegan Nuggets **Ve**, & Tomato Ketchup  
Chips & Baked Beans

Sandwiches with a Choice of Fillings – Ham, Cheese or Tuna

**DESSERTS**  
Frozen Strawberry Yoghurt  
Fresh Fruit

Dishes are subject to change without prior notice

SIPS

EDUCATION

Mission:  
nutrition

www.sips.co.uk



**N** - New

**V** - Vegetarian

**Vg** - Vegan

**B** - Boosted by hidden fruit and vegetables

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