

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.

Quorn

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

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.

♻️ 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 CO₂ going into landfill.

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



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
Mexican Rice Bowl **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 Bolognaise **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 Bolognaise 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. 30/09/24. 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

