

**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 04/03/2022 04/04/2022 09/05/2022 06/06/2022 27/06/2022 18/07/2022	<b>Week 1</b>	<p><b>MONDAY</b></p> <ul style="list-style-type: none"> <li>Fish Fillet</li> <li>Quorn Tikka Masala with Rice (v)</li> </ul> <p>Herby Diced Potatoes, Broccoli, Green Beans, Baked Beans</p> <p>Oaty Syrup Cookie</p>	<p><b>TUESDAY</b></p> <ul style="list-style-type: none"> <li>Sausages</li> <li>Pasta Neapolitan (v)</li> </ul> <p>Garlic Bread, Mashed Potatoes, Sweetcorn, Carrots</p> <p>Ice-cream Tub</p>	<p><b>WEDNESDAY</b></p> <ul style="list-style-type: none"> <li>Roast Chicken &amp; Gravy</li> <li>Vegetarian Sausage Parcel (v)</li> </ul> <p>Roast Potatoes, Mashed Potatoes, Selection of Seasonal Vegetables</p> <p>Blueberry &amp; Apple Muffin</p>	<p><b>THURSDAY</b></p> <ul style="list-style-type: none"> <li>Mediterranean Chicken</li> <li>Quorn Bolognese (v)</li> </ul> <p>Pasta, Oven Baked Wedges, Crusty Bread, Peas, Carrots</p> <p>Apple Crumble &amp; Custard</p>	<p><b>FRIDAY</b></p> <ul style="list-style-type: none"> <li>Beef Pie with Gravy</li> <li>Pizza (v) (with a selection of toppings)</li> </ul> <p>Chips, Mashed Potatoes, Peas, Broccoli, Baked Beans</p> <p>Fruity Friday Selection of Fruit Desserts to include Fruit Platter &amp; Jelly Sundae</p>
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	<b>Week 2</b>	<p><b>MONDAY</b></p> <ul style="list-style-type: none"> <li>Fish Fingers</li> <li>Potato &amp; Leek Frittata (v)</li> </ul> <p>Crusty Bread, Mashed Potatoes, Peas, Sweetcorn, Baked Beans</p> <p>Flapjack Selection</p>	<p><b>TUESDAY</b></p> <ul style="list-style-type: none"> <li>Chicken Tikka Masala</li> <li>Cheese &amp; Tomato Pinwheel (v)</li> </ul> <p>Rice, Diced Potatoes, Broccoli, Carrots</p> <p>Syrup Sponge &amp; Custard</p>	<p><b>WEDNESDAY</b></p> <ul style="list-style-type: none"> <li>Roast Beef, Yorkshire Pudding &amp; Gravy</li> <li>Veggie Sausage &amp; Yorkshire Pudding (v)</li> </ul> <p>Roast Potatoes, Mashed Potatoes, Selection of Seasonal Vegetables</p> <p>Jelly Sundae</p>	<p><b>THURSDAY</b></p> <ul style="list-style-type: none"> <li>Italian Pasta Bake</li> <li>Veggie Fingers (v)</li> </ul> <p>Garlic Bread, Oven Baked Wedges, Cauliflower, Carrots</p> <p>Chocolate Fudge Cake</p>	<p><b>FRIDAY</b></p> <ul style="list-style-type: none"> <li>Chilli con Carne with Nachos</li> <li>Pizza (with a selection of toppings)</li> </ul> <p>Chips, Rice, Green Beans, Sweetcorn, Baked Beans</p> <p>Fruity Friday Selection of Fruit Desserts to include Fruit Salad</p>
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	<b>Week 3</b>	<p><b>MONDAY</b></p> <ul style="list-style-type: none"> <li>Fish Fingers</li> <li>Vegetable Chilli with Nachos (v)</li> </ul> <p>Diced Potatoes, Rice, Sweetcorn, Peas, Baked Beans</p> <p>Angel Delight</p>	<p><b>TUESDAY</b></p> <ul style="list-style-type: none"> <li>Meatballs in Tomato Sauce with Pasta</li> <li>Quorn Dippers with Ketchup (v)</li> </ul> <p>Oven Baked Wedges, Garlic Bread, Cauliflower, Carrots</p> <p>Frosted Marble Sponge</p>	<p><b>WEDNESDAY</b></p> <ul style="list-style-type: none"> <li>Roast Chicken with Stuffing &amp; Gravy</li> <li>Quorn &amp; Potato Pie (v)</li> </ul> <p>Roast Potatoes, Mashed Potatoes Selection of Seasonal Vegetables</p> <p>Selection of Cookies</p>	<p><b>THURSDAY</b></p> <ul style="list-style-type: none"> <li>Chicken Korma with Rice</li> <li>Vegetarian Lasagne (v)</li> </ul> <p>Crusty Roll, Broccoli, Sweetcorn, Baked Beans</p> <p>Chocolate Sponge &amp; Chocolate Sauce</p>	<p><b>FRIDAY</b></p> <ul style="list-style-type: none"> <li>Lasagne</li> <li>Pizza (with a selection of toppings)</li> </ul> <p>Chips, Garlic Bread, Peas, Carrots</p> <p>Fruity Friday Selection of Fruit Desserts</p>

**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.

**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](http://www.shropshire.gov)



# School Menu Menu

September 2021 - July 2022



2 Choice

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

Education catering is our passion