

# Mount Pleasant Primary School menu



# Chef's Specials

Eat well

## Week 1

### Monday

Sausage in onion gravy  
Quorn sausage pasta  
Sweet potato mash, garlic bread, carrots/peas  
Fruity flapjack and custard  
Plus a daily chefs choice

### Tuesday

Chicken curry  
Cheese savoury  
Boiled rice/mash potato, peas/baked beans  
Fruit sponge and custard  
Plus a daily chefs choice

### Wednesday

Roast beef and Yorkshire pudding  
Quorn cottage pie  
Fat free roast and creamed potatoes  
Carrots/broccoli  
Chocolate surprise  
Plus a daily chefs choice

### Thursday

Chicken wrap  
Vegetable tagliatelle carbonara  
Garlic bread/fat free wedges, country mixed vegetables  
Fruity cheesecake  
Plus a daily chefs choice

### Friday

Fish pie  
Cheese and tomato pizza  
Chipped potatoes, baked beans, sweetcorn  
Fruity crumble  
Plus a daily chefs choice

## Week 2

### Monday

Beef spaghetti bolognaise  
Tomato and basil pasta  
Sweet potato mash, garlic bread, carrots/broccoli  
Fruity flapjack and custard  
Plus a daily chefs choice

### Tuesday

All day breakfast/vegetarian All day breakfast  
Fat free potato wedges/hash browns, sweetcorn/baked beans  
Fruit sponge and custard  
Plus a daily chefs choice

### Wednesday

Roast pork and apple sauce  
Quorn savoury rice  
Fat free roast potatoes/creamed potatoes  
Cauliflower/carrots  
Chocolate surprise  
Plus a daily chefs choice

### Thursday

Chicken wrap  
Quorn sweet and sour,  
Garlic bread/pasta, country mixed vegetables  
Fruity cheesecake  
Plus a daily chefs choice

### Friday

Chicken pies  
Cheese and tomato pizza  
Chipped potatoes, baked beans, sweetcorn  
Fruity crumble  
Plus a daily chefs choice

## Week 3

### Monday

Meat/vegetable lasagne  
Sweet potato mash/garlic bread, carrots/green beans  
Fruity flapjack and custard  
Plus a daily chefs choice

### Tuesday

Aberdeen Angus beef burger  
Quorn chilli  
Fat free potato wedges/boiled rice, peas/baked beans  
Fruit sponge and custard  
Plus a daily chefs choice

### Wednesday

Roast chicken & seasoning  
Veggie balls in tomato sauce  
Fat free roast and creamed potatoes  
Carrots/cabbage  
Chocolate surprise  
Plus a daily chefs choice

### Thursday

Chicken wrap  
Macaroni cheese  
Garlic bread/pasta  
Country mixed vegetables  
Fruity cheesecake  
Plus a daily chefs choice

### Friday

Steak pie  
Cheese and tomato pizza  
Chipped potatoes, baked beans, sweetcorn  
Fruity crumble  
Plus a daily chefs choice

# Theme days

Please see our Focus Day Flyers

## Daily items (always available)

Daily fish item, jacket potatoes with choice of fillings, fresh bread, cheese & biscuits, yogurt, jelly, fresh fruit salad, fresh fruit bowl, water

"and don't forget to help yourself to our free salad bar - which is also available daily"

Information available on [www.dcccs.co.uk](http://www.dcccs.co.uk)

- How to claim free school meals • Infant free meals
- Allergen information • Halal policy • Milk policy • Nutritional information



Dudley Catering Cleaning & Caretaking Services



Dudley Catering, Cleaning and Caretaking Services reserve the right to alter items subject to cost or availability. Price as at September 2017