



# Primary School Meals Oct 31 to Apr 7 2017 - Eat 5 a week to get the balance

## WEEK 1

commencing: 31 Oct, 21 Nov, 12 Dec, 16 Jan, 6 Feb, 6 Mar, 27 Mar 2017.

### MONDAY

**NEW** BBQ Popems meatballs.  
Sausage roll.

**V-** Meat free sausage roll.

*Creamed potatoes, pasta, sweetcorn, broccoli.*

*Strawberry swirl cheesecake / Fresh fruit salad /*

### TUESDAY

Roast pork & stuffing in a bun.

**V-** Sweet chilli Quorn.

*Noodles, sauté potatoes, peas baked beans.*

*Apple crumble & custard / Fresh fruit salad /*

### WEDNESDAY

Roast beef & Yorkshire pudding.

**V-** Cheese omelette.

**FF-** Roast & boiled potatoes, Country mix, spaghetti hoops.

*Rice pudding with fruit topping / Fresh fruit salad /*

### THURSDAY

love joes marinated chicken wrap.

**V-** Quorn cottage pie.

*Wedges, mixed vegetables, carrots.*

*Flapjack & custard / Fresh fruit salad /*

### FRIDAY

**V-** Cheese & tomato pizza.

Tempura fish goujons.

*Chipped potatoes, baked beans, peas.*

*Banana & chocolate muffin / Fresh fruit salad /*

## WEEK 2

commencing: 7 Nov, 28 Nov, 2 Jan, 23 Jan, 13 Feb, 13 Mar, 3 Apr 2017.

### MONDAY

Baked sausage.

**V-** Quorn curry.

*Herby wedges, boiled rice, broccoli, baked beans.*

*Chocolate surprise & choc sauce / Fresh fruit salad /*

### TUESDAY

Meat bolognese & garlic bread.

**V-** Veg bolognese & garlic bread.

**NEW** Mediterranean chicken grill.

*Sauté potatoes, pasta, sweetcorn, carrots.*

*Iced sponge & pink sauce / Fresh fruit salad /*

### WEDNESDAY

Roast pork & apple sauce.

**V- NEW** Quorn Paella.

**FF-** Roast & boiled potatoes, peas, cauliflower.

*Milkshake & oaty choc chip cookie /*

*Fresh fruit salad /*

### THURSDAY

love joes marinated chicken wrap.

**V-** Cheese savoury.

*Savoury rice, spaghetti hoops, green beans, carrots.*

*Fruit pie & custard / Fresh fruit salad /*

### FRIDAY

**V-** Cheese and tomato pizza.

Fish fingers.

*Chipped potatoes, baked beans, sweetcorn.*

*Mousse / Fresh fruit salad /*

## WEEK 3

commencing: 14 Nov, 5 Dec, 9 Jan, 30 Jan, 27 Feb, 20 Mar 2017.

### MONDAY

Chicken nuggets.

**V-** Quorn lasagne.

*Sauté potatoes, garlic bread, sweetcorn, Country mix.*

*Flapjack & custard / Fresh fruit salad /*

### TUESDAY

**NEW** Pasta King chicken & basil.

**V-** Quorn or Beef casserole.

*Pasta, creamed potatoes, carrots, broccoli.*

*Goopy chocolate pudding & chocolate sauce /*

*Fruit meringue nest /*

### WEDNESDAY

Roast lamb & mint sauce.

**V-** Cheese & onion pasty.

**FF-** Roast & boiled potatoes, mixed vegetables, baked beans.

**NEW** Blackberry & apple flapjack crumble & custard /

*Fresh fruit salad /*

### THURSDAY

love joes marinated chicken wrap.

**V-** Veggie balls in tomato sauce.

*Pasta, jacket wedges, peas, carrots.*

*Steamed syrup sponge & custard /*

*Fresh fruit salad /*

### FRIDAY

**V-** Cheese and tomato pizza.

**NEW** Spanish salmon fillet.

*Chipped potatoes, baked beans, peas.*

*Chocolate cracknel / 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. Breakfast snacks.

**HALAL** certified Halal meat option requests are served from red dishes with green utensils.

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

**FF-** Fat Free.

**V-** Suitable for vegetarians.

Fish from sustainable sources.

All menu items are subject to availability.

love your community

Dudley  
Metropolitan Borough Council

www.dudley.gov.uk

## ASTLEY BURF

Outdoor Adventure Centre,  
Weather Lane, Stourport-on-Severn  
DY13 0SF

## SUMMER ADVENTURE WEEK

Monday 31 July to  
Friday 4 August  
2017

A residential adventure week for pupils in years 5 and 6 with activities including:

Climbing, archery, swimming, kiting, basketball, arts & crafts, mountain biking, a disco & barbeque.

All activities organised and supervised by qualified staff.

Accommodation in four en-suite log cabins each sleeping 12 students.

Cost £280 per week per student. Price includes accommodation, meals all activities and coach transport from Saltwells EDC to Astley Burf Adventure Centre.

To find out more details or reserve a place please contact Karen Dutton on 01384 813714 or email karen.dutton@dudley.gov.uk



Menus are compliant with the school food standards. For more information about school meals contact our helpdesk: 01384 814325 DCCCSHelpdesk.CS@dudley.gov.uk