

NEW FOR
2023/24

Hello from SIPS Catering!

For anyone that doesn't know us, we're part of the SIPS Education family - a not-for-profit organisation based in West Bromwich. SIPS provides a range of services to schools, and we're proud to be the caterer of choice for your child's school. We're education catering specialists and work in partnership with lots of schools in the local area.



Something For Everyone

Welcome to our new menu! We had some great feedback about our last one, so we've built the new menu to include some favourite dishes and have created plenty of exciting and innovative ones.

We're always thinking about the ingredients in our meals, and our recipes are designed to be inclusive and suitable for children with a range of tastes and requirements.

- 👍 Variety of Plant-based Foods
- 👍 More 'Free From' dishes, including our new No-Egg Cakes & Desserts
- 👍 Fewer Allergens to Increase Choice
- 👍 Supporting Faith & Lifestyle Diet Types
- 👍 Buying Sustainably & Reducing Waste

There is such a thing as a FREE SCHOOL LUNCH

School meals for Reception, Years 1 & 2 are **FREE** regardless of circumstances.

They are worth over £450 per child, each year.* Older children in Years 3 - 6 may still be entitled to free school meals.

WHY NOT APPLY TO FIND OUT?

TO APPLY FOR FREE SCHOOL MEALS PLEASE VISIT:

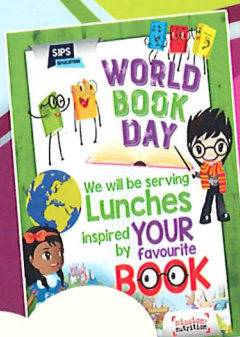
www.gov.uk/apply-free-school-meals



Food THEME DAYS add fun and inspire children to try a school meal!

Check out our exciting theme days!

Here are some you can look forward to.



Monday

Week 1

Cheesy Quesadilla **V B N**
Sweetcorn, Green Beans or Assorted SaladFishless Fingers **VG** Diced Herby Potatoes
Sweetcorn, Green Beans or Assorted SaladBaked Apple Sponge **B N** & Custard

Müller Yoghurt

Tuesday

Chicken Meatballs & Gravy
Mashed Potato, Broccoli, Vegetable MedleyVegan Meatballs **VG** & Gravy
Mashed Potato, Broccoli, Vegetable medleyBrownie Bites &
Mandarin Oranges **N VG NE**

Vanilla Ice Cream

Wednesday

Brunch Lunch
(Pork sausage, hash brown,
baked beans, omelette)Vegetarian Brunch Lunch **V**
(Vegetarian sausage, hash brown,
baked beans, omelette)Chocolate Crispies **N NE**

Fruit Jelly

Thursday

Cajun Chicken with Pineapple Salsa **N**
Pasta, Sweetcorn, Assorted SaladMargherita Pizza **V B**
Pasta, Sweetcorn or Assorted Salad

Oat & Raisin Cookie

Muller Yoghurt

Friday

Fish Fingers
Chips, Peas or Assorted SaladQuorn Vegan Nuggets **VG**
Chips, Peas or Assorted SaladCornflake Tart & Custard **NE**

Strawberry Mousse

Week 2

Quorn Southern Style Burger **V**
Savoury Rice, Green Beans
or Assorted SaladMargherita Pizza Pasta Bake **V B N**
Green Beans or Assorted Salad

Arctic Roll

Chocolate Mousse

Roast Chicken & Gravy
Roast Potatoes, Broccoli, CarrotsDhal **VG**
Bombay Potatoes & Naan Bread **N**
or Assorted SaladOaty Apple Crumble & Custard **NE**

Frozen Strawberry Yoghurt

Chilli & Cheese Loaded Wedges **N**
Peas, Sweetcorn or Assorted SaladSticky Sausage Loaded Wedges **V N**
Peas, Sweetcorn or Assorted SaladChocolate Cookie **N NE**

Muller Yoghurt

Pepperoni Pizza **B N**
Sauté Potatoes, Assorted Salad

Jacket Potato with Tuna Mayo

Loaded Pizza **V B**
Sauté Potatoes, Assorted SaladFruit Muffin **VG B N NE**

Fruit Jelly

Harry Ramsden's Battered Pollock
Chips, Baked BeansCountry Bake **VG**
Chips, Baked BeansIced Shortbread Biscuit **NE**

Muller Yoghurt

Week 3

Fish Fingers
Mashed Potato, Peas, CarrotsMac 'n' Cheese with Herby Bread **V N**
Peas, Carrots or Assorted SaladChocolate & Cherry Muffin **N NE**

Muller Yoghurt

Chicken Curry
Brown & White Rice & Naan Bread
or Assorted SaladVegetable Curry
Brown & White Rice & Naan Bread
or Assorted SaladLemon Slice & Custard **N**

Fruit Jelly

Pork Sausage, Jacket Wedges,
Spaghetti Hoops or SweetcornVegetarian Sausage **VG**
Jacket Wedges, Spaghetti Hoops
or SweetcornApple Flapjack **B NE** & Custard

Vanilla Ice Cream Tub

Beef Bolognese with Pasta
& Garlic Bread, Assorted SaladMargherita Pizza **V B**
Pasta, Coleslaw, Assorted Salad

Sprinkle Tray Bake & Custard

Very Berry Mousse **N**Harry Ramsden's Pollock
Chips, Mushy Peas or Assorted SaladSavoury Pastry Roll **VG**
Chips, Mushy Peas or Assorted SaladMelting Moment Biscuit **NE**

Muller Yoghurt

Dates:

2023: 05/06. 26/06. 17/07.
04/09. 25/09. 16/10. 13/11. 04/12.
2024: 08/01. 29/01. 26/02. 18/03.2023: 12/06. 03/07. 24/07.
11/09. 02/10. 23/10. 20/11. 11/12.
2024: 15/01. 05/02. 04/03.2023: 19/06. 10/07.
18/09. 09/10. 06/11. 27/11. 18/12.
2024: 22/01. 19/02. 11/03.

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.

NE No Eggs **N** New **V** Vegetarian **VG** Vegan **B** Boosted by hidden fruit and vegetablesFruit and
water
served
daily