

**Week**  
Commencing

# Balanced, nutritious and freshly prepared tasty 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 & Red Onion Quiche (v) (with baby potatoes)

All served with Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

**TUESDAY**

Selection of Fish or Vegetable Bake (v) (with garlic & herb wedges)  
Selection of Wraps (v) (with garlic & herb wedges)

All served with 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 Cheese

Selection of Cookies or Cake, Fruit Salad or Yoghurt

**THURSDAY**

Breaded Chicken Breast Steak or Falafel (v) & Noodles (with sweet & sour sauce)  
Quorn Lasagne (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 or pasta)  
Cheese & Red Onion Quiche (v) (with mash)

All served with Carrots & Peas

Cheese & Crackers, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt

**TUESDAY**

Sausages  
Linda McCartney Vegetable Sausage (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

Selection of Cookies or Cake, Fruit Salad or Yoghurt

**THURSDAY**

Selection of Fish or Vegetable Bake (v) (with mash or pasta)  
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 (v) (with a selection of toppings & jacket wedges)

All served with Sweetcorn & Broccoli

**'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 Broccoli & Sweetcorn

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

**TUESDAY**

Selection of Fish or Vegetable Bake (v) (with diced potatoes)  
Thai Quorn (v) (with brown & white rice)

All served with Baked Beans & Green Beans

Mini Doughnuts, Fruit Salad or Yoghurt

**WEDNESDAY**

Roast Pork with Apple Sauce or Roast Chicken & Gravy  
Roast Quorn Fillet & Gravy (v)

All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese

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

**THURSDAY**

Selection of Fish or Vegetable Bake (v)  
Mediterranean Omelette (v)

All served with Chips or Rice, Peas & Carrots

Syrup Sponge & Custard, Fruit Salad or Yoghurt

**FRIDAY**

Pizza (v) (with a selection of toppings & jacket wedges or pasta)  
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. The menu may vary on promotional days.

## 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](http://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

|           |  |
|-----------|--|
| Monday    | Meatball Sub                               |
| Tuesday   | Tomato & Basil Pasta Pot                   |
| Wednesday | Jacket Potato with a Selection of Fillings |
| Thursday  | BBQ Pork & Noodles                         |
| Friday    | Jacket Potato with a Selection of Fillings |

|           |  |
|-----------|--|
| Monday    | Jacket Potato with a Selection of Fillings |
| Tuesday   | Jacket Potato with a Selection of Fillings |
| Wednesday | Jacket Potato with a Selection of Fillings |
| Thursday  | Fish Wrap Served with Diced Potatoes       |
| Friday    | Jacket Potato with Selection of Fillings   |

|           |  |
|-----------|--|
| Monday    | Jacket Potato with a Selection of Fillings |
| Tuesday   | Mac n Cheese                               |
| Wednesday | Jacket Potato with a Selection of Fillings |
| Thursday  | Fish Finger Bap Served with Chips          |
| Friday    | Chicken & Rice Pot                         |

### 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 Lawrence CE Primary School Menu

September 2020 - July 2021



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

Education catering is our passion