

We are delighted to announce our 2016 primary school menus, which offer a superb range of healthy and nutritious foods.

All dishes produced by Shire Services meet the government's new food standards.

Shire Services is also committed to the Soil Association's 'Food for Life' initiative and the menus overleaf have been awarded the BRONZE Catering Mark. The Catering Mark is based on the principles that food should be fresh, healthy, local, seasonal and better for animal welfare and the environment.

- ▶ BRONZE schools serve meals with seasonal ingredients that are at least 75% freshly prepared.
- ▶ No fish are served from the Marine Conservation Society (MSC) 'fish to avoid' list.
- ▶ Catering staff work with schools to encourage pupils to choose healthier meals by supporting parents evenings, cookery clubs, school councils and curriculum menus.

(See the 'Food for Life' website for further information).

www.foodforlife.org.uk

New EU Allergen Information

All food businesses are required to provide information about the allergenic ingredients used in foods sold or provided by them. Shire Services have detailed information for every item on our menus that contains any of the 14 allergens as an ingredient.

Details of allergens for each Shire Services standard recipe are listed in our allergy guidance packs given to our school catering managers. Please contact 01743 250250 for further information.

Where our food comes from...

- ▶ Our meals are freshly prepared, using seasonal ingredients.
- ▶ We actively source local suppliers and products, including free range eggs and farm assured produce.
- ▶ All meat and poultry products used in the menu are sourced from within the U.K., from Shropshire, Cheshire and the West Midlands, using local butchers and the U.K. Foodhall in Shrewsbury.
- ▶ Yoghurts are supplied by Muller of Market Drayton and cheese by Belton Farm of Whitchurch.
- ▶ Fruit and vegetables are supplied from Shropshire, Cheshire and the West Midlands, when in season.

Free School Meals

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

Why not join our team?

We offer job opportunities for employment in administration, catering and cleaning. All job vacancies are advertised at www.shropshire.gov.uk

Head Office

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The Food Enterprise Centre
Battlefield Enterprise Park
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Follow us on Facebook as
'Shire Services' and
Twitter as 'Shropschoolmeal'



St George's Junior School
Lunch Menu
April 2016 - April 2017



Fresh DINING shireservices
Dining in Education

week 1

Monday

Meatballs with Freshly made Tomato Sauce
Traditional Cornish Pasty and Gravy
Five Bean Chilli (v)
(Mixed beans cooked in a spicy tomato sauce)
Creamed Potatoes, Pasta Sweetcorn
Cauliflower and Broccoli
Iced Vanilla Sponge and Custard Cookie

Tuesday

Chicken Curry with Naan Bread
(Tender pieces of chicken in a light curry sauce)
Selection of Fish
(Including Salmon Fish Fingers)
with Parsley Sauce
Cauliflower and Sweet Potato Curry (v)
Long-Grain Rice
Baby Potatoes
Peas, Baked Beans
Selection of Cookies/Pastries

Wednesday

Roast Pork with Apple Sauce and Gravy
Cheese and Red Onion Quiche (v)
Roast and Creamed Potatoes Carrots
Sweet Potato and Leek Bake
Peas
Apple Flapjack
Jelly and Red Berry Trifle

Thursday

Bacon Carbonara
(Bacon and pasta baked in a white sauce with a cheese topping)
Breaded Chicken Fillet
Roast Vegetable Pasta Bake (v)
(Selection of vegetables and pasta baked in a white sauce with a cheese topping)
with a cheese topping
Jacket Wedges
Broccoli, Baked Beans
Chocolate and Orange Sponge with Chocolate Sauce

Friday

Pizza with Selection of Toppings (v)
Beef Strips in Gravy served in a Yorkshire Pudding
Quorn Strips in Gravy served in a Yorkshire Pudding (v)
Chips
Creamed Potatoes
Carrots, Sweetcorn
Coleslaw
Carrot Cake
Ice-cream with Small Cookie

Menu Weeks

| | |
|------------|------------|
| 11/04/2016 | 06/02/2017 |
| 02/05/2016 | 06/03/2017 |
| 23/05/2016 | 27/03/2017 |
| 20/06/2016 | |
| 11/07/2016 | |
| 12/09/2016 | |
| 03/10/2016 | |
| 31/10/2016 | |
| 21/11/2016 | |
| 12/12/2016 | |
| 16/01/2017 | |

week 2

Monday

Freshly made Beef Pie with Gravy
Selection of Fish
(Including Salmon Fish Fingers)
Freshly made Vegetable Pie with Gravy (v)
Creamed Potatoes
Buttered Pasta
Carrots, Peas
Rice Pudding with Raspberry Coulis
Cookie

Tuesday

Pork Sausages
Selection of Hot Wraps
Vegetarian Sausage (v)
Chips
Jacket Potatoes
Baked Beans, Sweetcorn
Eve's Pudding with Custard
Ice-cream with Cookie

Wednesday

Roast Chicken with Yorkshire Pudding and Gravy
Roasted Vegetables and Cheese Parcel (v)
(Selection of roasted vegetables in a cheese sauce, wrapped in puff pastry)
Roast and Creamed Potatoes Carrots
Broccoli and Cauliflower
Coconut and Chocolate Brownie

Thursday

Beef Lasagne
(Lean minced beef cooked in a rich tomato sauce)
Selection of Fish
Italian Bean Bake (v)
(Mixed beans in a rich tomato sauce with a potato and cheese topping)
Fresh Bread
Baby Potatoes
Baked Beans, Green Beans
Bakewell Tart and Custard
Lemon and Jelly Pot

Friday

Pizza with a Selection of Toppings (v)
Jacket Potato with Beans and Cheese
or Mediterranean Chicken
Jacket Wedges
Herby Pasta
Sweetcorn, Broccoli
Fruity Coleslaw
Selection of Fruit Muffins

Menu Weeks

| | |
|------------|------------|
| 18/04/2016 | 13/02/2017 |
| 09/05/2016 | 13/03/2017 |
| 06/06/2016 | 03/04/2017 |
| 27/06/2016 | |
| 18/07/2016 | |
| 19/09/2016 | |
| 10/10/2016 | |
| 07/11/2016 | |
| 28/11/2016 | |
| 02/01/2017 | |
| 23/01/2017 | |

week 3

Monday

Gammon Steak with Pineapple
Pasta Neapolitan (v)
(Pasta served in a freshly made tomato sauce with a cheese topping)
Boiled Potatoes
Fresh Bread Wedge
Baked Beans, Green Beans
Cherry and Apple Crumble with Custard
Cookie

Tuesday

Selection of Fish with Parsley Sauce
Chicken in Sweet Chilli Sauce
Savoury Tortilla Tart (v)
Diced Potatoes
Noodles
Sweetcorn, Broccoli
Iced Bun
Devonshire Split
Toffee and Chocolate Sundae

Wednesday

Roast Beef and Yorkshire Pudding with Gravy
Leek, Cabbage and Sweet Potato Bake (v)
Roast and Creamed Potatoes Carrots, Cabbage, Peas
Selection of Vanilla and Chocolate Cupcakes

Thursday

Big Breakfast
(Bacon, sausage, mushrooms, fresh tomatoes, scrambled egg)
Breaded Chicken Fillet
Vegetarian Breakfast (v)
Fresh Bread Wedge
Jacket Wedges
Baked Beans, Peas
Shortbread Finger
Frozen Raspberry Yoghurt

Friday

Pizza with a Selection of Toppings (v)
Cottage Pie and Gravy
Quorn Pie and Gravy (v)
Chips
Jacket Potatoes
Sweetcorn, Carrots
Coleslaw
Syrup Sponge and Custard
Toffee Tackle

Menu Weeks

| | |
|------------|------------|
| 25/04/2016 | 27/02/2017 |
| 16/05/2016 | 20/03/2017 |
| 13/06/2016 | |
| 04/07/2016 | |
| 05/09/2016 | |
| 26/09/2016 | |
| 17/10/2016 | |
| 14/11/2016 | |
| 05/12/2016 | |
| 09/01/2017 | |
| 30/01/2017 | |