

Week
Commencing

SCHOOL MENU - Balanced, nutritious and freshly prepared tasty meals

Available Daily: Jacket Potato with Cheese & Beans, Coleslaw or Pineapple, Tuna Mayo or Marinated Chicken

30/08/2021
20/09/2021
11/10/2021
08/11/2021
29/11/2021
03/01/2022
24/01/2022
14/02/2022
14/03/2022
04/04/2022
09/05/2022
06/06/2022
27/06/2022
18/07/2022

Week 1

MONDAY

Pork & Carrot Meatballs in a Freshly made Tomato Sauce
Quorn Balls in a Freshly made Tomato Sauce (v)

All served with Penne Pasta, Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

TUESDAY

Selection of Fish or Vegetable Bake (v)
Selection of Wraps (v)

All served with Garlic & Herb Wedges, Peas & Baked Beans

Cookies, Fruit Salad or Yoghurt

WEDNESDAY

Roast Beef with Yorkshire Pudding & Gravy
Quorn Vegan Sausage with Yorkshire Pudding & Gravy (v)

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

Selection of Ice-cream, Fruit Salad or Yoghurt

THURSDAY

Breaded Chicken Breast Steak (with sweet & sour sauce)
Quorn Nuggets (v) (with sweet & sour sauce)

All served with Rice, Green Beans & Sweetcorn

Iced Sponge & Custard, Fruit Salad or Yoghurt

FRIDAY

Pizza (v) (with a selection of toppings & chips)
Jacket Potato (v) (with a selection of fillings)

Served with Baked Beans & Peas

'Fruity Friday'

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

Week 2

MONDAY

Selection of Fish or Vegetable Bake (with mash)
Cheese & Potato Pie (v)

All served with Carrots & Peas

Cheese & Crackers, or Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt

TUESDAY

Sausages Quorn Vegan Sausage (v)

All served with Baked Beans & Broccoli

Cornflake Cake, Fruit Salad or Yoghurt

WEDNESDAY

Roast Chicken & Gravy
Roasted Quorn Fillet (v)

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

Selection of Ice-cream, Fruit Salad or Yoghurt

THURSDAY

Selection of Fish or Vegetable Bake (with baby potatoes)
Mac 'n' Cheese (v)

All served with Baked Beans & Peas

Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt

FRIDAY

Pizza (v) (with a selection of toppings & jacket wedges or pasta)
Jacket Potato (v) (with a selection of fillings)

Served with Sweetcorn & Green Beans

'Fruity Friday'

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

Week 3

MONDAY

Beef Burger (served in a bun with a selection of fillings, onion, cheese & ketchup)
Pasta Neapolitan (v) (penne pasta in a tomato & hidden veg sauce with a cheese topping)

All served with Green Beans & Sweetcorn

Chocolate or Vanilla Cupcakes, Strawberry Mousse, Fruit Salad or Yoghurt

TUESDAY

Selection of Fish or Vegetable Bake (with diced potatoes)
Vegetable Lasagne (v)

All served with Baked Beans & Peas

Mini Doughnut, Fruit Salad or Yoghurt

WEDNESDAY

Roast Pork with Apple Sauce or Roast Chicken & Gravy
Roasted Quorn Fillet & Gravy (v)

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

Selection of Ice-cream, Cheese & Crackers, Fruit Salad or Yoghurt

THURSDAY

Breaded Chicken served with a BBQ Sauce
Vegetable Bake (v)

All served with Chips, Peas & Carrots

Syrup Sponge & Custard, Fruit Salad or Yoghurt

FRIDAY

Pizza (v) (with a selection of toppings & jacket wedges)
Jacket Potato (v) (with a selection of fillings)

Served with Baked Beans & Sweetcorn

'Fruity Friday'

Available Daily: Freshly-made bread & selection of salads. **Fruity Friday:** A selection of fruit platter, fruit salad, fruit jelly, yoghurt & mango sorbet

Selection of Fish: Will be a combination of - battered pollock, fish cake, fish fingers, seaside fish fillet, pollock bites, bubble crisp pollock fillet

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

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.

Deli Bar Options

Monday	Breakfast Naan
Tuesday	Breaded Chicken Flatbread
Wednesday	French Bread Pizza
Thursday	Tomato, Quorn & Basil Pot
Friday	

Monday	Breaded Chicken Burger
Tuesday	Beef Burger
Wednesday	Quorn Dog
Thursday	BBQ Quorn Melt
Friday	

Monday	Hot Dog
Tuesday	Chicken Pasta Pot
Wednesday	Marinated Chicken Flatbread
Thursday	Fish Wrap with Ketchup
Friday	

All Deli Bar Selections

Will be served with a selection of salad.
Apart from jacket potatoes and the rice, noodle or pasta pots, all dishes will be served with either chips, jacket wedges or herby diced potatoes.

St Stephen's CE Primary School Menu

September 2021 - July 2022



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

Education catering is our passion