

Week 1

Monday

Starter

Soup with Bread Roll or Cheesy Garlic Bread
 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, Carrots
Fruity Monday
 Fruit Jelly, Fresh Fruit Salad
 Assorted Yoghurts

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 Bean & Pea Mix
 Chocolate Mousse Slice
 Iced Bun

Wednesday

Roast Pork with Apple Sauce & Gravy
 Mushroom & Quorn Plait (v)
 Roast & Creamed Potatoes
 Carrots, Broccoli
 Leek & Sweet Potato Bake
 Flapjack with Milkshake
 Frozen Yoghurt

Thursday

Bolognaise
 Selection of Fish
 Vegetable & Lentil Bolognaise (v)
 Baby Potatoes
 Spaghetti, Baked Beans Peas
 Rice Pudding with Raspberry Coulis
 Shortbread Finger

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, Baked Beans
 Iced Sponge & Custard
 Assorted Yoghurts
 Fruit Platter

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

Starter

Soup with Bread Roll or Cheesy Garlic Bread
 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
Fruity Monday
 Fruit Jelly, Fresh Fruit Salad
 Assorted Yoghurts

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)
 Chips, 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
 Creamed Potatoes
 Baked Beans
 Broccoli
 Cookie Selection

Thursday

Freshly made Beef Pie with Gravy
 Selection of Fish
(Including gluten free salmon fish fingers)
 Vegetable Pie with Gravy (v)
 Jacket Wedges
 Creamed Potatoes
 Peas, Carrots
 Raspberry Swirl & Custard
 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

Starter

Soup with Bread Roll or Cheesy Garlic Bread
 Crispy Chicken with Sweet & Sour Sauce
 Macaroni Cheese (v)
 Leek, Cabbage & Sweet Potato Bake (v)
 Noodles
 Fresh Bread Wedge
 Green Beans, Sweetcorn
Fruity Monday
 Fruit Jelly, Fresh Fruit Salad
 Assorted Yoghurts

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
 Chips
 Sweetcorn
 Salad Bar
 Selection of 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)
 Baby Potatoes, 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
 Strawberry Mousse Slice

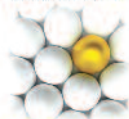
Menu Weeks

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 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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www.shropshire.gov.uk/shire-services

The Food Enterprise Centre
Battlefield Enterprise Park
Shrewsbury
SY1 3TG

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



Local Food Freshly Made!

St Mary's CE Primary School
Shawbury
Lunch Menu
April 2017 - March 2018



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

