

Quality food options every day

Full details of dishes & allergen information are available at: sips.co.uk/foodportal

Week Commencing:

14/09/20

28/09/20

12/10/20

Week 1

MONDAY

MEAT FREE MONDAY

Fish Fingers
Mashed Potato & Peas
Or
Meat Free Sausage Roll (v)
Mashed Potato & Peas

Melting Moments
Fresh Fruit Slices

TUESDAY

Chicken Curry with Brown & White Rice and Naan Bread
Or
Quorn Southern Style Burger
Sauté Potatoes
Baked Beans

Frozen Toffee Yoghurt
Fresh Fruit Salad

WEDNESDAY

Roast Chicken & Gravy
Roast & Boiled Potatoes
Carrots
Or
Vege Burger (vg) & Gravy
Roast & Boiled Potatoes
Carrots

Chocolate mousse
Melon Slices

THURSDAY

Beef or Vege Mince
Bolognese & Pasta
Garlic Bread
Or
Margherita Pizza (v) (b)
Seasoned Wedges
Sweetcorn

Muller Yoghurt
Fresh Fruit Platter

FRIDAY

Harry Ramsden's Junior Pollock & Tomato Ketchup
Chips & Baked Beans
Or
Cheese and Potato Pie & Tomato Ketchup
Chips & Baked Beans

Cocoa Crunch Cookies
Fresh Fruit Salad

Week Commencing:

21/09/20

05/10/20

19/10/20

Week 2

MONDAY

MEAT FREE MONDAY

Fish Fingers
Herby Diced Potatoes
Peas
Or
Cheese & Onion Lattice Finger (v)
Herby Diced Potatoes
Peas

Strawberry Mousse
Fresh Fruit Slices

TUESDAY

Sausage & Mash with Gravy
Vegetable Medley
Or
Vegetarian Sausage (v)
Mash with Gravy
Vegetable Medley

Vanilla Ice Cream Tub
Fresh Fruit Platter

WEDNESDAY

BBQ or Buttermilk
Chicken Fillet with Savoury Vegetable Rice
Or
Quorn and Sweet Potato Curry (v) with Brown and White Rice and Naan Bread

Chocolate Brownie
Melon Slices

THURSDAY

Pork & Carrot or Chicken Meatballs in Tomato Sauce with Pasta
Or
Cheese and Tomato Pizza (v) (b)
Seasoned Wedges
Sweetcorn

Fruit Jelly
Fresh Fruit Slices

FRIDAY

Popcorn Chicken
Chips & Baked Beans
Or
Quorn Vegan Nuggets (vg)
Chips & Baked Beans

Iced Shortbread Biscuit
Fresh Fruit Salad

Served daily: Bread Basket, Fruity Water, Assorted Salad, Seasonal Vegetables served at the counter. Dishes may change without prior notice.

SIPS

EDUCATION

mission:
nutrition

www.sips.co.uk



- New



- Vegetarian



- Vegan



- Boosted by hidden fruit and vegetables