

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 to arrange to meet 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?

Free school meals?

You may qualify for free school meals. Telephone 0345 678 9000 for further information.

Head Office

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Follow us on
Facebook
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and Twitter as
'Shropschoolmeal'



St Laurence CE Primary School Lunch Menu

with **Deli Bar**
April 2018 - April 2019



LOCALseasonal
traceablehealthy
TASTYfree range
SUSTAINABLEFOOD

Week 1



Monday

Pork & Carrot Meatballs
(With freshly made tomato sauce)
Mediterranean Omelette (v)
Pasta, Baby Potatoes
Green Beans, Sweetcorn
Ginger & Orange Sponge
with Custard
DELI BAR
Deli Pot - Sausage Mash
& Beans

Tuesday

Selection of Fish
(Including salmon)
Selection of Hot & Cold Wraps
Jacket Wedges
Creamed Potatoes
Baked Beans, Peas
Chocolate & Vanilla
Shortbread
DELI BAR
Deli Pot - Chicken Curry
with Rice & Naan Bread

Wednesday

Roast Beef
(With Yorkshire pudding & gravy)
**Linda McCartney Sausage in
a Yorkshire Pudding (v)**
Roast & Creamed Potatoes
Carrots, Cauliflower, Peas
Eve's Pudding & Custard
DELI BAR
Jacket Potato with
Cheese & Beans

Thursday

Selection of Fish
Cheesy Pasta Bake (v)
Creamed Potatoes
Fresh Bread Wedge
Baked Beans
Broccoli
Selection of Cookies
DELI BAR
Deli Pot - Tomato &
Basil Pasta

Friday

Pizza
(With a selection of toppings)
Cottage Pie (With gravy)
Chips
Creamed Potatoes
Sweetcorn
Carrots
Apple & Oat Brownie
DELI BAR
Chicken Tikka Wrap

Menu Weeks

16-04-2018	14-01-2019
07-05-2018	04-02-2019
04-06-2018	04-03-2019
25-06-2018	25-03-2019
16-07-2018	
10-09-2018	
01-10-2018	
22-10-2018	
19-11-2018	
10-12-2018	

Week 2



Monday

Selection of Fish
Beef Pie (With gravy)
Creamed Potatoes, Pasta
Peas, Carrots
Flapjack
DELI BAR
Crispy Chicken Wrap
with Crunchy Lettuce
& Garlic Mayo

Tuesday

Pork Sausages
**Roast Vegetable
& Cheese Parcel (v)**
Chips, Jacket Potato
Sweetcorn, Baked Beans
Apple Crumble & Custard
DELI BAR
Deli Pot - Marinated
Chicken Pasta

Wednesday

Roast Chicken (With gravy)
Quorn Fillet (With gravy) (v)
Roast & Creamed Potatoes
Carrots, Cabbage
Leek & Sweet Potato Bake
Vanilla & Chocolate Cupcakes
DELI BAR
Jacket Potato
with Tuna Mayo or
Cheese & Beans

Thursday

Beef Bolognese
Selection of Fish
(Including salmon)
Baby Potatoes, Spaghetti
Peas, Carrots
Chocolate Sponge
with Chocolate Sauce
DELI BAR
Deli Pot - Mac 'n' Cheese

Friday

Pizza
(With a selection of toppings)
Sweet Chilli Chicken
Jacket Wedges, Noodles
Sweetcorn, Baked Beans
Selection of Cookies
DELI BAR
Jacket Potato with
Cheese & Beans

Menu Weeks

23-04-2018	21-01-2019
14-05-2018	11-02-2019
11-06-2018	11-03-2019
02-07-2018	01-04-2019
23-07-2018	
17-09-2018	
08-10-2018	
05-11-2018	
26-11-2018	
17-12-2018	

Week 3



Monday

Beef Grill
Pasta Neapolitan (v)
Chips
Fresh Bread Wedge
Baked Beans, Broccoli
Assorted Fruit Muffins
(Apple, blueberry & orange)
DELI BAR
Deli Pot - Meatballs & Pasta
in Tomato Sauce

Tuesday

Chicken Tikka Masala
(With naan bread)
Selection of Fish
Brown & White Rice
Baby Potatoes
Sweetcorn, Peas
Toffee Cake with Custard
DELI BAR
French Bread Pizza

Wednesday

Roast Pork
(With apple sauce & gravy)
**Cheese & Red
Onion Quiche (v)**
Roast & Creamed Potatoes
Carrots
Cauliflower & Broccoli
Selection of Cookies
DELI BAR
Jacket Potato with
Cheese & Beans

Thursday

Crispy Chicken
(With sweet & sour sauce)
Jacket Potato (v)
(With cheese & pineapple)
Noodles
Baked Beans, Sweetcorn
Vanilla Iced Sponge
& Custard
DELI BAR
Fish Finger Wrap with
Crunchy Lettuce & Mayo

Friday

Pizza
(With a selection of toppings)
Italian Pasta
Jacket Potato Slices, Pasta
Peas, Carrots
Fruity Friday
Fresh Fruit Salad
Fruit Platter
Fruit Jelly
Yoghurt
DELI BAR
Beef Burrito

Menu Weeks

30-04-2018	28-01-2019
21-05-2018	25-02-2019
18-06-2018	18-03-2019
09-07-2018	08-04-2019
03-09-2018	
24-09-2018	
15-10-2018	
12-11-2018	
03-12-2018	
07-01-2019	