

ASTLEY BURF

Outdoor Adventure Centre,
Weather Lane, Stourport-on-Severn
DY13 0SF

SUMMER ADVENTURE WEEK

Monday 31 July to
Friday 4 August
2017

A residential adventure week for pupils in years 5 and 6 with activities including:

Climbing, archery, swimming, kiting, basketball, arts & crafts, mountain biking, a disco & barbeque.

All activities organised and supervised by qualified staff.

Accommodation in four en-suite log cabins each sleeping 12 students.

Cost £280 per week per student. Price includes accommodation, meals, all activities and coach transport from Saltwells EDC to Astley Burf Adventure Centre.

To find out more details or reserve a place please contact Karen Dutton on 01384 813714 or email karen.dutton@dudley.gov.uk



Suppliers ensure all products and ingredients meet British Standards of quality with traceability assurance, including certified Halal requests. Suppliers ensure quality British meat and products are our first choice.

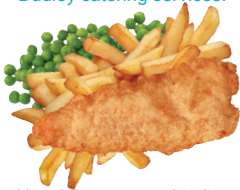


A mycoprotein and distant relative of mushrooms, a low fat, zero cholesterol source of fibre and protein, suitable to many vegetarians.

Our cracking good choice of eggs wins us an award.



A quality supplier to Dudley catering services.



Havelok are committed to quality provisions using sustainably sourced fish and materials towards protecting supplies for future generations.

See menu items marked with this fish symbol to denote:



- Fish from sustainable sources.

FREE SCHOOL MEALS

If you get any of the following support payments your Key Stage 2 child may be entitled to receive free school meals:

- Income Support.
- Income-based Jobseekers Allowance.
- Income-related Employment & Support Allowance.
- The guaranteed element of State Pension Credit.
- Support under Part VI of the Immigration and Asylum Act 1999.
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have a limited annual gross income as assessed by HM Revenue and Custom).
- Working Tax Credit Run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit.

For more information contact: Benefit Services, Dudley Council Plus, Castle Street, Dudley 8am - 5pm Mon - Fri, 9am - 12noon Saturday.
Telephone: 01384 814988 E-mail: freeschoolmeals.benefits@dudley.gov.uk

UNIVERSAL INFANT FREE SCHOOL MEALS are available to Key Stage 1 children; reception & years 1 & 2 within state funded schools, as Govt. mandate Sept 2014.

Eat well - Move more - Live longer

Children eating 5 school meals a week get a balanced range of health essential nutrients at lunchtimes.

• For more information about school meals contact our helpdesk: 01384 814325 DCCSHelpdesk.CS@dudley.gov.uk



For tips and information on how to get active and eat well, visit www.lets-get.com.

Together we can make a difference.

FOOD AND DRINK ALLERGY INFORMATION

will be available from your school's catering manager.

For reassurance persons with any known allergen intolerance should speak with their catering manager regarding the seriousness of their intolerance/s and dietary limitations.

14 potential allergens to be aware of when choosing menu dishes:

- | | |
|--|--|
| Ce Celery & celeriac. | Molluscs (clams, mussels, whelks, oysters, snails, squid). |
| Cereals containing gluten. | Mustard. |
| Crustaceans (prawns, crabs, lobsters, crayfish). | Nuts. |
| Eggs. | Peanuts. |
| Fish. | Sesame. |
| Lupin (flowers and their seed). | Soybeans. |
| Milk. | Sulphur dioxide (an added food preservative). |

Dudley
Metropolitan Borough Council

Catering, Cleaning & Caretaking Services



Value packed set school meals
a savoury main course and a sweet dessert or fruit salad to round off the meal.

Menu choices offer traditional favourites; vegetarian meals, salads, wraps, jacket potatoes and fillings.

Try something different, delicious and NEW on the menu like a Quorn curry boat or a Banana toffee enjoys reduced sugar pancake with ice cream.



Choices include school approved major quality brands



Dudley
Metropolitan Borough Council

Catering, Cleaning & Caretaking Services



Primary School MEALS Menus

April 24 2017 - October 20 2017



School meals - eat 5 a week to get the balance





Primary School Meals Apr 24 to Oct 20 2017 - Eat 5 a week to get the balance

WEEK 1

commencing: 24 Apr, 15 May, 12 Jun, 3 Jul, 4 Sep, 25 Sep, 16 Oct 2017.

MONDAY

Chicken Popems with sauce.

V- Meat free sausage roll.

NEW GF- Bubble coated fish.

Creamed potatoes, pasta, sweetcorn, broccoli.

Rice pudding & strawberry compote / Fresh fruit salad /

TUESDAY

Meat lasagne. V- Quorn lasagne.

Mediterranean chicken grill.

Baby potatoes, sauté potatoes, peas, coleslaw.

Apple crumble & custard / Fresh fruit salad /

WEDNESDAY

Roast beef & Yorkshire pudding.

V- Cheese omelette.

FF- *Roast & boiled potatoes, Country Mix, spaghetti hoops.*

Strawberry swirl cheesecake / Fresh fruit salad /

THURSDAY

lovejoes marinated chicken wrap.

V- Quorn cottage pie.

Wedges, mixed vegetables, carrots.

Flapjack & custard / Fresh fruit salad /

FRIDAY

V- Cheese & tomato pizza.

Tempura fish goujons.

Chipped potatoes, baked beans, peas.

NEW GF- *Lemon muffin & lemon sauce / Fresh fruit salad /*

WEEK 2

commencing: 1 May, 22 May, 19 Jun, 10 Jul, 11 Sep, 2 Oct 2017.

MONDAY

Hot Dog. V- Quorn Dog.

NEW Butter chicken tikka masala.

Herby wedges, boiled rice, broccoli, baked beans.

Chocolate surprise & choc sauce / Fresh fruit salad /

TUESDAY

Meat bolognese & garlic bread.

V- Veg bolognese & garlic bread.

Baked gammon.

Sauté potatoes, pasta, sweetcorn, carrots.

Iced sponge & pink sauce / Fresh fruit salad /

WEDNESDAY

Roast pork & apple sauce.

V- Quorn savoury rice.

FF- *Roast & boiled potatoes, peas, cauliflower.*

Milkshake & oatly chocolate cookie /

Fresh fruit salad /

THURSDAY

lovejoes marinated chicken wrap.

V- Cheese savoury.

Wedges, spaghetti hoops, green beans, carrots.

Fruit pie & custard / Fresh fruit salad /

FRIDAY

V- Cheese and tomato pizza.

Fish fingers.

Chipped potatoes, baked beans, sweetcorn.

NEW *Jelly, fruit & ice cream / Fresh fruit salad /*

WEEK 3

commencing: 8 May, 5 Jun, 26 Jun, 17 Jul, 18 Sep, 9 Oct 2017.

MONDAY

Chicken nuggets.

V- Sweet & sour Quorn.

Sauté potatoes, noodles, sweetcorn, Country Mix.

Apple sponge & custard / Fresh fruit salad /

TUESDAY

Chicken curry.

NEW V- Quorn curry boat.

Cod Bites.

Boiled rice, creamed potatoes, carrots, broccoli.

Goey chocolate pudding & chocolate sauce /

Fruit meringue nest /

WEDNESDAY

Roast chicken & seasoning.

V- Cheese & onion pasty.

FF- *Roast & boiled potatoes, cabbage, baked beans.*

Blackberry & apple flapjack crumble & custard /

Fresh fruit salad /

THURSDAY

lovejoes marinated chicken wrap.

V- Veggie balls in tomato sauce.

Pasta, jacket wedges, peas, carrots.

NEW *Banana toffee pancake & ice cream /*

Fresh fruit salad /

FRIDAY

V- Cheese and tomato pizza.

NEW Sweet chilli salmon fillet.

Chipped potatoes, baked beans, peas.

Mousse / Fresh fruit salad /



Jacket potato with choice of filling, gravy, salads, bread, fresh fruit, fruit yoghurt, jelly, cheese & biscuits, water.

Catering manager's choice of popular dessert.

INDIVIDUALLY PRICED EXTRAS:

Juices, yoghurts, milk, milkshakes, bottled waters, handmade biscuits. Breaktime snacks.

HANDMADE and freshly cooked, favourite, wholesome dishes include: main courses, desserts, breads and biscuits.

HALAL certified Halal meat option requests are served from red dishes with green utensils.

FF- Fat Free.

V- Suitable for vegetarians.

GF- Gluten Free.

Fish from sustainable sources.

All menu items are subject to availability.

love your community

Dudley Metropolitan Borough Council

www.dudley.gov.uk

ASTLEY BURF

Outdoor Adventure Centre, Weather Lane, Stourport-on-Severn DY13 0SF

SUMMER ADVENTURE WEEK

Monday 31 July to Friday 4 August 2017

A residential adventure week for pupils in years 5 and 6 with activities including:

Climbing, archery, swimming, kiting, basketball, arts & crafts, mountain biking, a disco & barbeque.

All activities organised and supervised by qualified staff.

Accommodation in four en-suite log cabins each sleeping 12 students.

Cost £280 per week per student. Price includes accommodation, meals, all activities and coach transport from Saltwells EDC to Astley Burf Adventure Centre.

To find out more details or reserve a place please contact Karen Dutton on 01384 813714 or email karen.dutton@dudley.gov.uk

