

Primary School Meals

FROM WALSALL COUNCIL CATERING SERVICE

April – October 2020

Welcome to your new menu from
Bangers and Mash

We are proud to announce our Food For Life Award



FRESHLY PREPARED FRUIT
AND SALAD AVAILABLE
EVERY DAY!



Walsall Council



PROUD OF OUR PAST OUR PRESENT AND FOR OUR FUTURE

Week One

Week Two

Week Three

High Standards:



Alternative Desserts available every day

Fresh Fruit Salad, Yoghurt, Cheese & Biscuits

Water is available every day



Monday

W/C 20/04, 11/05, 08/06, 29/06, 20/07, 14/09, 05/10

Choose a main meal...
Meat Balls in Tomato Sauce
Vegetarian Meat Balls (v)
Jacket Potato & Filing (v)

Now choose your side...
Pasta**
Herbie Diced Potatoes
Carrots & Peas

Dessert...
Sugar Ring Doughnut

Tuesday

Choose a main meal...
Chicken Curry
Quorn Curry (v)
Jacket Potato & Filing (v)

Now choose your side...
Rice** & Naan Bread
Jacket Wedges
Carrots

Dessert...
Fruit Sponge & Custard*

Wednesday

Choose a main meal...
Cheese & Ham Pizza
Cheese & Tomato Pizza (v)
Jacket Potato & Filing (v)

Now choose your side...
Herbie Diced Potatoes
Baked Beans

Dessert...
Rice Pudding & Fruit Slice*

Thursday

Choose a main meal...
Roast of the Day
Quorn Roast (v)
Jacket Potato & Filing (v)

Now choose your side...
Creamed & Roast Potatoes
Carrots & Broccoli
Gravy

Dessert...
Fresh Fruit Salad & Ice Cream*

Friday

Choose a main meal...
Oven Baked Fish (Cooks Choice)
Salmon Fish Fingers*** (v)
Jacket Potato & Filing (v)

Now choose your side...
Chips & Peas

Dessert...
Sticky Chocolate Pudding & Custard

W/C 27/04, 18/05, 15/06, 06/07, 01/09, 21/09, 12/10

Choose a main meal...
Oven Baked Sausage
Quorn Sausage (v)
Jacket Potato & Filing (v)

Now choose your side...
Creamed Potatoes
Peas & Sweetcorn
Gravy

Dessert...
Fruit Topped Waffle*

Choose a main meal...
Crispy Chicken Wrap
Quorn Wrap (v)
Jacket Potato & Filing (v)

Now choose your side...
Jacket Wedges
Carrots & Peas

Dessert...
Flap Jack & Fruit Slice Custard*

Choose a main meal...
Lasagne
Quorn Lasagne (v)
Jacket Potato & Filing (v)

Now choose your side...
Herbie Diced Potatoes
Garlic Bread
Carrots

Dessert...
Iced Lemon Sponge & Custard

Choose a main meal...
Roast Chicken Fillet & Stuffing
Quorn Fillet & Stuffing (v)
Jacket Potato & Filing (v)

Now choose your side...
Creamed & Roast Potatoes
Carrots & Broccoli
Gravy

Dessert...
Fresh Fruit Salad & Ice Cream*

Choose a main meal...
Oven Baked Fish (Cooks Choice)
Quorn Nuggets (v)
Jacket Potato & Filing (v)

Now choose your side...
Chips, Peas & Carrots

Dessert...
Chocolate Sponge & Custard

W/C 04/05, 01/06, 22/06, 13/07, 07/09, 28/09, 19/10

Choose a main meal...
Chicken Burger & Bun
Quorn Southern Style Burger (v)
Jacket Potato & Filing (v)

Now choose your side...
Herbie Diced Potatoes
Baked Beans

Dessert...
Shortcake & Custard

Choose a main meal...
Beef Bolognaise
Quorn Bolognaise (v)
Jacket Potato & Filing (v)

Now choose your side...
Pasta**
Garlic Bread
Carrots

Dessert...
Fresh Fruit Salad & Mousse*

Choose a main meal...
Cheese & Ham Pizza
Cheese & Sweetcorn Pizza (v)
Jacket Potato & Filing (v)

Now choose your side...
Jacket Wedges
Baked Beans

Dessert...
Apple Sponge & Custard*

Choose a main meal...
Roast of the Day
Quorn Roast (v)
Jacket Potato & Filing (v)

Now choose your side...
Creamed & Roast Potatoes
Broccoli & Carrots
Gravy

Dessert...
Fresh Fruit Salad & Ice Cream*

Choose a main meal...
Oven Baked Fish (Cooks Choice)
Vegan Nuggets (v)
Jacket Potato & Filing (v)

Now choose your side...
Chips, Peas & Sweetcorn

Dessert...
Chocolate Cracknell & Custard

* FRUIT
** WHOLEGRAIN
*** OILY FISH
(V) VEGETARIAN

Sandwich option available
THERE IS A CHOICE OF FRESH SANDWICHES AVAILABLE DAILY.

FRESHLY PREPARED FRUIT AND SALAD AVAILABLE EVERY DAY!



About us

Walsall Council is an Food for Life award winning food service provider, catering for primary schools.

We are passionate about providing your children with award winning Food for Life freshly prepared school lunches that are true to our fresh food heritage.

We track down the best fresh produce and ensure it reaches each school kitchen as quickly as possible. Our caterers use RSPCA Freedom Food Free Range Eggs, Marine Stewardship Council approved sustainable fish and Red Tractor approved fresh meat. The British countryside and its farmers need our support and we are more than happy to give it!

All our menus are nutritionally analysed to ensure they meet and in most cases exceed The Children's Food Trust's Nutrient Standards. We Hope your child enjoys our new menus.

Are you claiming your free school meal? Contact your child's school or the Local Authority on **01922 650000/0300 555 2855** or visit the Civic Centre for more information.

Allergens

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 child's dietitian.



Celery



Cereals containing Gluten



Crustaceans (Shellfish)



Eggs



Fish



Lupin



Milk



Molluscs



Mustard



Nuts



Peanuts



Sesame Oil



Soya



Sulphur dioxide

Some of our menu items contain allergens, including: **Celery, Cereals containing Gluten, Crustaceans (Shellfish), Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Sesame oil, Soya, Sulphur dioxide.**

Peanuts and **Nuts** are also classed as allergens but these are not used on our menu.

DID YOU KNOW?

- Our fresh produce is all sourced in the West Midlands
- Our menu is fully compliant with the statutory school food standards
- We only use free range eggs
- All of our meat is British and Red Tractor Certified



FOOD THEME DAYS

There are lots of Theme Days for the 2020 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.



Contact us

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