

Amblecote Primary School Menu



Week 1:	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Quorn & Sweet Potato Curry	Baked Sausage	Pasta Bake with Garlic Bread	Chicken Wrap	Margherita Pizza
Second option	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings
Fish option	Salmon Fish Fingers	Cod Bites	BBQ Fish Goujons	Lemon Sole Fillet	Fish cake
Grab Bag	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich
Potato/Carb	Savoury Rice	Mashed Potato	Baby Potatoes	Wedges	Chipped Potatoes
Vegetable	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad & bread	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks
Dessert	Fruity Flapjack	Chocolate Brownie	Ice cream/Jelly	Lemon Drizzle Cake	Banana Muffin
Daily choices	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash

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Week 2:	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Cheese Savoury	Chicken Wrap	Hot Pork Bap with Seasoning & Apple Sauce	Beef Grill with Salad	Margherita Pizza
Second option	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings
Fish option	Cod Fish Finger	Bubble Fish (Gluten Free)	Fish Cake	Salt & Vinegar Fish Goujons	Baked Fish
Grab Bag	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich
Potato/Carb	Pasta	Baby Bakers	Boiled Potatoes	Potato Wedges	Chipped Potatoes
Vegetable	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad & bread	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks	Carrot/Cucumber/Pepper sticks
Dessert	Iced Sponge Cake	Chocolate Crunch	Rainbow Jelly	Shortbread Biscuit	Strawberry Mousse
Daily choices	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash

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Week 3:	Monday	Tuesday	Wednesday	Thursday	Friday
Main meal	Veggie Ball Sub Roll	Sausage Roll (Vegan option available)	Chicken Wrap and Salad	Macaroni Cheese with Garlic Bread	Margherita Pizza
Second option	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings	Jacket Potato served with a variety of fillings
Fish option	Fish Goujons	Breaded White Fish	Salmon Nibbles	BBQ Fish Goujon	Baked Fish
Grab Bag	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich	Cheese/Tuna/Ham Sandwich
Potato/Carb	Pasta Salad	Saute Potatoes	Baby Bakers	Savoury Rice	Chipped Potatoes
Vegetable	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
Salad & bread	Carrot/Cucumber/Pepper Sticks	Carrot/Cucumber/Pepper Sticks	Carrot/Cucumber/Pepper Sticks	Carrot/Cucumber/Pepper Sticks	Carrot/Cucumber/Pepper Sticks
Dessert	Carrot Cake	Chocolate Surprise (With Beetroot)	Melting Moment	Butterscotch and Ginger Cake	Oaty Cookie
Daily choices	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash	Fresh Fruit, Yoghurt, Squash