

2022/23 Lunchtime Term Dates

Week I	Week 2	Week 3
05.09.22	12.09.22	19.09.22
26.09.22	03.10.22	10.10.22
17.10.22	31.10.22	07.11.22
14.11.22	21.11.22	28.11.22
05.12.22	12.12.22	03.01.23
09.01.23	16.01.23	23.01.23
30.01.23	06.02.23	13.02.23
27.02.23	06.03.23	13.03.23
20.03.23	27.03.23	17.04.23
24.04.23	02.05.23	08.05.23
15.05.23	22.05.23	05.06.23
12.06.23	19.06.23	26.06.23
03.07.23	10.07.23	17.07.23
24.07.23	Par and the first	

Lunchtime Theme Day Dates

Theme days are a firm favourite with the children especially Christmas Lunch where staff, pupils and some schools invite local residents to join together to enjoy some traditional Christmas fare. and strawberries

We have three of the most popular theme days planned below but your school may choose their own theme days throughout the year so look out for information sent by the school.

Bonfire Night - 5th November 2022 Christmas Lunch - December 2022 St Georges Day – 26th April 2023

Menu Pricing

All children in Reception, Year 1 and Year 2 can enjoy school meals for free. Children in Year 3 and above may be eligible to claim for free school meals*.

Broccoli has more protein than steak.

To apply, contact your child's school or the Local Authority on 01902 554128 or email freeschoolmeals@ wolverhampton.gov.uk for some more information.

are members (

of the rose

family!

Your school will let you know if and how much you need to pay for school meals.

Alternatively, please contact Jo Smith, Service Development Team Leader, on 01902 554283 or by email jo.smith@wolverhampton.gov.uk

*eligibility criteria apply -for more information visit www.wolverhampton.gov.uk/freeschoolmeals

Food Allergies

Some of our menu items contain allergens including: Cereals containing Gluten, Milk, Eggs, Fish, Shellfish, Soya, Celery, Mustard, Sulphites, Sesame and Lupin. Peanuts and nuts are also classed as allergens, but these are not used on our menu.



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 dieticians at New Cross Hospital. This menu is provided to schools across Wolverhampton. However, some schools may request changes or provide an additional choice.

For more information on allergies or special diets please visit: www.wolverhampton.gov.uk/catering or please contact Catering Services on 01902 555223 or cateringcleaning@wolverhampton.gov.uk

Food Welfare

Catering Services Primary Menu has been given the Bronze Food for Life Award for the last 7 years. All the meat products used on our menus are British Red Tractor or Farm Assured Certified. We only use Free Range Eggs from a local supplier.

All our fish on our menu is from sustainable stock.

Apples give energy than coffee.

















PRIMARY SCHOOL MENU 2022-23

Monday

Pizza Roll V Macaroni Cheese V

Garlic Slice Mixed Salad & Sweetcorn Chocolate Brownie Jacket Potato Baked Beans Cheese & Cucumber Bap

Tuesday

Traditional Roast Dinner with Trimmings **Quorn Roast Dinner** with Trimmings **V**

Roast Boiled Potatoes Carrots & Broccoli Apple Crumble & Custard Jacket Potato Cheese Tuna Mayo Sandwich

Wednesday

Margherita Pizza V or Pepperoni Pizza **Chickpea & Spinach Curry** with Rice V

Diced Potatoes Coleslaw Mixed Salad Fruity Mousse Jacket Potato Tuna Mayo Chicken Mayo Sandwich

Thursday

Meat Balls in Gravy with **Creamed Potatoes** Mexican Enchiladas V

Potato Wedges Green Beans & Carrots Shortbread & Custard Jacket Potato Cheese Egg Salad Sandwich

Friday

Fish & Chips Sticky Sausage & Chips V

Bread & Butter Peas & Sweetcorn Fruit Salad & Ice Cream Jacket Potato Beans Cheese & Tomato Sandwich

Tomato & Basil Pasta Bake with a Garlic Slice V

BBQ Quorn Wrap V

Potato Wedges Mixed Salad & Sweetcorn Mousse & Fruit Slices Jacket Potato Beans Cheese & Tomato Roll

All Day Breakfast Brunch Sausage Bap V

Hash Brown Bites **Baked Beans & Tomatoes** Oatv Cookie & Milkshake Jacket Potato Tuna Mavo Ham Sandwich

Hunters Chicken Ouorn Sweet Potato Curry with Brown Rice V

Diced Potatoes Carrots & Peas Chocolate Muffin Jacket Potato Cheese Chicken Mayo Baguette

Traditional Roast Dinner with Trimmings **Quorn Roast Dinner** with Trimmings V

Creamed Potatoes Cauliflower Green Beans Syrup Sponge & Custard Jacket Potato Baked Beans Egg & Cress Bap

Fish Fingers & Chips Pizza Whirls V

Bread & Butter Peas & Baked Beans Fruit Salad & Ice Cream Jacket Potato Cheese Cheese & Tomato Sandwich

Margherita Pizza V **Fish Finger Wrap**

Potato Wedges Coleslaw & Mixed Salad Vanilla Cupcake Jacket Potato Beans Quorn Sausage Bap

Chicken Pasta Bake Mighty Meat Balls in a Tomato & Basil Sauce V

Pasta Twists Sweetcorn & Carrots Jelly & Fruit Slices Jacket Potato Cheese Cheese & Tomato Baguette

Sausages in Onion Gravy Cheese & Potato Pie V

Creamed Potatoes Garden Peas **Fruity Custard Tart** Jacket Potato Tuna Mayo Chicken Mayo Sandwich

Traditional Roast Dinner with Trimmings **Ouorn Roast Dinner** with Trimmings V

Roast Potatoes Carrots & Broccoli Jam Sponge & Custard Jacket Potato Cheese Ham Salad Sandwich

Fish & Chips Puff Pastry Roll & Chips V

Bread & Butter Peas & Baked Beans Fruit Salad & Ice Cream **Jacket Potato Cowboy Beans** Salad Sandwich