



Primary School Meals Apr 24 to Oct 20 2017

WEEK 1

commencing: 24 Apr, 15 May, 12 Jun, 3 Jul, 4 Sep, 25 Sep, 16 Oct 2017.

MONDAY

Chicken Popems with sauce.
V- Meat free sausage roll.
NEW GF- Bubble coated fish.

Creamed potatoes, pasta, sweetcorn, broccoli.

Rice pudding & strawberry compote / Fresh fruit salad /

TUESDAY

Meat lasagne. V- Quorn lasagne.
V- Mediterranean chicken grill.
 Fishcake.

Baby potatoes, sauté potatoes, peas, coleslaw.

Apple crumble & custard / Fresh fruit salad /

WEDNESDAY

Roast beef & Yorkshire pudding.
V- Cheese omelette.
 Salmon fish fingers.

FF- Roast & boiled potatoes, Country Mix, spaghetti hoops.

Strawberry swirl cheesecake / Fresh fruit salad /

THURSDAY

love joes marinated chicken wrap.
V- Quorn cottage pie.
 Battered fish fillet.

Wedges, mixed vegetables, carrots.

Flapjack & custard / Fresh fruit salad /

FRIDAY

V- Cheese & tomato pizza.
 Tempura fish goujons.

Chipped potatoes, baked beans, peas.

NEW GF- Lemon muffin & lemon sauce / Fresh fruit salad /

WEEK 2

commencing: 1 May, 22 May, 19 Jun, 10 Jul, 11 Sep, 2 Oct 2017.

MONDAY

Hot Dog . V- Quorn Dog.
NEW Butter chicken tikka masala.
Lemon sole grill.

Herby wedges, boiled rice, broccoli, baked beans.

Chocolate surprise & choc sauce / Fresh fruit salad /

TUESDAY

Meat bolognese & garlic bread.
V- Veg bolognese & garlic bread.
Baked gammon.
 Double cod fish finger.

Sauté potatoes, pasta, sweetcorn, carrots.

Iced sponge & pink sauce / Fresh fruit salad /

WEDNESDAY

Roast pork & apple sauce.
V- Quorn savoury rice.
 Fishcake.

FF- Roast & boiled potatoes, peas, cauliflower.

Milkshake & oaty chocolate cookie / Fresh fruit salad /

THURSDAY

love joes marinated chicken wrap.
V- Cheese savoury.
 Tempura salmon goujons.

Wedges, spaghetti hoops, green beans, carrots.

Fruit pie & custard / Fresh fruit salad /

FRIDAY

V- Cheese and tomato pizza.
 Fish fingers.

Chipped potatoes, baked beans, sweetcorn.

NEW Jelly, fruit & ice cream / Fresh fruit salad /

Eat 5 a week to get the balance

WEEK 3

commencing: 8 May, 5 Jun, 26 Jun, 17 Jul, 18 Sep, 9 Oct 2017.

MONDAY

Chicken nuggets.
V- Sweet & sour Quorn.
 Tempura fish goujons.

Sauté potatoes, noodles, sweetcorn, Country Mix.

Apple sponge & custard / Fresh fruit salad /

TUESDAY

Chicken curry.
NEW V- Quorn curry boat.
 Cod Bites.

Boiled rice, creamed potatoes, carrots, broccoli.

*Goopy chocolate pudding & chocolate sauce /
Fruit meringue nest /*

WEDNESDAY

Roast chicken & seasoning.
V- Cheese & onion pasty.
 Fish fingers.

FF- Roast & boiled potatoes, cabbage, baked beans.

*Blackberry & apple flapjack crumble & custard /
Fresh fruit salad /*

THURSDAY

love joes marinated chicken wrap.
V- Veggie balls in tomato sauce.
 Fishcake.

Pasta, jacket wedges, peas, carrots.

NEW Banana toffee pancake & ice cream /
Fresh fruit salad /

FRIDAY

V- Cheese and tomato pizza.
NEW Sweet chilli salmon fillet.

Chipped potatoes, baked beans, peas.

Mousse / Fresh fruit salad /

Daily CHOICES



Jacket potato with choice of filling, gravy, salads, bread, fresh fruit, fruit yoghurt, jelly, cheese & biscuits, water.

Catering manager's choice of popular dessert.

INDIVIDUALLY PRICED EXTRAS:

Juices, yoghurts, milk, milkshakes, bottled waters, handmade biscuits. Breaktime snacks.

HANDMADE and freshly cooked, favourite, wholesome dishes include: main courses, desserts, breads and biscuits.

Certified Halal Meat also available as an option served from red dishes with green utensils.

FF- Fat Free.

V- Suitable for vegetarians.

GF- Gluten Free.

Fish from sustainable sources.

All menu items are subject to availability.

love
your community

Dudley
Metropolitan Borough Council

www.dudley.gov.uk