

Week
Commencing

Balanced and nutritious, freshly prepared school meals

31/08/2020
21/09/2020
12/10/2020
09/11/2020
30/11/2020
04/01/2021
25/01/2021
22/02/2021
15/03/2021
19/04/2021
10/05/2021
07/06/2021
28/06/2021
19/07/2021

Week 1

MONDAY
Pork & Carrot Meatballs or Quorn Balls in 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
Linda McCartney Vegetable 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 Falafel (v) & Noodles (with sweet & sour sauce)
Quorn & Potato Pie (v)
All served with Green Beans & Sweetcorn
Toffee 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'

07/09/2020
28/09/2020
19/10/2020
16/11/2020
07/12/2020
11/01/2021
01/02/2021
01/03/2021
22/03/2021
26/04/2021
17/05/2021
14/06/2021
05/07/2021

Week 2

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 including Linda McCartney Vegetable Sausage (v)
Vegetable Burrito (v)
All served with Chips 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)
Mac 'n' Cheese (v)
All served with Baked Beans & Peas
Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt

FRIDAY
Beef Bolognese or Vegetable & Lentil Bolognese (v) (with pasta)
Pizza (with a selection of toppings, Pasta or jacket wedges)
All served with Sweetcorn & Green Beans
'Fruity Friday'

14/09/2020
05/10/2020
02/11/2020
23/11/2020
14/12/2020
18/01/2021
08/02/2021
08/03/2021
29/03/2021
03/05/2021
24/05/2021
21/06/2021
12/07/2021

Week 3

MONDAY
Beef Burger or Falafel (v) (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 & 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 Pork with Apple Sauce & Gravy
Roast Quorn Fillet & Gravy (v)
All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese
Selection of Cookies, Cheese & Crackers, Fruit Salad & Yoghurt

THURSDAY
Selection of Fish or Vegetable Bake (v)
Mediterranean Omelette (v)
All served with Chips or Rice, Peas & Carrots
Ginger Sponge & Custard, Fruit Salad or Yoghurt

FRIDAY
Pizza (v) (with a selection of toppings & jacket wedges)
Chickpea & Spinach Curry (v) (with brown & white rice & naan bread)
All 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.

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 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)

To apply for free school meals please visit:
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.

- Every Friday an assortment of fresh fruit and yoghurt's is the only pudding option.
- The menu may change to reflect seasonal fruit and vegetables.
- Our menus meet the Food for Life Silver standard.



Deli Bar Options KS2 ONLY

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| Monday | Fish Finger Wrap |
| Tuesday | French Bread Pizza |
| Wednesday | Jacket Potato with Filling |
| Thursday | Chicken Noodle Pot |
| Friday | Bacon & Cheese Melt |

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|-----------|---------------------------------------|
| Monday | French Bread Pizza |
| Tuesday | Breakfast Naan |
| Wednesday | Jacket Potato with Filling |
| Thursday | Breaded Chicken Wrap |
| Friday | Vegetarian Sausage, Beans & Pasta Pot |

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

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, herby diced potatoes or pasta.

St Laurence CE Primary School Menu

September 2020 - July 2021



Fresh DINING

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

Education catering is our passion