

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
Selection of Fish
(with mash or jacket potato)

Pasta Neapolitan (v)
(pasta served in a freshly made tomato sauce with a cheese topping)

All served with Sweetcorn & Baked Beans

DESSERT
Cookie

TUESDAY

MAINS
Sausages
Vegetable & Cheese Parcel (v)

Linda McCartney Vegetable Sausage (v)

All served with Jacket Wedges or Wholemeal Pasta, Baked Beans & Peas

DESSERT
Chocolate Sponge with Chocolate Sauce

WEDNESDAY

MAINS
Roast Chicken & Gravy
Roast Quorn Fillet (v)

Cheese & Red Onion Quiche (v)

All served with Roast Potatoes & Mash, Carrots, Broccoli, Leek & Sweet Potato Bake

DESSERT
Lemon Drizzle Slice

THURSDAY

MAINS
Selection of Fish
(with baby potatoes or herby pasta)

Pulled Pork in a Yorkshire Pudding with Gravy
(with baby potatoes)

Vegetable Bake (v)

All served with Carrots & Baked Beans

DESSERT
Apple Crumble & Custard

FRIDAY

MAINS
Pizza
(with a selection of toppings & chips)

Chicken Tikka Masala
(with brown and white rice & naan bread)

All served with Sweetcorn & Peas

DESSERT- Fruity Friday
Fruit Platter, Fruit Salad with Natural Yoghurt or 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
Breaded Chicken Breast Steak
(served with mash or herby pasta)

Mac 'n' Cheese (v)

All served with Sweetcorn & Baked Beans

DESSERT
Iced Vanilla Sponge & Custard

TUESDAY

MAINS
Mini Quiche or Cheesy Potato & Beans (v) (served in a soft tortilla)

Linda McCartney Vegetable Sausage in a Yorkshire Pudding with Gravy (v)

Curried Quorn & Salad Wrap (v)
(with a cucumber, mint & yoghurt dressing)

All served with Baby Potatoes Peas & Baked Beans

DESSERT
Mini Doughnut with Toffee Drizzle

WEDNESDAY

MAINS
Roast Pork with Apple Sauce & Gravy

Roasted Quorn Fillet with Gravy (v)

All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower

DESSERT
Blueberry Muffin or Cupcake

THURSDAY

MAINS
Selection of Fish, Including Salmon
(with chips or jacket potato)

Beef Bolognese (with spaghetti)

Vegetable & Lentil Bolognese (v)
(with spaghetti)

All served with Peas & Carrots

DESSERT
Cookie

FRIDAY

MAINS
Pizza (with a selection of toppings & jacket wedges)

Green Thai Chicken (with noodles)

All served with Sweetcorn & Green Beans

DESSERT - Fruity Friday
Fresh Fruit Salad with Natural Yoghurt, Fruit Jelly or Mango Sorbet

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
Pork & Carrot Meatballs in a freshly made Tomato Sauce (with penne pasta)

Cheese & Herb Plait (v)

Quorn Balls in a freshly made Tomato Sauce (v) (with penne pasta)

All served with Baked Beans & Broccoli

DESSERT
Toffee Cake & Custard

TUESDAY

MAINS
Selection of Fish or Vegetable Bake (v)
(with jacket wedges or herby pasta)

Hof Chicken Wrap

Texan Quorn Wrap (v)
(southern style quorn burger with salad & garlic mayo)

All served with Peas & Sweetcorn

DESSERT
Chocolate Brownie

WEDNESDAY

MAINS
Roast Beef with Yorkshire Pudding & Gravy

Linda McCartney Vegetable Sausage in a Yorkshire Pudding with Gravy (v)

All served with Roast Potatoes & Mash, Carrots, Cabbage & Cauliflower

DESSERT
Rice Pudding (with jam or sultanas) or Iced Bun

THURSDAY

MAINS
Selection of Fish
(with mash or Jacket Potato)

Beef Pie & Gravy

Vegetable Bake (v)

All served with Mash, Carrots & Baked Beans

DESSERT
Apple Flapjack

FRIDAY

MAINS
Pizza (with a selection of toppings & chips)

Five Bean Chilli (v) (mixed beans cooked in a spicy tomato sauce with brown & white rice)

All served with Sweetcorn & Peas

DESSERT - Fruity Friday
Fresh Fruit Salad with Natural Yoghurt, Fruit Platter or Fruit Jelly

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.

Shire Services HEAD OFFICE
Shropshire Food Enterprise Centre,
Battlefield Enterprise Park,
Shrewsbury, SY1 3TG.
Tel: 01743 250250

e-mail: shire.services@shropshire.gov.uk
website: 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.

St Giles' CE Primary School Menu

April 2019 - April 2020



Fresh DINING

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

Education catering is our passion

