

# Summer APTA - October 2019 Menu

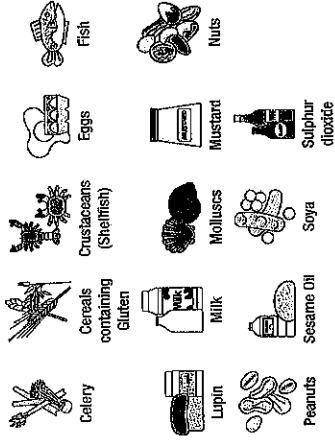
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Menu A	Meatballs in Homemade Tomato Sauce with Wholemeal Pasta	Quorn Mince Cottage Pie & Gravy	Brunch Lunch & Diced Herby Potatoes Quorn Sausage	Chicken & Stuffing with Roast & Creamed Potatoes & Gravy	Quorn Burger or Halal Chicken Burger in a Bun & Chips
Menu B	Salmon Fish Fingers & Creamed Potatoes with Parsley Sauce	Homemade Pizza & Jacket Wedges	Cheese & Potato Pie & Baked Beans	Halal Chicken Nuggets & Chips & Baked Beans	Veggie Roll & Creamed Potatoes
Menu C	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw
Vegetables	Peas & Sweetcorn	Greenbeans & Carrots	Peas	Cauliflower & Broccoli	Peas
Desserts	Pip Organic Ice Lolly	Peach Crumble & Custard	Chocolate Crunch	Ice Sponge & Custard	Carrot Cake & Butter Icing
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Menu A	Theo's Mediterranean Chicken Wraps with Jacket Wedges	Chicken Tikka Curry & Rice & Naan Bread	Quorn Bolognaise, Wholemeal Pasta & Garlic Bread	Halal Chicken, Roast and Creamed Potatoes & Gravy	Meatball Sub & Chips
Menu B	Cheese & Tomato Pasta Bake With Warm Crusty Bread	Oven Baked Fish Fingers with Creamed potatoes	Cheese Roll & Jacket Wedges	Cheese Omelette & Spaghetti Hoops	Veggie Hotdog & Chips & Baked Beans
Menu C	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw
Vegetables	Peas & Sweetcorn	Peas & Spaghetti Hoops	Carrots & Sweetcorn	Mixed Vegetables	Peas
Desserts	Ice Cream	Lemon Curd Feathered Sponge & Custard	Chocolate Beetroot Cake & Custard	Jelly	Apple Sponge & Custard
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Menu A	Veg Sausages with Creamed Potatoes & Gravy	Quorn Shepherds Pie & Gravy	Quorn Mince Lasagne Garlic Bread	Halal Chicken Breast & Stuffing with Roast & Creamed Potatoes & Gravy	Breaded Lemon Sole Grill & Chips
Menu B	Quorn Korma Curry With Rice & Naan Bread	BBQ Minced Quorn Wrap & Small Jacket Potato	Homemade Pizza & Jacket Wedges & Baked Beans	Homemade Tomato Pasta Bake With Warm Crusty Bread	Veggie Nuggets & Chips & Baked Beans
Menu C	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw	Jacket Potato & Filling Cheese, Tuna, Coleslaw
Vegetables	Peas & Carrots	Mixed Vegetable	Greenbeans & Carrots	Freshly Prepared Cauliflower & Cabbage	Peas
Desserts	Pip Organic Ice Lolly	Strawberry Mousse	Shortcake & Custard	Apple Crumble & Custard	Topped Jam Sponge & Custard

## Our Menu

This menu is provided to schools across Walsall, however some schools may request changes or provide an additional choice.

## Allergens

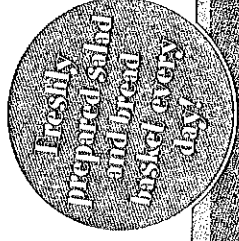
Our professional and dedicated catering team are able to provide details of food allergens on request. We are able to cater for medically diagnosed food allergies and intolerances by working closely with the child's dietitian.



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.

For more information on allergies or special diets please contact Walsall Catering Services on 01922 652560.



**Sandwich option available**  
There is a choice of fresh sandwiches available daily.

**Wholemeal Pasta & Homemade Vegetarian Sauce every day!**

**Alternative Desserts available every day:**  
Fresh Fruit Salad, Yoghurt, Cheese & Biscuits  
**Water is available every day**

