

**Week**  
Commencing

# Balanced and nutritious, freshly prepared school meals

29/04/19  
20/05/19  
17/06/19  
08/07/19  
09/09/19  
30/09/19  
21/10/19  
18/11/19  
09/12/19  
13/01/20  
03/02/20  
02/03/20  
23/03/20

**Week 1**

**MONDAY**

**MAINS**  
Selection of Fish or Vegetable Bake (v) (with mash or jacket potato)  
Green Thai Quorn (v) (with noodles)  
All served with Sweetcorn & Baked Beans

**DESSERT**  
Selection of Cookies

**TUESDAY**

**MAINS**  
Sausages (with mash or wholemeal pasta)  
Vegetable & Lentil Bolognaise (v) (with wholemeal pasta)  
All served with Baked Beans & Peas

**DESSERT**  
Chocolate Sponge with Chocolate Sauce

**WEDNESDAY**

**MAINS**  
Roast Chicken & Gravy  
Cheese, Onion & Potato Pie (v)  
All served with Roast Potatoes & Mash, Carrots, Broccoli, Leek & Sweet Potato Bake

**DESSERT**  
Lemon Drizzle Slice

**THURSDAY**

**MAINS**  
Hot Chicken Wrap or Curried Quorn Wrap (v) (with salad & cucumber, mint & yoghurt dressing)  
Breaded Chickn Breast Steak (v) (with sweet & sour sauce & jacket wedges)  
All served with Carrots & Peas

**DESSERT**  
Apple Crumble & Custard

**FRIDAY**

**MAINS**  
Beef Pie & Gravy (with chips or baby potatoes)  
Pizza (with a selection of toppings & chips or baby potatoes)  
All served with Green Beans & Sweetcorn

**DESSERT** - Fruity Friday  
Fruit Platter, Fruit Salad with Natural Yoghurt or Fruit Jelly

06/05/19  
03/06/19  
24/06/19  
15/07/19  
16/09/19  
07/10/19  
04/11/19  
25/11/19  
16/12/19  
20/01/20  
10/02/20  
09/03/20  
30/03/20

**Week 2**

**MONDAY**

**MAINS**  
Selection of Fish or Vegetable Bake (v) (with chips or herby pasta)  
Quorn Balls in freshly made Tomato Sauce (v) (with herby pasta)  
All served with Sweetcorn & Baked Beans

**DESSERT**  
Iced Vanilla Sponge & Custard

**TUESDAY**

**MAINS**  
Cowboy Pie (v) (slices of vegetarian sausage in a tangy sauce with baked beans, topped with mashed potato)  
Mac 'n' Cheese (v)  
All served with Peas & Carrots

**DESSERT**  
Mini Doughnut with Toffee Drizzle

**WEDNESDAY**

**MAINS**  
Roast Pork with Apple Sauce & Gravy  
Roasted Quorn Fillet with Gravy (v)  
All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese

**DESSERT**  
Blueberry Muffin or Cupcake

**THURSDAY**

**MAINS**  
Beef Bolognaise (with spaghetti)  
Sweet Potato & Red Pepper or Cheesy Potato & Beans Tortilla (v) (with baby potatoes)  
All served with Baked Beans or Peas

**DESSERT**  
Selection of Cookies

**FRIDAY**

**MAINS**  
Pulled Pork in a Yorkshire Pudding & Gravy (with mash or jacket wedges)  
Pizza (with a selection of toppings & jacket wedges)  
All served with Sweetcorn & Broccoli

**DESSERT**  
Fruity Friday - Fresh Fruit Salad with Natural Yoghurt, Fruit Jelly or Mango Sorbet

13/05/19  
10/06/19  
01/07/19  
02/09/19  
23/09/19  
14/10/19  
11/11/19  
02/12/19  
06/01/20  
27/01/20  
24/02/20  
16/03/20

**Week 3**

**MONDAY**

**MAINS**  
Pork & Carrot Meatballs in a freshly made Tomato Sauce (with penne pasta)  
Potato, Cheese & Herb Plait (v)  
All served with Baked Beans & Peas

**DESSERT**  
Toffee Cake & Custard

**TUESDAY**

**MAINS**  
Selection of Fish (with baby potatoes or herby pasta)  
Pasta Neapolitan (v)  
All served with Sweetcorn & Broccoli

**DESSERT**  
Chocolate Brownie

**WEDNESDAY**

**MAINS**  
Roast Beef with Yorkshire Pudding & Gravy  
Five Bean Chilli (v) (mixed beans cooked in a spicy tomato sauce with brown & white rice)  
All served with Roast Potatoes & Mash, Carrots, Cabbage & Cauliflower

**DESSERT**  
Rice Pudding (with jam or sultanas) or Iced Bun

**THURSDAY**

**MAINS**  
Chicken Tikka Masala (with brown & white rice & naan bread)  
Selection of Fish or Vegetable Bake (v) (with chips or brown & white rice)  
All served with Baked Beans & Peas

**DESSERT**  
Apple Flapjack

**FRIDAY**

**MAINS**  
Linda McCartney Vegetable Sausage in a Yorkshire Pudding with Gravy (v)  
Pizza (with a selection of toppings)  
All served with Jacket Wedges, Sweetcorn & Carrots

**DESSERT**  
Fruity Friday - Fresh Fruit Salad with Natural Yoghurt, Fruit Platter or Fruit Jelly

**Available Daily** - Freshly made bread, selection of salads, fresh fruit and assorted yoghurts as an alternative to the dessert of the day. The menu may vary on promotional days.  
**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 'Guarantee' element of State Pension Credit
- Child Tax Credit
- Working Tax Credit

**To apply for free school meals please visit:**

[www.gov.uk/apply-free-school-meals](http://www.gov.uk/apply-free-school-meals).

Shire Services HEAD OFFICE  
Shropshire Food Enterprise Centre,  
Battlefield Enterprise Park,  
Shrewsbury, SY1 3TG.  
Tel: 01743 250250

e-mail: [shire.services@shropshire.gov.uk](mailto:shire.services@shropshire.gov.uk)  
website: [www.shropshire.gov.uk/shire.services](http://www.shropshire.gov.uk/shire.services)

## We serve balanced and nutritious food.

- ▶ 75% of meals are freshly prepared
- ▶ 50% of produce is locally sourced
- ▶ All eggs are free range
- ▶ During every menu cycle we have one meat free day.
- ▶ 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's 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 Bronze standard.

## 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.

# Minsterley Primary School Menu

April 2019 - April 2020



**Fresh** DINING

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

*Education catering is our passion*

