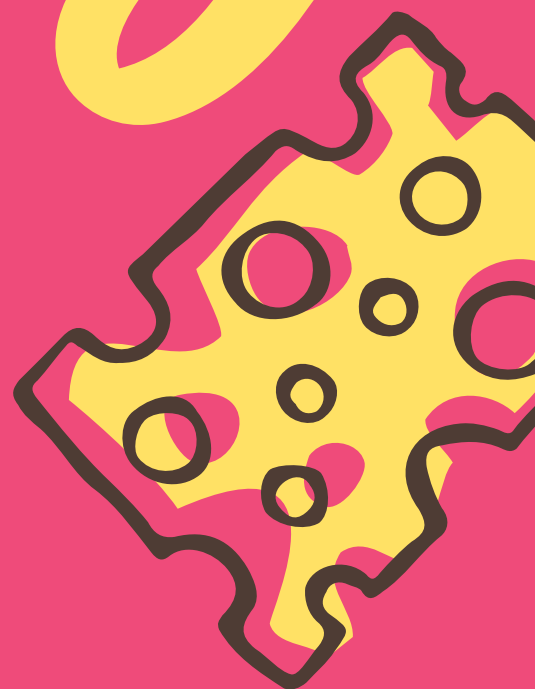


# It's *a bit* tasty



Richard Avenue Primary School

Autumn / Winter Menu

**School Meals**

  
Sunderland  
City Council

# Week 3

**Week 3** - week commencing:

- 5th Oct 20 • 16th Nov 20
- 7th Dec 20 • 18th Jan 21
- 8th Feb 21

**Drinks** - Milk, water and a selection of juice or milkshake available daily

**Vegetables** - A selection of vegetables and salad bar available daily

**Bread** - Freshly baked bread available each day

**The following additional desserts are available daily:**

Cheese & crackers, yoghurts, fresh fruit / fruit salad.

## *Meat Free* Monday

Vegetable bolognese served with herby bread

Cheese & red onion pizza swirls  
with spicy diced potatoes

Jacket potato filled with a choice of baked beans  
cheese or tuna served with salad & coleslaw

Fruity oat crumble with custard

## *Fun Food* Tuesday

Sunderland super sub soft baguette filled with  
marinara meatballs served in a basket with potato  
noisettes

Cauliflower cheese nuggets served with tomato relish  
& mediterranean cous cous

Sandwich selection (ham, cheese, tuna or egg  
mayonnaise) served in a basket with salad  
accompaniments

Chocolate orange cake with ice cream

## *Roast Dinner* Wednesday

Roast beef or roast pork with gravy and crispy roast  
potatoes

Hearty vegetable soup served with a choice of  
cheese, tuna or egg mayonnaise sandwich

Jacket potato filled with a choice of baked beans  
cheese or tuna served with salad & coleslaw

Fresh Fruit Wednesday (a special range of fresh fruit)

## *Best of British* Thursday

Pork sausages with rich onion gravy and creamed  
potatoes

Vegetable cottage pie and parsley new potatoes

Sandwich selection (ham, cheese, tuna or egg  
mayonnaise) served in a basket with salad  
accompaniments

Rice pudding with rice krispie finger

## *Fish* Friday

Salmon fillet with lemon wedge and chips

Quorn Spanish rice served with vegetable noodles

Jacket potato filled with a choice of baked beans  
cheese or tuna served with salad & coleslaw

Cherry bakewell biscuit served with milk