

Week
Commencing

SCHOOL MENU - Balanced, nutritious and freshly prepared tasty meals

18/07/2022
19/09/2022
10/10/2022

Week 1

MONDAY

Pork & Carrot Meatballs in a Freshly made Tomato Sauce
Quorn Balls in a Freshly made Tomato Sauce (v)

All served with Penne Pasta, Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

TUESDAY

Selection of Fish
Vegetable Bake (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
Quorn Vegan 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 & Noodles (v)

All served with Sweet & Sour Sauce, 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'

05/09/2022
26/09/2022
17/10/2022

Week 2

MONDAY

Seaside Fish Fillet (with mash & baked beans)
Mac 'n' Cheese (v)

Served with Sweetcorn & Peas

Apple or Fruit Muffin, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt

TUESDAY

Pork Sausages
Quorn Vegan Sausage (v)

All served with Chips or Jacket Potato, Baked Beans & Broccoli

Cheese & Crackers, Vanilla Ice-cream (with toffee sauce) Fruit Salad or Yoghurt

WEDNESDAY

Roast Chicken & Gravy
Roasted Quorn Fillet (v)
Jacket Potato with Cheese & Beans (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
Vegetable Bake (v)

All served with Baby Potatoes, Baked Beans & Peas

Chocolate Cupcake, Fruit Salad or Yoghurt

FRIDAY

Pizza (v) (with a selection of toppings & jacket wedges)

Jacket Potato with Cheese & Beans (v) or Tuna Mayo

All served with Sweetcorn & Green Beans

'Fruity Friday'

12/09/2022
03/10/2022

Week 3

MONDAY

Beef Burger
Falafel (v)

All served in a bun with a selection of fillings: onion, cheese & ketchup, with Baked Beans & Sweetcorn

Chocolate or Vanilla Cupcakes, Strawberry Mousse, Fruit Salad or Yoghurt

TUESDAY

Beef Bolognese (with Pasta)
Selection of Fish (with mash)
Vegetable Lasagne (v) (with fresh bread)

All served with Green Beans & Carrots

Mini Doughnuts, Fruit Salad or Yoghurt

WEDNESDAY

Roast Pork with Apple Sauce & Gravy
Roast Quorn Fillet & Gravy (v)
Jacket Potato with Cheese & Beans (v)

Served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese

Selection of Cookies, Cheese & Crackers, Fruit Salad or Yoghurt

THURSDAY

Selection of Fish
Vegetable Bake (v)

All served with Chips or Noodles, Peas & Baked Beans

Ginger & Orange Sponge & Custard, Fruit Salad or Yoghurt

FRIDAY

Tuna Salad Wrap (with jacket wedges)
Pizza (v) (with a selection of toppings & jacket wedges)

Served with Sweetcorn & Baked Beans

DESSERT

'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. The menu may vary on promotional days.

Free School Meals

Your child may be able to get free school meals if you get any of the following:

- 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)
- Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

Your child may also get free school meals if you get any of these benefits and your child is both:

- younger than the **compulsory age for starting school**
- in full-time education

If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2022.

Infant free school meals in England

Your child will be able to get free school meals if they're in a **government-funded school** and in:

- reception class
- year 1
- year 2

Tell your local authority if you also get any of the qualifying benefits. Your child's school can get extra funding if you do.

www.gov.uk/apply-free-school-meals

We serve balanced and nutritious food.

- * 75% of meals are freshly prepared
- * 50% of produce is locally sourced
- * All eggs are free range
- * All fish used on our menus are Marine Stewardship certified (MSC).
- * We do not add salt to any of our meals.
- * We use Belton organic cheese.
- * Every Friday an assortment of fresh fruit and yoghurt is the only pudding option.
- * All puddings are made using reduced sugar recipes and fresh fruit is available daily.
- * Our menus meet the Food for Life Silver standard.
- * The menu may change to reflect seasonal fruit and vegetables.

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.

Shire Services HEAD OFFICE
Shropshire Food Enterprise Centre,
Battlefield Enterprise Park,
Shrewsbury, SY1 3TG.

Tel: 01743 250250

e-mail: shire.services@shropshire.gov.uk

website: www.shropshire.gov

Bicton CE Primary School Menu

September 2022 - October 2022



Fresh DINING

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

Education catering is our passion

