

# Amblecote Primary School menu



## Chef's specials

### Week 1

**Monday**  
Sausage or Quorn sausage  
in onion gravy

**Tuesday**  
Cottage pie

**Wednesday**  
Roast beef and  
Yorkshire pudding

**Thursday**  
Chicken pie

**Friday**  
Salmon fillet

### Week 2

**Monday**  
Steak pie

**Tuesday**  
All day breakfast  
(include Quorn option)

**Wednesday**  
Roast pork and apple sauce

**Thursday**  
Chicken curry  
& wholegrain rice

**Friday**  
Battered fish fillet

### Week 3

**Monday**  
Cheese and onion quiche

**Tuesday**  
Tempura fish goujons

**Wednesday**  
Roast chicken & seasoning

**Thursday**  
Cheese savoury

**Friday**  
Quorn or  
Aberdeen Angus beef grill

### Daily Vegetables

**Monday**  
Sweet potato mash, carrots/broccoli

**Tuesday**  
Fat free wedges, peas/baked beans

**Wednesday**  
Fat free roast and creamed potatoes  
cauliflower/cabbage

**Thursday**  
Boiled new potatoes, peas/carrots

**Friday**  
Chipped potatoes  
baked beans/sweetcorn

## Coming Soon

Insert events/theme days  
Insert events/theme days  
Insert events/theme days  
Insert events/theme days

## Pick 'n' mix

### Pasta/pizza stop

**Monday**  
Beef or Quorn spaghetti  
bolognese

**Tuesday**  
Tomato and basil penne

**Wednesday**  
Pasta bake

**Thursday**  
Beef or Quorn lasagne

**Friday**  
Pizza with variety of toppings

### Potato place

(Freshly baked with hot or cold fillings)

Available  
daily with a  
choice  
of fillings

Tuna mayo  
Cheese and beans

### It's a wrap

(Marinated and freshly cooked for full flavour,  
served with salad and dressing)

Chicken wrap  
available  
Tuesday  
& Thursday

### Daily grab bag

The alternative to bringing a packed lunch

Contains - sandwich  
or roll with a variety of  
filling including

**Cheese, tuna and ham**  
**Crudités or salad pot**  
**Fresh fruit**  
**Cake, biscuit or yogurt**  
**Fruity drink.**

### 1/2 fruit Desserts

(All made using 50% fruit)

**Monday**  
Fruity flapjack & custard

**Tuesday**  
Fruit sponge & custard

**Wednesday**  
Chocolate and beetroot surprise  
with chocolate sauce

**Thursday**  
Fruity cheesecake

**Friday**  
Fruit crumble & custard.

**Plus daily chef's choice**

## Daily items (always available)

Fish, 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 our website

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

**Dudley**  
Multi-Services Catering

**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