

# Week 1

## Monday

Selection of Fish  
(Including gluten free salmon fish fingers)  
Free Range Cheese & Red Onion Quiche (v)  
Five Bean Pasta Bake (v)

Creamed Potatoes  
Herby Pasta  
Peas, Baked Beans

Iced Sponge & Custard

## Tuesday

Beef Grill  
(80% beef with spinach and broccoli gluten free option available)  
Hot Chicken Wrap  
Pasta Neapolitan (v)  
(Pasta served in a freshly made tomato sauce with a cheese topping)

Jacket Wedges  
Fresh Bread Wedge  
Sweetcorn, Green Beans

Chocolate Mousse Slice

## Wednesday

Roast Pork with Apple Sauce & Gravy  
Mushroom & Quorn Plait (v)

Roast & Creamed Potatoes  
Carrots, Broccoli  
Leek & Sweet Potato Bake

Flapjack with Milkshake

## Thursday

Bolognaise  
Selection of Fish  
Vegetable & Lentil Bolognaise (v)

Baby Potatoes  
Spaghetti, Baked Beans  
Carrots

Rice Pudding with Raspberry Coulis

## Friday

Pizza with a Selection of Toppings  
Marinated Chicken  
(Either Mediterranean bbq or tikka flavour)

Quorn Fillet with Sweet & Sour Sauce (v)

Chips, Noodles  
Sweetcorn, Peas

**Fruity Friday**  
Fruit Jelly  
Assorted Yoghurts  
Fruit Platter  
Fruit Salad

## Menu Weeks

24/04/17	12/02/18
15/05/17	12/03/18
12/06/17	
03/07/17	
24/07/17	
18/09/17	
09/10/17	
06/11/17	
27/11/17	
01/01/18	
22/01/18	

# Week 2

## Monday

Chicken Curry with Naan Bread  
(Tender pieces of chicken in a light curry sauce)  
Selection of Fish  
Cauliflower & Sweet Potato Curry (v)

Brown & White  
Long Grain Rice  
Baby Potatoes  
Baked Beans, Sweetcorn  
Raspberry Swirl & Custard

## Wednesday

Roast Beef with Yorkshire Pudding & Gravy  
Vegetable Sausage with Yorkshire Pudding & Gravy (v)

Roast & Creamed Potatoes  
Carrots, Cabbage  
Cauliflower

Chocolate Sponge with Chocolate Sauce

## Friday

Pizza with a Selection of Toppings  
Gammon Steak with Pineapple  
Jacket Potato with Cheese & Tomato Filling (v)

Jacket Wedges, Pasta  
Baked Beans, Sweetcorn

Selection of Fruit Muffins  
(Including blueberry)

## Tuesday

Pork & Carrot (Gluten Free)  
Meatballs with Freshly made Tomato Sauce  
Cheese, Onion & Potato Pie (v)  
Quorn Balls with Freshly made Tomato Sauce (v)

Pasta  
Baked Beans  
Broccoli

Cookie with Milkshake

## Thursday

Freshly made Beef Pie with Gravy  
Selection of Fish  
(Including gluten free salmon fish fingers)  
Vegetable Pie with Gravy (v)

Chips, Creamed Potatoes  
Peas, Carrots

Cheese & Crackers  
Jelly Sundae

## Menu Weeks

01/05/17	26/02/18
22/05/17	19/03/18
19/06/17	
10/07/17	
04/09/17	
25/09/17	
16/10/17	
13/11/17	
04/12/17	
08/01/18	
29/01/18	

# Week 3

## Monday

Crispy Chicken with Sweet & Sour Sauce  
Macaroni Cheese (v)  
Leek, Cabbage & Sweet Potato Bake (v)

Noodles  
Fresh Bread Wedge  
Green Beans  
Sweetcorn

Strawberry Mousse Slice

## Wednesday

Roast Chicken with Gravy  
Free Range Roast  
Vegetable Quiche (v)

Roast & Creamed Potatoes  
Carrots  
Peas  
Cauliflower Cheese

Cookie with Milkshake

## Friday

Pizza with a Selection of Toppings  
Beef & Potato Gratin  
Potato & Vegetable Gratin (v)

Herby Pasta  
Baby Potatoes  
Carrots  
Sweetcorn

Selection of Vanilla & Chocolate Cupcakes

## Tuesday

Beef Fajitas  
Selection of Fish  
(Including gluten free salmon fish fingers)  
Five Bean Chilli (v)  
(Mixed beans cooked in a spicy tomato sauce)

Chips, Brown & White  
Long Grain Rice  
Peas, Baked Beans

Ginger & Orange Sponge with Custard

## Thursday

Local Pork Sausages with Gravy (Gluten free option available)  
Cheese & Herb Plait (v)  
Vegetable Sausage (v)

Jacket Wedges  
Creamed Potatoes  
Baked Beans  
Broccoli

Apple Crumble & Custard

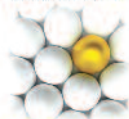
## Menu Weeks

08/05/17	05/03/18
05/06/17	26/03/18
26/06/17	
17/07/17	
11/09/17	
02/10/17	
30/10/17	
20/11/17	
11/12/17	
15/01/18	
05/02/18	

**Available daily:** Freshly made bread, selection of salads, fresh fruit and assorted yoghurts as an alternative to dessert of the day. The menu may vary on promotional days. **Allergy information available on request.**

# Did you know?

- 75% of all meals are freshly prepared.
- 50% of produce is locally sourced.
- All meals are offered with salad, wholemeal bread and a vegetable selection.
- We use Red Tractor chicken, which guarantees safe, quality chicken which meets welfare standards.
- All fish used on our menus are Marine Stewardship Certified (MSC), meaning we only use compliant sustainable fisheries operating to high standards.
- We do not add salt to our dishes.
- All eggs are free range.
- All cakes and biscuits on offer are freshly-made.
- Once per menu cycle an assortment of fruit jelly, fresh fruit and yoghurt's are the only pudding option.
- All puddings are made from reduced sugar recipes and fresh fruit is available daily.
- Additional gluten free options can be available on request.
- Please be aware that our gluten free products are prepared and cooked in the same school kitchen as our non-gluten free products.



## Allergen information

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

## Why not join our team?

We offer job opportunities for employment in administration, catering and cleaning. All job vacancies are advertised at:

<https://shropshirejobs.engageats.co.uk>

## Free school meals?

You may qualify for free school meals. Telephone 0345 678 9000 for further information.



## Head Office

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Follow us on Facebook as  
'Shire Services' and  
Twitter as 'Shropschoolmeal'



# Local Food Freshly Made!

Primary School 3 Choice  
Lunch Menu  
April 2017 - March 2018



**LOCAL** seasonal  
**traceable** healthy  
**TASTY** free range  
**SUSTAINABLE** **FRESH**

