

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU
WEEK 1	<p>Pork Meatballs in Tomato Sauce Hot Chicken Wrap Pasta Neapolitan (v)</p> <p>Garlic Bread Penne Pasta Sweetcorn Peas Broccoli</p> <p>Chocolate Mousse Cherry and Vanilla Shortbread</p>	<p>Cottage Pie and Gravy Fish Fillet Spanish Omelette (v)</p> <p>Creamed Potatoes Jacket Wedges Green Beans Cauliflower Baked Beans</p> <p>Berry Sponge and Custard Ice-cream</p>	<p>Roast Chicken with Stuffing and Gravy Sausage Lattice Cheese and Onion Pinwheel (v)</p> <p>Creamed Potatoes Roast Potatoes Carrots Broccoli Cabbage</p> <p>Flapjack Fresh Fruit Salad</p>	<p>Fish Fillet Fingers Beef Bolognaise Cheese and Red Onion Flan (v)</p> <p>Penne Pasta New Potatoes Carrots Sweetcorn Green Beans</p> <p>Selection of Cookies Cheese and Crackers</p>	<p>Sweet Chilli Chicken Pizza Selection Jacket Potato with Cheese (v)</p> <p>Chips Noodles / Rice Peas Stir-fry Vegetables Baked Beans</p> <p>Fruit Jelly Lemon Cupcake</p>	<p>Week 1 Commencing 04/09/17 25/09/17 16/10/17 13/11/17 04/12/17 01/01/18 22/01/18 12/02/18 12/03/18 16/04/18 07/05/18 04/06/18 25/06/18 16/07/18</p>
WEEK 2	<p>Chicken Curry and Naan Bread Bacon and Tomato Pasta Bake Cheese and Potato Bake (v)</p> <p>Fluffy Rice Crusty Bread Peas Sweetcorn Green Beans</p> <p>Strawberry Mousse Vanilla Shortbread</p>	<p>Salmon or Pollock Fish Fillet Crispy Chicken with Sweet and Sour Sauce Vegetable Curry with Naan Bread (v)</p> <p>Jacket Wedges Savoury Rice Broccoli, Carrots Baked Beans</p> <p>Chocolate Cake and Chocolate Sauce Cheese and Biscuits</p>	<p>Roast Beef with Yorkshire Pudding Hot Wrap Selection Veggie Sausage with Onion Gravy and Yorkshire Pudding (v)</p> <p>Creamed Potatoes Roast Potatoes Cabbage Broccoli Carrots and Swede</p> <p>Fruit Jelly Selection of Cookies</p>	<p>Lasagne Fish Fingers Freshly Made Vegetable Pie (v)</p> <p>Garlic Bread Creamed Potatoes Peas Carrots Cauliflower</p> <p>Apple Cake Ice-cream</p>	<p>Gammon and Pineapple Jacket Potato with Tuna Pizza Selection (v)</p> <p>Chips New Potatoes Sweetcorn Green Beans Baked Beans</p> <p>Fruit Platter Fairy Cakes</p>	<p>Week 2 Commencing 11/09/17 02/10/17 30/10/17 20/11/17 11/12/17 08/01/18 29/01/18 26/02/18 19/03/18 23/04/18 14/05/18 11/06/18 02/07/18 23/07/18</p>
WEEK 3	<p>Beef and Potato Gratin BBQ Chicken Wrap Macaroni Cheese (v)</p> <p>Herby Diced Potatoes Garlic Bread Green Beans Sweetcorn, Broccoli</p> <p>Pancake with Toffee Sauce Chocolate Cookie</p>	<p>Chicken Curry Salmon or Pollock Fish Fillet Quorn Nuggets (v)</p> <p>Savoury Rice Creamed Potatoes Peas, Carrots Baked Beans</p> <p>Apple Crumble and Custard Fruity Jelly</p>	<p>Roast Chicken with Stuffing and Gravy Jacket Potato with Cheese and Beans Quorn Hot Pot (v)</p> <p>Creamed Potatoes Roast Potatoes Broccoli, Cauliflower Sweetcorn</p> <p>Cupcakes Cheese and Crackers</p>	<p>Pork Sausages Chicken and Vegetable Pie Cheese and Bean Wrap (v)</p> <p>Jacket Wedges Creamed Potatoes Carrot and Swede Mash Peas</p> <p>Rice Pudding with Raspberry Coulis Apple Flapjack</p>	<p>Fish Fillet Fingers Beef Fajitas Pizza Selection (v)</p> <p>Chips New Potatoes Sweetcorn Green Beans Baked Beans</p> <p>Chocolate Shortbread Ice-cream</p>	<p>Week 3 Commencing 18/09/17 09/10/17 06/11/17 27/11/17 18/12/17 15/01/18 05/02/18 05/03/18 26/03/18 30/04/18 21/05/18 18/06/18 09/07/18</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.

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?

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



Head Office

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www.shropshire.gov.uk/shire-services

The Food Enterprise Centre
Battlefield Enterprise Park
Shrewsbury
SY1 3TG

W/H

Follow us on Facebook as 'Shire Services' and Twitter as 'Shropschoolmeal'



Local Food Freshly Made!

Primary School 3 Choice
Lunch Menu
September 2017 - July 2018



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

