

Week
Commencing

Balanced and nutritious, freshly prepared school meals

29/04/19
20/05/19
17/06/19
08/07/19
09/09/19
30/09/19
21/10/19
18/11/19
09/12/19
13/01/20
03/02/20
02/03/20

Week 1

MONDAY

MAINS
Fish Fillet (with tomato ketchup)

Quorn Balls (v)
(in freshly made tomato sauce)

Vegetable Chilli (v)

Herby Diced Potatoes, Brown & White Rice, Sweetcorn, Peas & Carrots

DESSERT
Cookie

TUESDAY

MAINS
Pork & Carrot Meatballs in a freshly made Tomato Sauce

Hot Chicken Wrap

Cheese & Potato Pie (v)

Jacket Wedges, Pasta, Baked Beans, Peas & Cauliflower

DESSERT
Chocolate Sponge with Chocolate Sauce

WEDNESDAY

MAINS
Roast Chicken & Gravy

Jacket Potato with Tuna Mayo (v)

Linda McCartney Vegetable Sausage in a Yorkshire Pudding (v)

Roast & Mash, Medley of Fresh Vegetables

DESSERT
Lemon Drizzle Slice

THURSDAY

MAINS
Lasagne

Fish Fingers

Tortilla Cheese Quiche (v)

Garlic Bread, Mash, Green Beans, Carrots & Peas

DESSERT
Selection of Shortbread

FRIDAY

MAINS
Breaded Chicken Breast Steak (with sweet & sour sauce)

Jacket Potato with BBQ Veggie Sausage & Beans

Pizza (v) (with a selection of toppings)

Noodles, Chips, Baked Beans, Sweetcorn & Peas

DESSERT - Fruity Friday
Fruit Salad with Natural Yoghurt, Fruit Platter, Fruit Jelly

06/05/19
03/06/19
24/06/19
15/07/19
16/09/19
07/10/19
04/11/19
25/11/19
16/12/19
20/01/20
10/02/20
09/03/20
30/03/20

Week 2

MONDAY

MAINS
Pasta Neapolitan

Fish Bites

Linda McCartney Vegetable Sausage (v)

Garlic Bread, Mash, Baked Beans, Green Beans & Sweetcorn

DESSERT
Iced Vanilla Sponge & Custard

TUESDAY

MAINS
Shepherd's Pie

Sausage Roll

Mediterranean Omelette (v)

Herby Diced Potatoes, Fresh Bread, Broccoli, Sweetcorn & Carrots

DESSERT
Mini Doughnut with Toffee Drizzle

WEDNESDAY

MAINS
Roast Chicken with Gravy

Jacket Potato with BBQ Veggie Sausage & Beans (v)

Vegetable Lasagne (v)

Roast & Mash, Carrots, Peas & Cauliflower Cheese

DESSERT
Fruit Muffin or Cupcake

THURSDAY

MAINS
Fish Fillet

Chicken Tikka Masala (with naan bread)

Mac 'n' Cheese (v)

Mash, Brown & White Rice, Green Beans, Sweetcorn & Carrots

DESSERT
Cookie

FRIDAY

MAINS
Bacon Carbonara

Jacket Potato with Tuna Mayo

Pizza (with a selection of toppings)

Chips, Fresh Bread, Baked Beans, Peas & Sweetcorn

DESSERT - Fruity Friday
Fruit Salad with Natural Yoghurt, Fruit Platter, Mango Sorbet & Fruit Jelly

13/05/19
10/06/19
01/07/19
02/09/19
23/09/19
14/10/19
11/11/19
02/12/19
06/01/20
27/01/20
24/02/20
16/03/20

Week 3

MONDAY

MAINS
Fish Fingers

Cowboy Pie (v)
(slices of vegetarian sausage in a tangy sauce with baked beans, topped with mashed potato)

Quorn Tikka Masala (v)

Mash, Brown & White Rice, Broccoli, Sweetcorn & Cauliflower

DESSERT
Apple Flapjack

TUESDAY

MAINS
Sausages

Beef Bolognese

Omelette (v)

Jacket Wedges, Pasta, Baked Beans, Green Beans & Sweetcorn

DESSERT
Chocolate Brownie

WEDNESDAY

MAINS
Roast Beef with Yorkshire Pudding & Gravy

Jacket Potato with Tuna Mayo (v)

Cheese & Vegetable Parcel (v)

Roast & Mash, Carrots, Cabbage & Peas

DESSERT
Rice Pudding or Iced Bun

THURSDAY

MAINS
Chicken Korma

Fishcake

Vegetable Hotpot (v)

Brown & White Rice, Herby Diced Potatoes, Sweetcorn, Peas & Cauliflower Cheese

DESSERT
Toffee Cake & Custard

FRIDAY

MAINS
Organic Mexican Stew

Jacket Potato with BBQ Veggie Sausage & Beans

Pizza (with a selection of toppings)

Brown & White Rice, Chips, Baked Beans, Broccoli & Carrots

DESSERT - Fruity Friday
Fresh Fruit Salad & Natural Yoghurt, Fruit Platter, Fruit Salad & Mango Sorbet

Available Daily - Freshly made bread, selection of salads, fresh fruit and assorted yoghurts as an alternative to the dessert of the day. The menu may vary on promotional days.

Food Allergen & Intolerance Information - Before ordering speak to our staff about your requirements.

Free School Meals

School Meals are **FREE** to all children in **Reception, Year 1 and Year 2**. Your child may also be entitled after Year 2. This also provides extra funding to your school. You can register your child for Free School Meals if you receive any of these benefits:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The 'Guarantee' element of State Pension Credit
- Child Tax Credit
- Working Tax Credit

To apply for free school meals please visit:

www.gov.uk/apply-free-school-meals.

Shire Services HEAD OFFICE
Shropshire Food Enterprise Centre,
Battlefield Enterprise Park,
Shrewsbury, SY1 3TG.
Tel: 01743 250250

e-mail: shire.services@shropshire.gov.uk
website: www.shropshire.gov.uk/shire.services

We serve balanced and nutritious food.

- ▶ 75% of meals are freshly prepared
- ▶ 50% of produce is locally sourced
- ▶ All eggs are free range
- ▶ During every menu cycle we have one meat free day.
- ▶ All fish used on our menus are Marine Stewardship certified (MSC).
- ▶ We do not add salt to any of our meals.
- ▶ We use Belton organic cheese.
- ▶ Every Friday an assortment of fresh fruit and yoghurt's is the only pudding option.
- ▶ All puddings are made using reduced sugar recipes and fresh fruit is available daily.
- ▶ Our menus meet the Food for Life Bronze standard.

Allergens and Special Diets

Details of allergens for each Shire Services' recipe are listed in our allergy guidance packs. Please contact the school to arrange to meet the catering manager to discuss any dietary requirements you have.

Primary School Menu

April 2019 - April 2020



Fresh DINING

Primary School Menu 11

You can follow us on Facebook as "Shire Services" and Twitter as 'Shropschoolmeal'

Education catering is our passion

