

PRIMARY SCHOOL MENU



2016 - 2017

Your Menu for Week One

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choose a Main Meal	Pork or Chicken Sausage in a Bun Quorn Hot Dog ✓ Jacket Potato with a choice of fillings Cheese Salad Bap ✓	Roast Turkey Cheese & Potato Pie ✓ Jacket Potato with a choice of fillings Tuna Sandwich	Spaghetti Bolognese Vegetarian Meatballs in Tomato & Basil Sauce ✓ Jacket Potato with a choice of fillings Turkey Salad Wrap	Roast Chicken Meat Free Sausage Roll ✓ Jacket Potato with a choice of fillings BLT Sandwich	Battered Fish BBQ Quorn Bun ✓ Jacket Potato with a choice of fillings Cheese & Cucumber Sandwich ✓
With Sides	Oven Baked Diced Potatoes Garden Peas Sweetcorn	Boiled Potatoes Baked Beans Broccoli Roast Parsnips	Noodles or Wholewheat Pasta Green Beans Cauliflower	Creamed Potatoes Sliced Carrots Cabbage	Chips Peas Coleslaw
And for Dessert?	Iced Apple Sponge Cheese Cracker	Strawberry or Chocolate Mousse Cake Muller Yoghurt	Jam Tart Ambrosia Dessert Pot	Jumble Jelly with Seasonal Fruit & Ice Cream Muller Dessert Pot	Chocolate & Vanilla Cookie Cheese Cracker

Your Menu for Week Two

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choose a Main Meal	Bubble Coated Fish Italian Stromboli with Homemade Coleslaw ✓ Jacket Potato with a choice of fillings Cheese Salad Sandwich ✓	Cook's Choice Homemade Chicken Pie, Chicken Curry or Chicken Casserole Macaroni Cheese ✓ Jacket Potato with a choice of fillings Ham Sandwich	Ham & Pineapple Pizza or Quorn & Pineapple Pizza ✓ Vegetarian Bolognese ✓ Jacket Potato with a choice of fillings Tuna Bap	Roast Turkey Homemade Cheese & Leek Slice ✓ Jacket Potato with a choice of fillings BBQ Quorn Wrap ✓	All Day Breakfast Brunch Vegetarian Breakfast Brunch ✓ Jacket Potato with a choice of fillings Cheese & Tomato Bap ✓
With Sides	Oven Baked Diced Potatoes, Mixed Vegetables	Boiled Potatoes or Brown Rice Sweetcorn Garden Peas	Potato Wedges or Wholewheat Pasta Sliced Carrots Broccoli	Roast Potatoes Green Beans Roast Parsnips	Hash Brown Bites Baked Beans Sweetcorn
And for Dessert?	Boston Brownie Muller Yoghurt	Iced Fruit Sponge Muller Dessert Pot	Crispy Cornflake Cake Cheese Cracker	Shortbread Ambrosia Dessert Pot	Belgian Waffle with Berries & Ice Cream Muller Yoghurt

Your Menu for Week Three

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choose a Main Meal	Meat Free Day Salmon Pasta Parcels in Homemade Tomato Sauce Wholemeal Cheese & Tomato Pizza ✓ Jacket Potato with a choice of fillings BLT Wrap	Roast Pork Meat Free Pasty ✓ Jacket Potato with a choice of fillings Cheese Salad Sandwich ✓	Great British Beef Grill in a Bun Country Bake in a Bun ✓ Jacket Potato with a choice of fillings Chicken Bap	Roast Chicken Vegetarian Meatballs in Gravy ✓ Jacket Potato with a choice of fillings Ham Sandwich	Fish Fingers with Parsley or Tomato Sauce Homemade Cheese & Onion Whirl ✓ Jacket Potato with a choice of fillings Coronation Quorn Wrap ✓
With Sides	Creamed Potatoes Garden Peas Sweetcorn	Roast Potatoes Cabbage Sliced Carrots	Oven Baked Fries Mixed Vegetables Baked Beans	Creamed Potatoes or Noodles Cauliflower Broccoli	Potato Wedges Mixed Peas & Sweetcorn
And for Dessert?	Chocolate Sponge with Chocolate Sauce Cheese Cracker	American Style Pancake with Seasonal Fruit & Ice Cream Ambrosia Dessert Pot	Alien Crunch Muller Yoghurt	Fruity Mousse Sundae Cheese Cracker	Melting Moments Muller Dessert Pot

Available Daily - Water, Semi-Skimmed Milk, Seasonal Fruit Salad, Crudités, Bags of Raisins, Custard, Gravy and Homemade Bread. We use Seasonal Fruits and Vegetables where possible. ✓ = Vegetarian



Welcome to Your New Menu

PROVIDED BY CATERING SERVICES • CITY OF WOLVERHAMPTON COUNCIL

Did You Know..

From September 2016

- ✓ Our fresh produce is all sourced in the West Midlands
- ✓ Our menu is fully compliant with the statutory school food standards
- ✓ Our school lunches are enjoyed by more than 15,000 school children in Wolverhampton and Telford every day
- ✓ Our menu has been awarded the Food for Life Bronze Catering Mark for the third successive year
- ✓ We only use free range eggs
- ✓ All of our meat is British and Red Tractor Certified



★ The Craft Guild of Chefs - "The best local authority menu we've seen" ★

Food Theme Days

There are lots of Theme Days for the 2016/17 School Lunch Menu. Christmas Lunch is a firm favourite with both adults and children, where staff and pupils join together to enjoy some traditional Christmas fare.

Dates will be confirmed nearer the time and may vary from school to school. **Please check with your child's school for further details.**

- October 2016 - Diwali
- November 2016 - Bonfire Night
- December 2016 - Christmas Lunch
- January 2017 - Chinese New Year
- March 2017 - Great British Menu
- April 2017 - St George's Day
- June 2017 - Eat A Rainbow Week
- July 2017 - Year 6 Leavers' Celebration

Lunchtime Term Dates

Week 1

2016

5 September
26 September • 17 October
14 November • 5 December

2017

9 January • 30 January
27 February • 20 March
24 April • 15 May • 12 June
3 July • 24 July

Week 2

2016

12 September
3 October • 31 October
21 November • 12 December

2017

16 January • 6 February
6 March • 27 March
2 May • 22 May
19 June • 10 July

Week 3

2016

19 September
10 October • 7 November
28 November

2017

3 January • 23 January
13 February • 13 March
3 April • 8 May • 5 June
26 June • 17 July

Food Allergies

Some of our menu items contain allergens, including: Cereals containing Gluten, Milk, Eggs, Fish, Shellfish, Soya, Celery, Mustard, Sulphites, Sesame and Lupin. Peanuts and Nuts are also classed as allergens, but these are not used on our menu.

Our professional and dedicated catering team are able to provide details of food allergens on request. We are able to cater for medically diagnosed food allergies and intolerances by working closely with the dieticians at New Cross Hospital. This menu is provided to schools across Wolverhampton, however some schools may request changes or provide an additional choice.

For more information on allergies or special diets please visit: www.wolverhampton.gov.uk/catering or please contact Catering Services on 01902 555223 or cateringcleaning@wolverhampton.gov.uk

Menu Pricing

All children in Reception, Year 1 and Year 2 can enjoy school meals for free. Children in Years 3 and above may be able to claim free school meals*. Contact your child's school or the Local Authority on 01902 551122 option 2 or visit the Civic Centre for more information. Apply online for an instant decision www.wolverhampton.gov.uk/freeschoolmeals
Your child's school will let you know if and how much you will need to pay for school meals.

Alternatively, please contact Jo Smith, School Meals Development Officer, on 01902 554283 or by email jo.smith@wolverhampton.gov.uk

*eligibility criteria include a family income less than £16,190 and not receiving Working Tax Credit



Our Bronze Catering Mark means you can be sure that your child is eating fresh, environmentally friendly and sustainably sourced meals.

Children & Young People's Health Improvement Team
www.wolverhamptonhealthyschools.org.uk

CITY OF WOLVERHAMPTON COUNCIL