

**Week**  
Commencing

# Balanced and nutritious, freshly prepared school meals

30/08/2021 20/09/2021 11/10/2021 08/11/2021 29/11/2021 03/01/2022 24/01/2022 14/02/2022 14/03/2022 04/04/2022 09/05/2022 06/06/2022 27/06/2022 18/07/2022	Week 1	MONDAY Fish Fillet Mac 'n' Cheese (v) Quorn Tikka Masala with Rice (v)  Herby Diced Potatoes, Crusty Bread, Broccoli, Green Beans, Baked Beans  Oaty Syrup Cookie	TUESDAY Sausages Italian Pasta Bake Pasta Neapolitan (v)  Garlic Bread, Mashed Potatoes, Sweetcorn, Carrots  Ice-cream Tub	WEDNESDAY Roast Chicken & Gravy Jacket Potato with Cheese (v) Vegetarian Sausage Parcel (v)  Roast Potatoes, Mashed Potatoes, Selection of Seasonal Vegetables  Blueberry & Apple Muffin	THURSDAY Mediterranean Chicken Fishcake with Ketchup Quorn Bolognaise (v)  Pasta, Oven Baked Wedges, Crusty Bread, Peas, Carrots  Apple Crumble & Custard	FRIDAY Beef Pie with Gravy Jacket Potato with Cheese (v) Pizza (v) (with a selection of toppings)  Chips, Mashed Potatoes, Peas, Broccoli, Baked Beans  Fruity Friday Selection of Fruit Desserts to include Fruit Platter & Jelly Sundae
06/09/2021 27/09/2021 18/10/2021 15/11/2021 06/12/2021 10/01/2022 31/01/2022 28/02/2022 21/03/2022 25/04/2022 16/05/2022 13/06/2022 04/07/2022	Week 2	MONDAY Fish Fingers Cheese & Bean Wrap (v) Potato & Leek Frittata (v)  Crusty Bread, Mashed Potatoes, Peas, Sweetcorn, Baked Beans  Flapjack Selection	TUESDAY Chicken Tikka Masala Shepherd's Pie Cheese & Tomato Pinwheel (v)  Rice, Diced Potatoes, Broccoli, Carrots  Syrup Sponge & Custard	WEDNESDAY Roast Beef, Yorkshire Pudding & Gravy Jacket Potato & Cheese (v) Veggie Sausage & Yorkshire Pudding (v)  Roast Potatoes, Mashed Potatoes, Selection of Seasonal Vegetables  Jelly Sundae	THURSDAY Italian Pasta Bake Chicken Fajitas Veggie Fingers (v)  Garlic Bread, Oven Baked Wedges, Cauliflower, Carrots  Chocolate Fudge Cake	FRIDAY Chilli con Carne with Nachos Fish Fillet Pizza (with a selection of toppings)  Chips, Rice, Green Beans, Sweetcorn, Baked Beans  Fruity Friday Selection of Fruit Desserts to include Fruit Salad
13/09/2021 04/10/2021 01/11/2021 22/11/2021 13/12/2021 17/01/2022 07/02/2022 07/03/2022 28/03/2022 02/05/2022 23/05/2022 20/06/2022 11/07/2022	Week 3	MONDAY Fish Fingers Cheesy Omelette (v) Vegetable Chilli with Nachos (v)  Diced Potatoes, Rice, Sweetcorn, Peas, Baked Beans  Angel Delight	TUESDAY Meatballs in Tomato Sauce with Pasta Breaded Chicken Steak Quorn Dippers with Ketchup (v)  Oven Baked Wedges, Garlic Bread, Cauliflower, Carrots  Frosted Marble Sponge	WEDNESDAY Roast Chicken with Stuffing & Gravy Jacket Potato & Tuna Quorn & Potato Pie (v)  Roast Potatoes, Mashed Potatoes Selection of Seasonal Vegetables  Selection of Cookies	THURSDAY Chicken Korma with Rice Sausage Roll Vegetarian Lasagne (v)  Mashed Potatoes, Crusty Roll, Broccoli, Sweetcorn, Baked Beans  Chocolate Sponge & Chocolate Sauce	FRIDAY Lasagne Fish Fillet with Ketchup Pizza (with a selection of toppings)  Chips, Garlic Bread, Peas, Carrots  Fruity Friday Selection of Fruit Desserts

**Available Daily** - Fresh bread, selection of salads. Daily chef's dessert, fresh fruit and assorted yoghurts as an alternative to the dessert of the day.  
**Food Allergen & Intolerance Information:** Before ordering speak to our staff about your requirements. The menu may vary on promotional days.

## Free School Meals

Your child may be able to get free school meals if you get any of the following:

- 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 guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)
- Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

Your child may also get free school meals if you get any of these benefits and your child is both:

- younger than the **compulsory age for starting school**
- in full-time education

If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2022.

### Infant free school meals in England

Your child will be able to get free school meals if they're in a **government-funded school** and in:

- reception class
- year 1
- year 2

Tell your local authority if you also get any of the qualifying benefits. Your child's school can get extra funding if you do.

[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals)

## We serve balanced and nutritious food.

- ▶ 75% of meals are freshly prepared
- ▶ 50% of produce is locally sourced
- ▶ All eggs are free range
- ▶ 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 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 standard.
- ▶ The menu may change to reflect seasonal fruit and vegetables.

### 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.

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website: [www.shropshire.gov](http://www.shropshire.gov)



# School Menu Menu

September 2021 - July 2022



3 Choice

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

Education catering is our passion