

School Menu Calendar

WEEK 1

5 September 2016	9 January 2017	15 May 2017
26 September 2016	30 January 2017	12 June 2017
17 October 2016	27 February 2017	3 July 2017
14 November 2016	20 March 2017	24 July 2017
5 December 2016	24 April 2017	

WEEK 2

12 September 2016	16 January 2017	22 May 2017
3 October 2016	6 February 2017	19 June 2017
31 October 2016	6 March 2017	10 July 2017
21 November 2016	27 March 2017	
12 December 2016	2 May 2017	

WEEK 3

19 September 2016	23 January 2017	5 June 2017
10 October 2016	13 February 2017	26 June 2017
7 November 2016	13 March 2017	17 July 2017
28 November 2016	3 April 2017	
3 January 2017	8 May 2017	

Meal Deal Specials

Why not combine the food you love best by choosing from our awesome Meal Deal offers below - **for just £2.50.**

Dish of the Day Deals

Simply choose a Dish of the Day or a Vegetarian option and a sweet.

Sandwich of Your Choice Deals

Choose any sandwich in the Street Eats A and B range and add either fresh fruit or a small cake plus a fruit juice carton.

Breakfast Menu

Toast 35p	Sandwich from £1.55
Crumpet 50p	Toastie £1.50
Bacon Bap 95p	

Daily Specials

Jacket Potato with Coleslaw	£1.70
Jacket Potato with Cheese	£1.80
Jacket Potato with Beans	£1.70
Homemade Cakes	85p
Fresh Fruit Pots	65p
Cheese Cracker	60p

Choice of Drinks

Water 80p	Aqua Juice Carton 50p
Appletiser £1.10	Capri Sun 80p
Viva Milkshake 70p	Aqua Juice Bottle 85p
Carton of Milk 50p	Radnor Bottle 85p

Grab & Go

Range of Sandwiches		Hot Food on the Move
A £1.55	B £1.55	Toasties £1.50
C £1.85	D £2.00	Calzones £2.00
E £2.00	F £2.00	Paninis £2.00
G £2.25	H £2.40	Urban Wraps £2.00

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 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.**



OUR LADY & ST CHAD Catholic Academy

BE THE BEST YOU CAN BE

School Menu 2016/17



Menu for Week One

Dish of the Day - Only £1.90

Mon	Shepherds Pie, Green Beans & Carrots
Tue	Chicken Korma, Brown Rice, Naan & Salad
Wed	Roast Turkey, Seasoning, Creamed Potatoes, Parsnips & Carrots
Thu	All Day Breakfast Brunch
Fri	Crispy Battered Fish, Chips & Peas

Vegetarian - Only £1.90

Mon	Mushroom & Leek Tagliatelli in a Cheese Sauce with Peas & Sweetcorn
Tue	Vegetarian Sausage Casserole, Cous Cous & Salad
Wed	Mediterranean Pasta Bake, Parsnips & Carrots
Thu	Quorn and Leek Pie, Diced Potatoes, Carrots & Green Beans
Fri	Chilli Tortillas, Chips & Baked Beans

Salads - Only £1.90

Mon	Tuna Salad
Tue	Ham Salad
Wed	Egg Salad
Thu	Cheese Salad
Fri	Turkey Salad

Lite Bites - Only £1.15

Mon	Beef Grill or Pizza
Tue	Veggie Meatball Tortillas or Pizzini
Wed	Cheese Pasty or Pizza
Thu	BBQ Chicken Wrap or Pizzini
Fri	Quorn Tikka Sub or Pizza

Sweets - Only 75p

Mon	Plum & Apple Crumble with Custard
Tue	Mandarin Cheesecake
Wed	Coco Crunch Cake
Thu	Steamed Jam Sponge
Fri	Waffle with Fruit & Ice Cream

Menu for Week Two

Dish of the Day - Only £1.90

Mon	Salmon Pasta Parcels in Tomato Sauce with Sweetcorn
Tue	Chicken in Sweet & Sour Sauce with Brown Rice & Salad
Wed	Roast Pork, Creamed Potatoes, Broccoli & Cauliflower
Thu	BBQ Chicken & Cheese Melt, Wedges & Salad
Fri	Jumbo Fish Finger, Chips & Baked Beans

Vegetarian - Only £1.90

Mon	Cheese & Potato Pie with Baked Beans
Tue	Vegetarian Sausage with Creamed Potatoes & Corn on the Cob
Wed	Vegetarian Spaghetti Bolognaise & Salad
Thu	Cheese & Onion Quiche, Wedges & Sweetcorn
Fri	Chickpea & Vegetable Curry with Chips & Peas

Salads - Only £1.90

Mon	Ham Salad
Tue	Cheese Salad
Wed	Turkey Salad
Thu	Tuna Salad
Fri	Cheese Salad

Lite Bites - Only £1.15

Mon	Hot Dog or Pizza
Tue	Beef Pasty or Pizzini
Wed	Cheese & Vegetable Bake in a Bun or Pizza
Thu	Bacon & Egg Muffin or Pizzini
Fri	Chilli Tortillas or Pizza

Sweets - Only 75p

Mon	Apple Flapjack with Custard
Tue	Steamed Syrup Sponge with Custard
Wed	Peaches with Chocolate Whirl
Thu	Citrus Sponge Cake
Fri	Pancakes with Fruit & Ice-cream

Menu for Week Three

Dish of the Day - Only £1.90

Mon	Pasta Carbonara with Peas & Sweetcorn
Tue	Chicken Tikka Masala, Basmati Rice, Naan & Salad
Wed	Roast Chicken, Seasoning, Creamed Potatoes, Broccoli & Sweetcorn
Thu	Homemade Meat Pie, New Potatoes Carrots and Green Beans
Fri	Vinegar Infused Fish, Chips and Mushy Peas

Vegetarian - Only £1.90

Mon	Baked Bean Melt with Sweetcorn & Peas
Tue	Vegetable Pasta Bake with Broccoli & Carrots
Wed	Vegetarian Lasagne, French Bread & Salad
Thu	Sweet Chilli Quorn Pieces, Noodles & Salad
Fri	Vegetarian Curry Pattie, Chips & Baked Beans

Salads - Only £1.90

Mon	Salmon Salad
Tue	Egg Salad
Wed	Ham Salad
Thu	Tuna Salad
Fri	Three Cheese Salad

Lite Bites - Only £1.15

Mon	Chicken Bap or Pizza
Tue	Pulled Pork Sub or Pizzini
Wed	Minted Lamb Grill or Pizza
Thu	BBQ Chicken Wrap or Pizzini
Fri	Cajun Quorn Tortillas or Pizza

Sweets - Only 75p

Mon	Cherry Crumble with Custard
Tue	Mango Cheesecake
Wed	Pear Iced Sponge with Custard
Thu	Carrot Cake
Fri	Toffee Apple Pudding with Custard