

**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 or Vegetable Bake (v) (with mash or jacket potato)  
Green Thai Quorn (v) (with noodles)  
All served with Sweetcorn & Baked Beans

**DESSERT**  
Selection of Cookies

**TUESDAY**

**MAINS**  
Sausages (with jacket wedges or wholemeal pasta)  
Vegetable & Lentil Bolognese (v) (with wholemeal pasta)  
All served with Baked Beans & Peas

**DESSERT**  
Chocolate Sponge with Chocolate Sauce

**WEDNESDAY**

**MAINS**  
Roast Chicken & Gravy  
Cheese, Onion & Potato Pie (v)  
All served with Roast Potatoes & Mash, Carrots, Broccoli, Leek & Sweet Potato Bake

**DESSERT**  
Lemon Drizzle Slice

**THURSDAY**

**MAINS**  
Hot Chicken Wrap or Curried Quorn Wrap (v) (with salad & cucumber, mint & yoghurt dressing)  
Pasta Neapolitan (v) (pasta served in a freshly made tomato sauce with a cheese topping)  
All served with Carrots & Peas

**DESSERT**  
Apple Crumble & Custard

**FRIDAY**

**MAINS**  
Beef Pie & Gravy (with chips or baby potatoes)  
Pizza (with a selection of toppings & chips or baby potatoes)  
All served with Green Beans & Sweetcorn

**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**  
Selection of Fish or Vegetable Bake (v) (with chips or herby pasta)  
Quorn Balls in freshly made Tomato Sauce (v) (with herby pasta)  
All served with Sweetcorn & Baked Beans

**DESSERT**  
Iced Vanilla Sponge & Custard

**TUESDAY**

**MAINS**  
Cowboy Pie (v) (slices of vegetarian sausage in a tangy sauce with baked beans, topped with mashed potato)  
Mac 'n' Cheese (v)  
All served Peas & Carrots

**DESSERT**  
Mini Doughnut with Toffee Drizzle

**WEDNESDAY**

**MAINS**  
Roast Pork with Apple Sauce or Roast Chicken & Gravy  
Roasted Quorn Fillet with Gravy (v)  
All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese

**DESSERT**  
Blueberry Muffin or Cupcake

**THURSDAY**

**MAINS**  
Beef Bolognese (with spaghetti)  
Sweet Potato & Red Pepper or Cheesy Potato & Beans Tortilla (v) (with baby potatoes)  
All served with Baked Beans or Peas

**DESSERT**  
Selection of Cookies

**FRIDAY**

**MAINS**  
Pulled Pork in a Yorkshire Pudding & Gravy (with mash or jacket wedges)  
Pizza (with a selection of toppings & jacket wedges)  
All served with Sweetcorn & Broccoli

**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)  
Potato, Cheese & Herb Plait (v)  
All served with Baked Beans & Peas

**DESSERT**  
Toffee Cake & Custard

**TUESDAY**

**MAINS**  
Selection of Fish (with baby potatoes or herby pasta)  
Pasta Neapolitan (v)  
All served with Sweetcorn & Broccoli

**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 or Vegetable Bake (v) (with chips or jacket potato)  
Five Bean Chilli (v) (mixed beans cooked in a spicy tomato sauce with brown & white rice)  
All served with Baked Beans & Carrots

**DESSERT**  
Apple Flapjack

**FRIDAY**

**MAINS**  
Chicken Tikka Masala (with brown & white rice & naan bread)  
Pizza (with a selection of toppings & jacket wedges)  
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.

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

## 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](http://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.

- During every menu cycle we have one meat free day.
- Every Friday an assortment of fresh fruit and yoghurt's is the only pudding option.



## Deli Bar Options

Monday	French Bread Pizza
Tuesday	Assorted Wraps
Wednesday	Jacket Potatoes with a Selection of Fillings
Thursday	Meatball & Pasta Pots
Friday	Mac 'n' Cheese Pots

Monday	Chicken Curry & Rice Pots
Tuesday	French Bread Pizza
Wednesday	Jacket Potatoes & Fillings
Thursday	Meatball Sub
Friday	BBQ Chicken Noodle Pots

Monday	Chicken & Salad Wrap
Tuesday	Sausage Bean & Mash Pots
Wednesday	Jacket Potato & Fillings (v)
Thursday	Chicken Noodle Pots
Friday	Bacon & Cheese Melt

# St Laurence 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*