

Quality food options every day

Filled Jacket Potatoes and Sandwich meals are available in some schools. check your schools website for full details.

Week 1

Week Commencing:
30/08/21
20/09/21
11/10/21
08/11/21
29/11/21
03/01/22
24/01/22
14/02/22
14/03/22
04/04/22

MONDAY

MAINS
Fish Fingers
Mashed Potato, Peas, Carrots

MEAT FREE MONDAY

Quorn & Sweet Potato Curry with Brown & White rice and Naan Bread, Assorted Salad

DESSERTS
Melting Moment & a Glass of Milk
Strawberry Mousse
Fresh Fruit Slices

TUESDAY

MAINS
Chicken Curry with Brown & White Rice and Naan Bread or
Chicken Pasta Bake
Vegetable Medley, Assorted Salad
Vegetarian Sausage Rolls
Sauté Potatoes, Vegetable Medley or Assorted Salad

DESSERTS
Toffee Cake & Custard
Fruit Jelly
Fresh Fruit Platter

WEDNESDAY

MAINS
Brunch Lunch
(pork sausage, bacon, baked beans, omelette, hash brown)

Vegetarian Brunch Lunch
(vegetarian sausage, omelette, baked beans, hash brown)

DESSERTS
Banana Muffin
Muller Yoghurt
Melon Slices

THURSDAY

MAINS
Chicken Meatballs in Rich Tomato Sauce served with Pasta, Assorted Salad
Margherita Pizza
Seasoned Wedges, Sweetcorn, Assorted Salad

DESSERTS
Pineapple Upside Down Cake & Custard
Cheese & Biscuits with Apple Slices
Fresh Fruit Salad

FRIDAY

MAINS
Harry Ramsden's Junior Pollock Chips, Peas, Assorted Salad

Tasty Bean Bake
Chips, Peas, Assorted Salad

DESSERTS
Chocolate Crunch & Chocolate Sauce
Frozen Strawberry Yoghurt
Fresh Fruit Salad

Week 2

Week Commencing:
06/09/21
27/09/21
18/10/21
15/11/21
06/12/21
10/01/22
31/01/22
28/02/22
21/03/22

MONDAY

MAINS
Vege Burger
Diced Herby Potatoes
Green Beans, Assorted Salad

MEAT FREE MONDAY

Vege Bolognese
Spaghetti, Garlic Bread
Assorted Salad

DESSERTS
Sticky Orange Cake & Custard
Cheese & Biscuits with Apple
Fresh Fruit Slices

TUESDAY

MAINS
Beef Grill in a Bun
Cajun Wedges, Baked Beans, Assorted Salad
Wild West Jacket Potato
(vegetarian sausage & baked beans in a jacket)
or
Tuna Pasta Bake
Assorted Salad

DESSERTS
Lemon Crunch Biscuit
Fruit Jelly
Fresh Fruit Platter

WEDNESDAY

MAINS
Sweet Chilli Chicken Breast Fillet or
Buttermilk Chicken
Rice, Vegetable Medley
Coleslaw

Fishless Finger
Sauté Potatoes, Vegetable Medley
Coleslaw

DESSERTS
Chocolate Brownie & Chocolate Sauce
Arctic Roll
Melon Slices

THURSDAY

MAINS
Mexican Chilli (beef or vegemince)
Brown and White Rice
Sweetcorn
Assorted Salad

Loaded Vege Feast Pizza
Seasoned Wedges, Sweetcorn, Assorted Salad

DESSERTS
Sprinkle Tray Bake
Muller Yoghurt
Fresh Fruit Slices

FRIDAY

MAINS
Popcorn Chicken
Chips, Baked Beans
Quorn Vegan Nuggets
Chips, Baked Beans

DESSERTS
Fruit Flapjack & Custard
Frozen Toffee Yoghurt
Fresh Fruit Salad

Week 3

Week Commencing:
13/09/21
04/10/21
01/11/21
22/11/21
13/12/21
17/01/22
07/02/22
07/03/22
28/03/22

MONDAY

MAINS
Cheese & Onion Lattice Finger
Herby Diced Potatoes
Baked Beans or Assorted Salad

MEAT FREE MONDAY

Quorn Southern Style Burger
Herby Diced Potatoes
Baked Beans or Assorted Salad

DESSERTS
Warm Pancakes & Fruit
Muller Yoghurt
Fresh Fruit Salad

TUESDAY

MAINS
Pork Sausage
Yorkshire Pudding & Gravy,
Mash, Vegetable Medley
Cauliflower

Cheese & Tomato Pasta Bake
Vegetable Medley
Cauliflower

DESSERTS
Cocoa Crunch Cookie & Custard
Cheese and Biscuits with Apple Slices
Fresh Fruit Slices

WEDNESDAY

MAINS
Roast Gammon or
Roast Chicken
& Gravy, Roast Potatoes
Boiled Potatoes, Broccoli, Carrots

Vegan Meatballs & Gravy
Roast Potatoes, Boiled Potatoes, Broccoli, Carrots

DESSERTS
Gingerbread & Custard
Fruit Jelly
Melon Slices

THURSDAY

MAINS
Keema Curry (beef or veggie mince) with Brown & White Rice & Naan Bread

Loaded Pizza
Potato Wedges
Baked Beans or Salad

DESSERTS
Lemon Drizzle Cake & Custard
Vanilla Ice Cream Tub
Fresh Fruit Platter

FRIDAY

MAINS
Harry Ramsden's Junior Pollock Chips, Peas, Assorted Salad

Vegetarian Sausage
Chips, Peas, Assorted Salad

DESSERTS
Iced Shortbread Biscuit and a Glass of Milk
Chocolate Whip
Fresh Fruit Salad

Served daily: Bread Basket, Fruity Water, Assorted Salad, Seasonal Vegetables served at the counter. Dishes may change without prior notice. This is a generic menu and may differ to the menu bespoke to your school. check your school's website for full details

www.sips.co.uk

mission: nutrition

SIPS EDUCATION



N - New V - Vegetarian VG - Vegan B - Boosted by hidden fruit and vegetables