

## Welcome to our new menu

created with care for our planet

SIPS is proud to be the first not-for-profit organisation to have signed the Sustainability West Midlands Net-Zero Pledge. Our mission is to reduce our organisation's environmental impact.

### Partnership Approach

We work with schools and pupils, attending Eco-councils and assemblies to share ideas. Look out for events and displays in schools over the coming months.

Our suppliers are committed to playing their part too.



This year, Quorn will plant 60 trees in our name as part of a sustainable forest initiative. We work in partnership with them to create delicious, healthy, sustainable meat-free dishes for our customers.

Together  
we make a  
difference

- ♻️ All of our Food Waste is collected and recycled. So far we have returned 3150,000 KWh(e) of energy to the national grid!
- ♻️ For every kilo of food waste recycled we have prevented 2.5kg of CO<sub>2</sub> going into landfill.

### Our Daily Pledge

- Our kitchen teams have pledged to support their school and the environment
- ✓ Switch off all lights and equipment when not in use.
  - ✓ Make sure dishwashers and equipment are full before use, to maximise efficiency.
  - ✓ Use no more than the amount of water required.

**FREE SCHOOL LUNCHES**

School meals for Reception, & Years 1 & 2 are FREE

They are worth over £450 per child, each year.\* Older children in Years 3-6 may still be entitled to free school meals  
TO APPLY FOR FREE SCHOOL MEALS PLEASE VISIT:  
[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)



## Week 1

## Week 2

## Week 3

Monday

Fishless Fingers **VG**  
Mash  
Spaghetti Hoops  
Cheese & Potato Pie **V**  
Spaghetti Hoops  
Chocolate Brownie **VG**  
with Mandarin Oranges

Fish Fingers  
Hash Brown  
Garden Peas, Carrots  
Quorn & Chickpea Curry **V N**  
Brown & White Rice  
Naan Bread  
Lemon Drizzle Cake **VG GF N**

Quorn Southern Fried Burger **V**  
Tomato Pasta  
Green Beans, Carrots  
Vegan Meatball Pasta Bake **V N**  
Green Beans  
Carrots  
Vanilla Ice Cream Tub

Tuesday

BBQ Chicken Wrap **N**  
Crunchy Coleslaw  
Pulled BBQ Quorn Wrap **VG N**  
Crunchy Coleslaw  
Fruit Jelly **VG**

Beef Burger in a Bun  
Diced Herby Potatoes  
Vegetable Medley  
Harvest Burger in a bun **VG**  
Diced Herby Potatoes  
Vegetable Medley  
Fruit Muffin **VG**

Pork Sausage & Gravy  
Mash  
Vegetable Medley  
Vege Banger **VG** & Gravy  
Mash  
Vegetable Medley  
Chocolate Pinwheels **VG N**

Wednesday

Brunch Lunch (pork sausage,  
hash brown, omelette, baked beans)  
Vegetarian Brunch Lunch **V**  
(vegetarian sausage, hash brown,  
omelette, baked beans)  
Vanilla Whirl Biscuit **VG N NE**

Jerk Chicken **N** with Vegetable Rice  
Mediterranean Bolognese **V** &  
Garlic Bread  
Pasta  
Chocolate Arctic Roll **N**

Roast Chicken & Gravy  
Roast Potatoes  
Broccoli, Carrots  
Quorn Fillet & Gravy **VG**  
Roast Potatoes  
Broccoli, Carrots  
Toffee Cake & Custard **B**

Thursday

Chicken Curry  
Brown & White Rice  
Naan Bread  
Margherita Pizza **V B**  
Pasta  
Sweetcorn  
Very Berry Mousse

Chicken Pasta Bake **N**  
Sweetcorn  
Loaded Pizza **V B**  
Baked Potato Wedges  
Sweetcorn  
Apple Flapjack **B** & Custard

Beef Bolognese with Pasta &  
Garlic Bread  
Cheese & Tomato Pizza **V B**  
Seasoned Wedges  
Peas & Sweetcorn  
Fruit Jelly **VG**

Friday

Harry Ramsdens Salmon  
& Sweet Potato Fish Cake **B N**  
Chips  
Garden Peas  
Quorn Vegan Nuggets **VG**  
Chips  
Garden Peas  
Sprinkle Tray Bake & Custard

Harry Ramsdens Battered Fish  
Chips  
Baked Beans  
Cheese Flan **V N**  
Chips  
Baked Beans  
Strawberry Mousse

Fish Fingers  
Chips  
Mushy Peas  
Cheese & Onion Lattice **V**  
Chips  
Mushy Peas  
Baked Apple Sponge **B** & Custard

Dates

02/09/24. 23/09/24. 14/10/24.  
11/11/24. 02/12/24.  
06/01/25. 27/02/25. 24/02/25. 17/03/25.  
07/04/25. 12/05/25. 09/06/25. 30/06/25. 21/07/25

09/09/24. 30/09/34. 21/10/24.  
18/11/24. 09/12/24.  
13/01/25. 03/02/25. 03/03/25. 24/03/25.  
28/04/25. 19/05/25. 16/06/25. 07/07/25.

16/09/24. 07/10/24. 04/11/24.  
25/11/24. 16/12/24.  
20/01/25. 10/02/25. 10/03/25. 31/03/25.  
05/05/25. 02/06/25. 23/06/25. 14/07/25.

Available Daily: Water, Seasonal Salad, Bread, Yoghurt and Seasonal Fresh Fruit.

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 **GF** Gluten Free **B** Boosted by hidden fruit and vegetables

