

# this week's menu



## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEF'S CHOICE	Oven baked pork sausages served with chipped potatoes	BBQ glazed chicken served in a bun with oven baked wedges	Pasta Bolognese	Roast turkey served with Yorkshire pudding and roast potatoes	Poached salmon fillet with a parsley sauce served with new potatoes
MEAT FREE CHOICE	Quorn meatballs in a tomato & sweet pepper sauce with penne pasta	Lentil and tomato vegetable pie	Mixed bean & pepper enchilada with a spicy tomato sauce	Sweet potato and chick pea curry served with brown rice	Cheese and tomato pizza served with chipped potatoes
All served with seasonal vegetables and selection of salads from the salad bar					
DAILY	A selection of sandwiches and oven baked jacket potatoes with choice of fillings All served with a selection of homemade salads from the salad bar				
SWEET CHOICE	Homemade gingerbread served with custard	Golden coconut cookie served with chilled milk & banana	Homemade melting chocolate pudding served with peaches & custard	Toffee apple crumble slice served with chilled milk	Frozen yoghurt served with a mini shortbread biscuit
Fresh fruit salad and yoghurt is available daily					



North Tyneside Council

**FRESH** food  
**matters**

Menu items subject to change  
Please note that we will always restart on Week 1 following a holiday  
All items subject to availability

[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)