

**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  
23/03/20

**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  
  
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 (v)  
  
Pizza (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 Bolognaise  
  
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  
  
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 (v)  
  
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](http://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](mailto:shire.services@shropshire.gov.uk)  
website: [www.shropshire.gov.uk/shire.services](http://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*

