

The law relating to food allergens has changed!



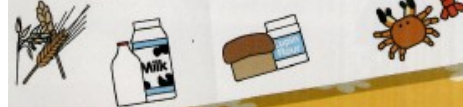
There is now a legal requirement for us to tell customers if there are any allergens in your food and drinks

14 foods have been identified as causing allergies

We have all of this information to hand - in our School Kitchens and at Head Office so please contact us if you'd like to know more.

We cater for students with food allergies as much as we possibly can, and are working with schools to ensure that we have all the information we need. If your child has a medical requirement regarding food then please be sure that you let the school know.

More details can be found at: www.food.gov.uk/allergy



Call the team on:
0121 296 3000
Email: catering@sandwellips.org.uk
Website: www.sandwellips.org.uk/catering



mission: nutrition
my school meal challenge

School Meals Menu
April to October 2015

FREE MEALS FOR INFANTS

This is an exciting time for SIPS Catering as we're cooking more meals than ever now that all Reception, Year 1 and Year 2 pupils are entitled to free school meals.

Our menus are just right for older children too - we hope that you'll consider school meals for your Junior aged kids if they haven't tried them before.

Ask in school for more details about how to stay for meals.

FREE SCHOOL MEALS FOR JUNIORS ARE YOU ENTITLED?

If you are in receipt of certain benefits your child could be entitled to Free School Meals. For further information and to see if you qualify please call Sandwell Council on:

0121 569 8186

Paid school meals
Primary £2.00
Secondary £2.05

Join the team!

We're often looking to recruit more kitchen staff so if you're interested in part-time work please contact us - our details are above.



See what's cooking!

We're serving up some yummy meals and fab rewards for Sandwell students to enjoy!

change 4 life



Your missions start here!

Week 1

Week commencing:

- 15th April
- 4th May
- 1st & 22nd June
- 13th July
- 31st August
- 21st September
- 12th October

Monday

1. Roast gammon, apple sauce & gravy or Fish fingers
 2. Macaroni cheese with garlic & spinach bread (v)
- Dessert:
Fruit crumble & custard or Fruit yogurt

Tuesday

1. Hot dog
 2. Vegetarian sausage hot dog or Cheese & potato pie (v)
- Dessert:
Banana & gingerbread slice & custard or Fruit jelly

Wednesday

1. Roast chicken, stuffing & gravy
 2. Vegetarian chilli, rice & garlic bread (v)
- Dessert: Apple jalouse & custard or Strawberry mousse

Thursday

1. Spaghetti bolognaise (beef) & garlic bread
 2. Loaded pizza (v)
- Dessert: Hot chocolate fudge cake & chocolate sauce or Ice cream, wafer & strawberry sauce

Friday

1. Fish & chips
 2. Jacket potato with cheese & baked beans or coleslaw (v)
- Dessert:
Bakewell tart & custard or Fruit yogurt

Week 2

Week commencing:

- 20th April
- 11th May
- 8th & 29th June
- 7th & 28th September
- 19th October

Monday

1. Roast turkey, stuffing & gravy
 2. Cheese & potato pie with herby bread (v)
- Dessert:
Fruit muffin & custard or Fruit yogurt

Tuesday

1. Chilli beef wrap or Fish fingers
 2. Vegetarian sausage (v)
- Dessert: Apple flapjack & custard or Chocolate mousse

Wednesday

1. Roast pork, apple sauce & gravy
 2. Vegetable biriyani & naan bread (v)
- Dessert: Jam tart & custard or Fruit jelly

Thursday

1. Tuna & pasta bake
 2. Loaded pizza (v)
- Dessert: Dutch apple cake & custard or Cheese, biscuits & apple

Friday

1. Fish & chips
 2. Vegetable frittata (v) or Jacket potato with cheese & coleslaw (v)
- Dessert: Lemon cake & custard or Ice cream, strawberry sauce & wafer

Week 3

Week commencing:

- 27th April
- 18th May
- 15th June
- 6th July
- 14th September
- 5th October

Monday

1. Roast gammon & parsley sauce
 2. Vegetable burgers (v)
- Dessert: Iced chocolate cherry sponge & custard or Strawberry mousse

Tuesday

1. Fish fingers
 2. Vegetable curry with pulses, rice & naan bread (v)
- Dessert: Shortcake & custard or Ice cream, strawberry sauce & wafer

Wednesday

1. Southern fried chicken wrap or Chinese chicken
 2. Quorn™ & broccoli bake (v)
- Dessert: Cocoa crunch cookies & custard or Fruit yogurt

Thursday

1. Loaded pizza (v)
 2. Vegetarian bolognaise, spaghetti & garlic bread (v)
- Dessert: Carrot cake & custard or Arctic roll

Friday

1. Fish & chips
 2. Vegetarian chilli enchiladas (v)
- Dessert: Fruit pie & custard or Fruit jelly

All main courses: served with a selection of vegetables and salad

Served daily: Selection of bread and a range of fruit

Daily drinks: Milk, fruit juice and water

(v) Fab vegetarian option!

