

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
Seaside Fish (with mash or jacket potato)
Cheese & Bean Plait (v)
Jacket Potato with Cheese Crunch
All served with Sweetcorn & Baked Beans

DESSERT
Selection of Cookies

TUESDAY

MAINS
Sausages (with jacket wedges or wholemeal pasta)
Vegetable Bolognese (v) (with wholemeal pasta)
Jacket Potato with Tuna Mayo
All served with Baked Beans & Peas

DESSERT
Chocolate Sponge with Chocolate Sauce

WEDNESDAY

MAINS
Roast Chicken & Gravy
Cheese, Onion & Red Onion Quiche (v)
Jacket Potato with Cheese & Pineapple
All served with Roast Potatoes & Mash, Carrots, Broccoli, Leek & Sweet Potato Bake

DESSERT
Lemon Drizzle Slice

THURSDAY

MAINS
Chicken Tikka Masala (with brown & white rice & naan bread)
Pasta Neapolitan (v) (pasta served in a freshly made tomato sauce with a cheese topping)
Jacket Potato with Cheese & BBQ Baked Beans
All served with Carrots & Peas

DESSERT
Apple Crumble & Custard or Shortbread

FRIDAY

MAINS
Cottage Pie & Gravy
Pizza (with a selection of toppings & chips or baby potatoes)
Jacket Potato with Tuna Mayo & Sweetcorn
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
Fishcake (with jacket wedges or herby pasta)
Curried Quorn Wrap (v)
Jacket Potato with Cheese & Pineapple
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)
Jacket Potato with Tuna Mayo
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)
Jacket Potato with Cheese Crunch
All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese

DESSERT
Blueberry Muffin or Cupcake

THURSDAY

MAINS
Beef Bolognese (with spaghetti)
Cheese & Vegetable Stacker (v) (with baby potatoes)
Jacket Potato with Cheese & Beans
All served with Baked Beans or Peas

DESSERT
Selection of Cookies

FRIDAY

MAINS
Pulled Pork in a Yorkshire Pudding & Gravy (with mash or chips)
Pizza (with a selection of toppings & chips)
Jacket Potato with Cheese & Coleslaw
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)
Jacket Potato with Cheese & Beans
All served with Baked Beans & Peas

DESSERT
Toffee Cake & Custard

TUESDAY

MAINS
Bubblecrisp Fish (with baby potatoes or brown & white rice)
Vegetable Curry (v) (with brown & white rice & naan bread)
Jacket Potato with Cheese & Coleslaw
All served with Sweetcorn & Broccoli

DESSERT
Chocolate Brownie

WEDNESDAY

MAINS
Roast Beef with Yorkshire Pudding & Gravy
Linda McCartney Vegetable Sausage in a Yorkshire Pudding with Gravy (v)
Jacket Potato with Tuna Mayo
All served with Roast Potatoes & Mash, Carrots, Cabbage & Cauliflower

DESSERT
Iced Bun

THURSDAY

MAINS
Bacon Carbonara
Vegetable Bake (v) (with jacket potato or pasta)
Jacket Potato with Cheese & BBQ Baked Beans
All served with Baked Beans & Carrots

DESSERT
Apple Flapjack or Rice Pudding (with jam or sultanas)

FRIDAY

MAINS
Seaside Fish Fillet (with chips or baby potatoes)
Pizza (with a selection of toppings & chips)
Jacket Potato with Tuna Mayo & Sweetcorn
All served with Sweetcorn & Peas

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

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.

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.uk/shire.services

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.

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.

- During every menu cycle we have one meat free day.
- On two Friday's out of three an assortment of fresh fruit and yoghurt's is the only pudding option.

Deli Bar Options

Monday	Mac 'n Cheese
Tuesday	Pollock Bites in a Wrap
Wednesday	French Bread Pizza
Thursday	Breakfast Bap
Friday	Chicken Tikka Wraps

Monday	Breaded Chicken Fillet Wrap
Tuesday	French Bread Pizza
Wednesday	Seaside Fish Filled Bap
Thursday	BBQ Chicken & Cheese Melt
Friday	Selection of Deli Rolls

Monday	Hot Dogs
Tuesday	Chicken or Vegetable Curry Tortilla Boats
Wednesday	French Bread Pizza
Thursday	BBQ Pulled Pork Wrap
Friday	Chicken Tikka Flatbread

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 or herby diced potatoes.

Mereside CE 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

