

# 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

Tel: 01743 250250  
[shire.services@shropshire.gov.uk](mailto:shire.services@shropshire.gov.uk)  
[www.shropshire.gov.uk/shire-services](http://www.shropshire.gov.uk/shire-services)

The Food Enterprise Centre  
Battlefield Enterprise Park  
Shrewsbury  
SY1 3TG

Follow us on  
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and Twitter as  
'Shropschoolmeal'



# St Laurence CE Primary School Lunch Menu

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



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

# 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	