



Did you know

Lack of exercise and poor diet mean that one in four children are overweight or obese.

We provide school meals to over 80 primary schools in Gateshead.

Children who have a balanced meal at lunchtime can concentrate better and are more receptive during afternoon lessons.

Over 75% of the main courses and puddings are prepared freshly each day on site by trained catering staff.

Sitting down and eating a meal together helps children develop social and interpersonal skills.

Many of our ingredients come from less than 20 miles from the centre of Gateshead.



food for thought

Gateshead Council School Meals Service



Contact Us

We welcome comments about our service and you will always receive a response to your query.

Email:
customerservices@gateshead.gov.uk

For more information
www.gateshead.gov.uk

Different Formats
If you would like this information in large print, Braille, on tape/CD or another language please contact us on the number above.

Freephone: **0800 169 2780**
School Meals Service
Gateshead Council
Local Environmental Services
Shearlegs Road
Gateshead
NE8 3EN



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HEALTHY • NUTRITIOUS • BALANCED
Oct 08 - April 09

Food for thought

When your child tucks into a school meal prepared by Gateshead Council School Meals service you can be assured a lot of thought has gone into making it as healthy as possible.

We know you want food that is fresh, prepared daily and which provides everything your child needs to feed their bodies and their minds.

We know you want value for money without compromising quality and choice.

So, we have put into place the ingredients that make our school meals service one you can trust - from preparation to plate.

We serve up food that looks good, tastes good and does your child good - every lunchtime. **Here's how we do it.**

Working together

Before any meal is served, a wide variety of people have helped us with the final menus.

- We work with a consultant dietician to make sure our meals comply with the Nutritional Standards for School Meals set by the government.
- We work with local suppliers to source the best local food available.
- We work with Head Teachers and Healthy Schools leads to promote healthy lifestyle choices for young people.
- We listen to what parents, pupils and teachers say in order to improve our service even more.
- We have over 300 professionally trained staff at schools across Gateshead who prepare and deliver thousands of meals every day.



About our Menus

- Our nutritional analysed menus are packed with healthy, home-cooked dishes with lots of fresh meat, milk, fruit and vegetables.
- We use wholemeal products such as bread, pasta and rice, and offer healthy alternatives such as mashed and boiled potatoes instead of chips or roast potatoes.
- A selection of fresh fruit and vegetables feature daily - providing an important source of vitamins and minerals as well as fibre.
- There's less fat, sugar and salt in our food and we don't put salt on tables.
- All canned fruit is packed in natural juice, not syrup.
- Our menus provide a selection of freshly cooked main meals, including a vegetarian option, and a choice of pudding, fresh fruit, yoghurt and cheese and crackers. There is extra salad and wholemeal bread available for every child.

Special Diets

- If your child needs a special diet for medical or cultural reasons we are happy to talk to you about this. Just let the school know and we'll take it from there.

Packed Lunches

- If your child needs a packed lunch for a school trip, we can provide one that meets the nutritional standards.
- And if you make up your child's packed lunch, please support the national nutritional standards by not including foods which are high in fat, salt and sugar.

Free School Meals

- If you think your child may be entitled to a free meal, please ring Gateshead Civic Centre on: 0191 433 3729.

Gateshead School Meals

	MON	TUES	WED	THURS	FRI
MENU WK 1	W/C: 3/11/08, 24/11/08, 15/12/08, 19/1/09, 9/2/09, 9/3/09, 30/3/09				
Main	Cheese & Tomato Pizza (H) or Tuna Pasta Bake (H)	Teviotdale Pie (H) or Turkey & Vegetable Casserole (H)	Chicken Fillet with Yorkshire Pudding or Moussaka (H)	Lamb Bolognese (H) or Baked Ham with Pineapple (H)	Oven baked Fish with Lemon & Parsley or Pork Curry (H)
Vegetarian	Tomato Pasta Bake (H)	Quorn Teviotdale Pie (H)	Quorn Sausage with Yorkshire Pudding	Vegetable Bolognese (H)	Macaroni Cheese
Today's Sandwich Served in Wholemeal Bread	Egg & Cress	Ham Salad	Cheese Savoury	Tuna & Cucumber	Turkey & Salad
Potato/ Pasta/Rice	Pasta Twists	Creamed Potato (H)	Baby Boiled Potato	Pasta Jacket Potato Coleslaw	Oven Baked Potato Wedges Brown Rice
Vegetables	Baked Beans Coleslaw	Cauliflower & Broccoli	Sweetcorn & Green Beans	Diced Carrots	Garden Peas Mixed Peppers
Dessert	Fruity Delight	Fruity Rice Pudding (H)	Apple Crumble with Custard (H)	Oaty Orange Crunch Biscuit (H)	Fruity Friday
Available every day: Fresh Selection of Salads, Wholemeal Bread, Fruit, Cheese & Crackers Assorted Yoghurts & Drinks					
MENU WK 2	W/C: 10/11/08, 1/12/08, 5/1/09, 26/1/09, 23/2/09, 16/3/09				
Main	Loaded Vegetable Pizza or Tuna Filled Jacket Potato	Lamb Bake topped with Cheese Crumble (H) or Sweet & Sour Chicken (H)	Oven Baked Fish Fingers with Lemon & Parsley or Ham Salad Wrap	Cottage Pie (H) or Turkey Burger (H) in Wholemeal Roll	Oven Baked Sausage or Tuna & Cheese Nugget (H)
Vegetarian	Loaded Vegetable Pizza	Quorn Bake Topped with Cheese Crumble (H)	Mixed Salad Wrap	Quorn Burger Wholemeal Roll	Vegetable Sausage
Today's Sandwich Served in Wholemeal Bread	Ham Salad	Tuna & Sweetcorn	Turkey Salad	Egg & Cress	Cheese Savoury
Potato/ Pasta/Rice	Pasta Twists	Creamed Potato (H) or Brown Rice	Baby Boiled Potato	Oven Baked Potato Wedges Creamed Potatoes	Oven Baked Baby Roast Potato (H)
Vegetables	Crunchy Carrot & Cucumber Sticks	Green Cabbage & Diced Carrots	Garden Peas & Sweet corn	Mixed Garden Salad Broccoli Florets	Baked Beans & Coleslaw
Dessert	Pear & Ginger Sponge with Custard (H)	Fruity Flapjack (H)	Apple & Red Grape Crumble Muffin (H)	Anzac Biscuit (H)	Fruity Friday
Available every day: Fresh Selection of Salads, Wholemeal Bread, Fruit, Cheese & Crackers Assorted Yoghurts & Drinks					
MENU WK 3	W/C: 17/11/08, 8/12/08, 12/1/09, 2/2/09, 2/3/09, 23/3/09				
Main	Cheese & Tomato Pizza (H) or Salmon Wraps	Minced Beef & Dumpling (H) or Turkey Supreme (H)	Tuna Pasta Bake (H) or Lamb Hot Pot (H)	Chicken & Vegetable Pie with Gravy (H) or Baked Sausage with gravy	Oven Baked Fish with Lemon & Parsley or Cheesy - Coleslaw Jacket Potato
Vegetarian	Cheese & Tomato Pizza (H)	Quorn Mince & Dumpling (H)	Mixed Vegetable Hot Pot (H)	Quorn Sausage(H)	Cheesy-Coleslaw Jacket Potato
Today's Sandwich Served in Wholemeal Bread	Tuna & Cucumber	Cheese Savoury	Ham Salad	Egg & Cress	Turkey Salad
Potato/ Pasta/Rice	Pasta Twist	Creamed Potato (H) Brown Rice		Baby Boiled Potatoes	Creamed Potatoes
Vegetables	Garden Peas & Diced Beetroot	Green Cabbage & Diced Carrots	Broccoli & Sweetcorn	Mixed Vegetables & Diced Swede	Baked Beans & Sweet corn
Dessert	Apple & Cinnamon Lattice Tart with Custard (H)	Peach Shortcake (H)	Fruity Butterfly Bun (H)	Apple & Chocolate Brownie (H)	Fruity Friday
Available every day: Fresh Selection of Salads, Wholemeal Bread, Fruit, Cheese & Crackers Assorted Yoghurts & Drinks					

Please note: This menu may be subject to change.

H=Homemade