

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU
WEEK 1	<p>Organic Pork Meatballs in a Fresh Tomato Sauce Chicken Fajita Quorn Dippers with Tomato Ketchup (v)</p> <p>Creamed Potatoes Penne Pasta Broccoli, Sweetcorn Carrot Rounds</p> <p>Pineapple Sponge & Custard</p>	<p>Golden Crumbed Fish Fillet or Salmon Fingers Cottage Pie Vegetable Pasta Bake (v)</p> <p>Herby Diced Potatoes Chunky Bread Peas, Baked Beans, Broccoli</p> <p>Strawberry Mousse</p>	<p>Roast Chicken with Stuffing & Gravy Vegetable Wellington (v) <i>Puff pastry filled with tasty roasted vegetables</i></p> <p>Roast Potatoes Creamed Potatoes Diced Carrots, Peas & Swede Mix, Green Cabbage</p> <p>Fruity Jelly</p>	<p>Bacon & Tomato Pasta Bake with a Cheese Topping Breaded Chicken Fillet Free Range Vegetable Omelette (v)</p> <p>Jacket Wedges, Garlic Bread Cauliflower, Green Beans Sweetcorn</p> <p>Chocolate & Orange Sponge with Chocolate Sauce</p>	<p>Pizza Selection with various toppings Vegetable Lasagne (v)</p> <p>Chips Buttered New Potatoes Peas, Baked Beans Green Salad</p> <p>Carrot Cake</p>	<p>Week 1 Commencing 29/8/2016 19/9/2016 10/10/2016 7/11/2016 28/11/2016 2/1/2017 23/1/2017 13/2/2017 13/3/2017 3/4/2017 8/5/2017 5/6/2017 26/6/2017 17/7/2017</p>
WEEK 2	<p>Oven Baked Fish Fillet Chicken Korma Freshly made Veggie Slice (v)</p> <p>Creamed Potatoes Fluffy Rice Baked Beans, Green Beans Carrots</p> <p>Apple Flapjack</p>	<p>Sausages Hot Chicken Wraps Italian Bean Bake (v) <i>Mixed beans in a rich tomato sauce with a potato & cheese topping</i></p> <p>Jacket Wedges Crusty Bread Peas, Sweetcorn, Coleslaw</p> <p>Eve's Pudding with Custard</p>	<p>Roast Chicken with Stuffing & Gravy Roast Vegetable & Cheese Bake (v)</p> <p>Roasted Potatoes Creamed Potatoes Broccoli, Cauliflower Baton Carrots</p> <p>Chocolate Brownie</p>	<p>Traditional Beef Lasagne Breaded Fish Finger Fillet with Ketchup Vegetarian Toad in the Hole (v)</p> <p>Garlic Bread, Herby Diced Potatoes, Peas, Carrots Broccoli</p> <p>Bakewell Tart & Custard</p>	<p>Jacket Potato with Mediterranean Chicken Margherita Pizza (v)</p> <p>Chips Baked Beans, Sweetcorn Green Salad</p> <p>Selection of Fruity Muffins</p>	<p>Week 2 Commencing 5/9/2016 26/9/2016 17/10/2016 14/11/2016 5/12/2016 9/1/2017 30/1/2017 27/2/2017 20/3/2017 24/4/2017 15/5/2017 12/6/2017 3/7/2017</p>
WEEK 3	<p>Gammon Steak with Pineapple or Gravy Chicken Tikka with Fluffy Rice & Naan Bread Pasta Neapolitan (v) <i>Pasta in a fresh tomato sauce topped with cheese</i></p> <p>Garlic Bread, Jacket Wedges Broccoli, Peas, Carrots</p> <p>Apple & Berry Crumble & Custard</p>	<p>Oven Baked Fish Fingers with Tomato Sauce Chicken Torino Savoury Tortilla Tart (v)</p> <p>Penne Pasta Creamed Potatoes Green Beans, Sweetcorn Baked Beans</p> <p>Chocolate & Toffee Sundae</p>	<p>Roast Beef with Yorkshire Pudding & Gravy Cheese & Spinach Parcel (v)</p> <p>Roast Potatoes Creamed Potatoes Broccoli & Cauliflower Carrots, Green Cabbage</p> <p>Syrup Sponge & Custard</p>	<p>Pork Sausages Battered Fish Fillet Chunky Vegetable & Sweet Potato Crumble (v)</p> <p>Herby Diced Potatoes Boiled Potatoes Carrots, Sweetcorn, Peas</p> <p>Lemon Drizzle Cake</p>	<p>Pizza Selection with various toppings Quorn Pie with Gravy (v)</p> <p>Chips, Crusty Bread Baked Beans, Peas Broccoli</p> <p>Mixed Fairy Cakes</p>	<p>Week 3 Commencing 12/9/2016 3/10/2016 31/10/2016 21/11/2016 12/12/2016 16/1/2017 6/2/2017 6/3/2017 27/3/2017 1/5/2017 22/5/2017 19/6/2017 10/7/2017</p>

Available Daily - Fresh bread, salad selection, selection of cakes, cookies, fresh fruit and yoghurts
Food allergies and intolerances - before ordering, please speak to our catering staff about your requirements.

We are delighted to announce our new primary school menus, which offer a superb range of healthy and nutritious foods.

All dishes produced by Shire Services meet the government's new food standards.

Shire Services is also committed to the Soil Association's 'Food for Life' initiative, and the menus are based on the principles that food should be fresh, healthy, local, seasonal and better for animal welfare and the environment.

- ▶ No fish are served from the Marine Conservation Society (MSC) 'fish to avoid' list.
- ▶ Catering staff work with schools to encourage pupils to choose healthier meals by supporting parents evenings, cookery clubs, school councils and curriculum menus.

(See the 'Food for Life' website for further information).

www.foodforlife.org.uk

New EU Allergen Information

From 13 December 2014, all food businesses are required to provide information about the allergenic ingredients used in foods sold or provided by them. Shire Services have detailed information for every item on our menus that contains any of the 14 allergens as an ingredient.

Details of allergens for each Shire Services standard recipe are listed in our allergy guidance packs given to our school catering managers. Please contact 01562 825 783 for further information.

Where our food comes from...

- ▶ Our meals are freshly prepared, using seasonal ingredients.
- ▶ We actively source local suppliers and products, including free range eggs and farm assured produce.
- ▶ All meat and poultry products used in the

menu are sourced from within the U.K., from Shropshire, Cheshire and the West Midlands, using local butchers and the U.K. Foodhall in Shrewsbury.

- ▶ Yoghurts are supplied by Muller of Market Drayton and cheese by Belton Farm of Whitchurch.
- ▶ Fruit and vegetables are supplied from Shropshire, Cheshire and the West Midlands, when in season.

*Good food.....
great taste....*

Free School Meals

You may qualify for free school meals.
Telephone 01905 766182 for further information.

Why not join our team?

We offer job opportunities for employment in administration, catering and cleaning. All job vacancies are advertised at www.shropshire.gov.uk

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Fresh DINING

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