

# St Mary's RC Primary School menu

**Bringing out the best**

**By providing balanced,  
nutritional meals to help  
support maximum learning**

**Supporting you to ensure we  
are an integral part of the  
school day**



# Introduction

**Dudley's school meals are proud to be part of history, dating back to the end of the 18th century. We are still leaders in the field today, and committed to our aim of bringing out the best in every child, by giving nourishment during the school day and in turn support learning.**

**Our history starts in 1879, following the 1870 Education Act when Manchester school board began to provide school meals.**

**The realisation that something needed to be done to feed school children came from proposals by Sir William Reynell Anson (Secretary to the board of education), after a report highlighted that 6 in 10 volunteers during the Boar War were found to be undernourished.**

**In 1904 Bradford's local authority were the first to provide a school meal service, and in 1906 Dudley followed suit.**

**On 28th October 1907, 750 school children sat down to one of the first ever school dinners, consisting of Scotch broth, fruit tart, bread and water.**

**Since then, Dudley has strived to bring out the best of the children in our borough, and will continue to do so with our experienced, committed service.**

## Did you know?

**We produce an average of  
17,000 meals per day**

**Cater in 70 primary school, 9  
secondary and 5 special**



# Chef's Specials

3rd Sept, 24th Sept, 15th Oct, 12th Nov, 3rd Dec, 7th Jan, 28th Jan,  
25th Feb, 18th March, 8th April, 13th May, 10th June, 1st July

## Week 1

### Monday

Sausage or Quorn sausage in onion gravy

### Tuesday

Cottage pie

### Wednesday

Roast beef and Yorkshire pudding

### Thursday

Chicken pie

### Friday

Salmon Bites

## Daily Vegetables

### Monday

Sweet potato mash,  
carrots/broccoli

### Tuesday

Fat free wedges,  
peas/baked beans

### Wednesday

Fat free roast and  
creamed potatoes,  
cauliflower/cabbage

### Thursday

Boiled new potatoes,  
peas/carrots

### Friday

Chipped potatoes,  
baked beans/sweetcorn

## 1/2 fruit Desserts

(All made using 50% fruit)

### Monday

Fruity flapjack  
& custard

### Tuesday

Fruit sponge  
& custard

### Wednesday

Chocolate and  
beetroot surprise  
with chocolate sauce

### Thursday

Fruity cheesecake

### Friday

Fruit crumble  
& custard.

**Plus daily chef's choice**



# Chef's Specials

10th Sept, 1st Oct, 22nd Oct, 19th Nov, 10th Dec, 14th Jan, 4th Feb,  
4th March, 25th March, 29th April, 20th May, 17th June, 8th July

## Week 2

### Monday

Steak pie

### Tuesday

Quorn or Aberdeen Angus beef grill

### Wednesday

Roast pork and apple sauce

### Thursday

Chinese chicken curry & wholegrain rice

### Friday

Battered fish fillet

## Daily Vegetables

### Monday

Sweet potato mash,  
carrots/broccoli

### Tuesday

Fat free wedges,  
peas/baked beans

### Wednesday

Fat free roast and  
creamed potatoes,  
cauliflower/cabbage

### Thursday

Boiled new potatoes,  
peas/carrots

### Friday

Chipped potatoes,  
baked beans/sweetcorn

## 1/2 fruit Desserts

(All made using 50% fruit)

### Monday

Fruity flapjack  
& custard

### Tuesday

Fruit sponge  
& custard

### Wednesday

Chocolate and  
beetroot surprise  
with chocolate sauce

### Thursday

Fruity cheesecake

### Friday

Fruit crumble  
& custard.

**Plus daily chef's choice**



# Chef's Specials

17th Sept, 8th Oct, 5th Nov, 26th Nov, 17th Dec, 21st Jan, 11th Feb,  
11th March, 1st April, 6th May, 3rd June, 24th June, 15th July

## Week 3

### Monday

Chicken tikka curry and rice

### Tuesday

Tempura fish goujons

### Wednesday

Roast chicken & seasoning

### Thursday

Cheese savoury

### Friday

Fish fingers

## Daily Vegetables

### Monday

Sweet potato mash,  
carrots/broccoli

### Tuesday

Fat free wedges,  
peas/baked beans

### Wednesday

Fat free roast and  
creamed potatoes,  
cauliflower/cabbage

### Thursday

Boiled new potatoes,  
peas/carrots

### Friday

Chipped potatoes,  
baked beans/sweetcorn

## 1/2 fruit Desserts

(All made using 50% fruit)

### Monday

Fruity flapjack  
& custard

### Tuesday

Fruit sponge  
& custard

### Wednesday

Chocolate and  
beetroot surprise  
with chocolate sauce

### Thursday

Fruity cheesecake

### Friday

Fruit crumble  
& custard.

**Plus daily chef's choice**

# Pick n' mix

## Pasta/pizza stop

### Monday

Beef or Quorn spaghetti bolognaise

### Tuesday

Tomato and basil penne

### Wednesday

Bacon tagliatelle carbonara

### Thursday

Beef or Quorn lasagne

### Friday

Pizza with variety of toppings

## Potato place

(Freshly baked with hot or cold fillings)

### Monday

Bolognaise

### Tuesday

Beef chilli

### Wednesday

Cheese and beans

### Thursday

Tuna mayo

### Friday

Cajun chicken

## It's a wrap

(Marinated and freshly cooked for full flavour, served with salad and dressing)

### Monday

Mediterranean chicken wrap

### Tuesday

BBQ chicken wrap

### Wednesday

Veggi balls in tomato wrap

### Thursday

Mango and lime chicken wrap

### Friday

Fish finger wrap

## Daily grab bag

The alternative to bringing a packed lunch

Contains - sandwich or roll with a variety of filling including

**Cheese, tuna and ham, Crudités or salad pot**

**Fresh fruit, Cake, biscuit or yogurt, Fruity drink.**

# Coming soon

Please see our website for  
forthcoming promotions  
and theme days

## Daily items (always available)

Fresh bread, cheese & biscuits, yogurt, jelly,  
fresh fruit salad, fresh fruit bowl, water

“and don't forget to help yourself to our free  
salad bar - which is also available daily”

Information available  
on [www.dcccs.co.uk](http://www.dcccs.co.uk)

- How to claim free school meals •
  - Infant free meals •
- Allergen information • Halal policy •
- Milk policy • Nutritional information •
- Give feedback on our service •