

Week
Commencing

SCHOOL MENU - Balanced, nutritious and freshly prepared tasty meals

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	MONDAY Pork & Carrot Meatballs in a Freshly made Tomato Sauce (V) (with penne pasta) Cheese & Vegetable Stackers (V) (with diced potatoes) All served with 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 Cheese & Crackers, Vanilla Ice-cream, Fruit Salad or Yoghurt	WEDNESDAY Roast Beef with Yorkshire Pudding & Gravy Quorn Vegan Sausage in a Yorkshire Pudding with Gravy (V) All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Selection of Cookies or Cake, Fruit Salad or Yoghurt	THURSDAY Breaded Chicken Breast Steak or Faldafel (V) & Noodles (with sweet & sour sauce) Quorn Fillet (V) All served with Green Beans & Sweetcorn Tofffee Cake & Custard, Fruit Salad or Yoghurt	FRIDAY Chicken Tikka Masala (with brown & white rice & naan bread) Pizza (V) (with a selection of toppings & chips) All served with Baked Beans & Peas 'Fruity Friday'
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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	MONDAY Selection of Fish or Vegetable Bake (V) (with mash) Cheese & Potato Pie (V) All served with Carrots & Peas Cheese & Crackers, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt	TUESDAY Sausages Quorn Vegan Sausage (V) All served with Pasta or Jacket Potato, Baked Beans & Broccoli Apple Crumble & Custard, Vanilla Ice-cream (with toffee sauce) 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 Cookies or Cake, Fruit Salad or Yoghurt	THURSDAY Selection of Fish or Vegetable Bake (V) (with baby potatoes) Pasta Neapolitan (V) All served with Baked Beans & Peas Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt	FRIDAY Beef Bolognaise (with pasta) Pizza (with a selection of toppings, pasta or chips) All served with Sweetcorn & Green Beans 'Fruity Friday'
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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	MONDAY Beef Burger or Faldafel (V) (served in a bun with a selection of fillings, onion, cheese & ketchup) All served with Pasta, Green Beans & Sweetcorn Chocolate & Vanilla Cupcakes, Strawberry Mousse, Fruit Salad or Yoghurt	TUESDAY Selection of Fish or Vegetable Bake (V) Vegetable Lasagne (V) All served with Diced Potatoes, Baked Beans & Peas Mini Doughnuts, Fruit Salad or Yoghurt	WEDNESDAY Roast Chicken & Gravy Roast Quorn Fillet & Gravy (V) All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese Selection of Cookies, Cheese & Crackers, Fruit Salad or Yoghurt	THURSDAY Breaded Chicken Vegetable Bake (V) All served with Noodles or Rice, Peas & Carrots Ginger Sponge & Custard, Fruit Salad or Yoghurt	FRIDAY Pizza (V) (with a selection of toppings & chips) McC 'n' Cheese (V) All served with Baked Beans & Sweetcorn 'Fruity Friday'
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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	Fish Finger Wrap
Tuesday	French Bread Pizza
Wednesday	Jacket Potato with Filling
Thursday	Bacon & Cheese Melt
Friday	Jacket Potato with Filling

Monday	French Bread Pizza
Tuesday	Breakfast Naan
Wednesday	Jacket Potato with Filling
Thursday	Breaded Chicken Flatbread
Friday	Jacket Potato with Filling

Monday	Mac 'n' Cheese
Tuesday	French Bread Pizza
Wednesday	Jacket Potato with Filling
Thursday	Tuna & Cheese Melt
Friday	Jacket Potato with Filling

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 Laurence CE Primary School MENU

September 2021 - July 2022



Fresh DINING

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

Education catering is our passion