

Walsall Catering Service Primary School Meals Winter Menu November 2022 to March 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Menu A	Oven Baked Sausage / Quorn V	Margherita Pizza (v)	Love Joes Chicken Wrap	Roast Chicken	Oven Baked Battered Fish <small>or Salmon Fish Fingers***</small>
Menu B	Oven Baked Fish Fingers	Pasta Bake (v)	Quorn Pieces in BBQ Sauce	Quorn Roast	Vegetarian Sausage Roll
Light Bites	Jacket Potato & Filling Cheese/Tuna & Sweetcorn	Jacket Potato & Filling Cheese/Beans	Jacket Potato & Filling Cheese/Coleslaw	Jacket Potato & Filling Cheese/Tuna Mayo	Jacket Potato & Filling Cheese/Beans
Healthy Pack Lunch	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []
Starch	Creamed Potatoes	Herbie Diced Garlic Braed	Jacket Wedges Garlic Bread	Roast Potatoes Creamed Potatoes	Oven Baked Chips
Seasonal Vegetables	Peas & Sweetcorn	Spaghetti Hoops	Peas & Sweetcorn	Cauliflower & Broccoli	Baked Beans Peas
Accompaniments	Gravy				Tomato Ketchup
Desserts	Fresh Fruit Salad Ice Cream Yoghurt Cheese & Biscuits	Fresh Fruit Salad Yogurt Cheese & Biscuits	Fresh Fruit Salad Yoghurt Cheese & Biscuits	Fresh Fruit Salad Doughnut Yoghurt Cheese & Biscuits	Fresh Fruit Salad Yoghurt Cheese & Biscuits
Drinks	Water is Available Daily				
	Plus: Freshly Prepared Salad, Bread Basket Daily				
	W/C 31/10/22 W/C 21/11/22 W/C 12/12/22 W/C 16/01/23 W/C 06/02/23 W/C 06/03/23 W/C 27/03/23				

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Menu A	Chicken Nuggets	Margherita Pizza	Love Joes Chicken Tikka Wrap	Roast Gammon	Oven Baked Battered Fish
Menu B	Cheese Lattice Finger (v)	Fish Fingers	Vegetarian Sausage Roll	Pasta Bake (v)	Quorn Nuggets
Menu C	Jacket Potato & Filling Cheese/Tuna & Sweetcorn	Jacket Potato & Filling Cheese/Beans	Jacket Potato & Filling Cheese/Coleslaw	Jacket Potato & Filling Cheese/Tuna Mayo	Jacket Potato & Filling Cheese/Beans
Healthy Pack Lunch	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []
Starch	Pomme Noisettes	Jacket Wedges	Potato Smiles	Roast Potatoes Creamed Potatoes Garlic Bread	Oven Baked Chips
Vegetables	Peas & Sweetcorn	Baked Beans	Carrots & Peas	Broccoli & Sweetcorn	Baked Beans Peas
Accompaniments				Parsley Sauce	
Desserts	Fresh Fruit Salad Ice Cream Yoghurt Cheese & Biscuits	Fresh Fruit Salad Yogurt Cheese & Biscuits	Fresh Fruit Salad Yoghurt Cheese & Biscuits	Fresh Fruit Salad Doughnut Yoghurt Cheese & Biscuits	Fresh Fruit Salad Yoghurt Cheese & Biscuits
Drinks	Water is Available Daily				
	Plus: Freshly Prepared Salad, Bread Basket Daily				
	W/C 07/11/22 W/C 28/11/22 W/C 05/01/23 W/C 23/01/23 W/C 13/02/23 W/C 13/03/23				

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Menu A	Chicken Burger & Bun	Sausage Roll	Chicken Curry	Margherita Pizza	Oven Baked Battered Fish
Menu B	Quorn Southern Style Burger & Bun V	Oven Baked Fish Fingers	Margherita Pizza (v)	Pasta Bake	Pasta Bake (v)
Menu C	Jacket Potato & Filling Cheese/Tuna & Sweetcorn	Jacket Potato & Filling Cheese/Beans	Jacket Potato & Filling Cheese/Tuna & Sweetcorn	Jacket Potato & Filling Cheese/Coleslaw	Jacket Potato & Filling Cheese/Beans
Healthy Pack Lunch	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []	Tuna [] Cheese [] Ham []
Starch	Jacket Wedges	Herbie Diced Potatoes	Rice Naan Bread Pomme Noisettes	Roast Potatoes Creamed Potatoes	Oven Baked Chips Garlic Bread
Vegetables	Sweetcorn Peas	Sweetcorn & Carrots	Baked Beans	Cauliflower & Broccoli Carrots	Peas Spaghetti Hoops
Accompaniments				Gravy	Tomato Ketchup
Desserts	Fresh Fruit Salad Ice Cream Yoghurt Cheese & Biscuits	Fresh Fruit Salad Yogurt Cheese & Biscuits	Fresh Fruit Salad Yoghurt Cheese & Biscuits	Fresh Fruit Salad Doughnuts Yoghurt Cheese & Biscuits	Fresh Fruit Salad Yoghurt Cheese & Biscuits
Drinks	Water is Available Daily				
	Plus: Freshly Prepared Salad, Bread Basket Daily				
	W/C 14/11/22 W/C 05/12/22 W/C 09/01/23 W/C 30/01/23 W/C 07/02/23 W/C 20/03/23				