

## Amblecote Primary School Lunch Menu WEEK 1 – Autumn 2021



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	Chicken Curry	Pork or Quorn Sausages and Onion Gravy	Roast beef and Yorkshire Pudding Roast	Chicken Wrap	Cheese and Tomato Pizza
<b>VEGETRIAN</b>	Fishless Fish Fingers	Homemade Cheese Plait	Quorn Mince and Pasta Bake	Vegan Sausage	Vegan Option Available
<b>FISH OF THE DAY</b>	N/A	Cod Bites	Fish Goujons	Homemade Fish Cake	Salmon Nibbles
<b>VEGEBATBLES OF THE DAY</b>	Savoury Rice Sweetcorn Peas	Mashed Potato Baked beans Broccoli	Roast and boiled potatoes Cauliflower Green Beans	Mashed Potato Carrots Cabbage	Chipped Potatoes Baked beans Sweetcorn
<b>JACKET POTATO &amp; FILLING</b> (cheese / baked beans / tuna)	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
<b>GRAB BAG</b>	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)
<b>SALAD &amp; BREAD</b>	Salad Selection Fresh Knot Bread	Salad Selection Fresh Bread	Salad Selection Fresh Bread	Salad Selection Fresh White & Wholemeal Bread	Salad Selection Fresh Bread
<b>DESSERT</b>	Fruity Flapjack and Custard	Vegan Chocolate Brownie And Mixed Berries	Apple Crumble and Custard	Lemon Drizzle Cake and Custard	Chocolate and Sweet Potato Muffin and a Glass of Milk
<b>DAILY CHOICES</b>	Fresh Fruit Yoghurt Cheese & Biscuits Fruit Jelly	Fresh Fruit Yoghurt Cheese & Biscuits Fruit Jelly	Fresh Fruit Yoghurt Cookie Fruit Jelly	Fresh Fruit Yoghurt Cheese & Biscuits Rainbow Jelly	Fresh Fruit Yoghurt Cheese & Biscuits Fruit Jelly

## Amblecote Primary School Lunch Menu WEEK 2 – Autumn 2021



<b>WEEK 2</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN MEAL</b>	Spaghetti Bolognese & Garlic Bread	Chicken or Cheese and Salad Wrap	Roast Pork and Apple Sauce	Beef Burger with Salad	Cheese and Tomato Pizza
<b>VEGETRIAN</b>	Southern Style Quorn Burger	NA	Vegan Meatballs with Pasta in Tomato Sauce	Cheese Savoury	Vegan Option Available
<b>FISH OF THE DAY</b>	Cod Fish Finger	Gluten Free Bubble Fish	Fish Cake	Salt & Vinegar Goujons	Fish Crumble Pie
<b>VEGEBATBLES OF THE DAY</b>	Pasta Mixed Vegetables	Baked Wedges Sweetcorn & Peas	Roast & Boiled Potatoes Broccoli & Mixed Veg	Mash Potatoes Baked Beans & Cauliflower	Chipped Potatoes Baked beans & Peas
<b>JACKET POTATO &amp; FILLING</b> (cheese / baked beans / tuna)	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
<b>GRAB BAG</b>	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)
<b>SALAD &amp; BREAD</b>	Salad Selection Fresh White and Wholemeal Bread	Salad Selection Fresh Bread	Salad Selection Fresh Bread	Salad Selection Rosemary & Garlic Focaccia Bread	Salad Selection Fresh Bread
<b>DESSERT</b>	Fruit Cheesecake	Chocolate Crunch and Mint Custard	Apple and Blackcurrant Pie and Custard	Pineapple Upside Down Cake & Custard	Strawberry Mousse
<b>DAILY CHOICES</b>	Fresh Fruit Yoghurt Cheese & Biscuits Fruit Jelly	Fresh Fruit Yoghurt Cheese & Biscuits Rainbow Jelly	Fresh Fruit Yoghurt Cheese & Biscuits Fruit Jelly	Fresh Fruit Yoghurt Chocolate and Vanilla Swirls Fruit Jelly	Fresh Fruit Yoghurt Cheese & Biscuits Fruit Jelly

## Amblecote Primary School Lunch Menu WEEK 3 – Autumn 2021



<b>WEEK 3</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MAIN MEAL</b>	Fish Goujons	Steak Pie	Chicken & Stuffing	All Day Breakfast	Cheese and Tomato Pizza
<b>VEGETRIAN</b>	Vegan Cottage Pie	Veggie Ball Sub Roll	Quorn and Sweet Potato Curry	Mac and Cheese with Tomato Bread	Vegan Option Available
<b>FISH OF THE DAY</b>	N/A	Battered White Fish	Cod Bites	Fishcake	Baked Fish
<b>VEGEBATBLES OF THE DAY</b>	Homemade Wedges Peas and Sweetcorn	Mashed Potatoes with Mixed Vegetables	Boiled/Roast Potatoes, Rice, Carrots, Cabbage	Hash Brown Potatoes Baked Beans & Peas	Chipped Potatoes Spaghetti Hoops and Sweetcorn
<b>JACKET POTATO &amp; FILLING</b> (cheese / baked beans / tuna)	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
<b>GRAB BAG</b>	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)	Grab bag (cheese / ham / tuna)
<b>SALAD &amp; BREAD</b>	Salad Selection Fresh Bread	Salad Selection Fresh Bread	Salad Selection Fresh White and Wholemeal Bread	Salad Selection Fresh Bread	Salad Selection Fresh Bread
<b>DESSERT</b>	Carrot Cake and Custard	Chocolate, Beetroot and Pear Brownies & Chocolate Sauce	NSMW WINNER Apple Cobbler & Custard	Butterscotch and Ginger Cake & Custard	Strawberry Shortbread
<b>DAILY CHOICES</b>	Fresh Fruit, Yoghurt, Cheese & Biscuits, Rainbow Jelly	Fresh Fruit Yoghurt Cheese & Biscuits Fruit Jelly	Fresh Fruit Yoghurt Melting Moment Fruit Jelly	Fresh Fruit Yoghurt Cheese & Biscuits Fruit Jelly	Fresh Fruit Yoghurt Cheese & Biscuits Fruit Jelly