

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 (with mash or baby potatoes)
Vegetable & Cheese Parcel (v)
All served with Sweetcorn & Baked Beans

DESSERT
Selection of Cookies

TUESDAY

MAINS
Sausages (with chips or wholemeal pasta)
Linda McCartney Vegetable Sausage (v) (with chips or 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, Cauliflower

DESSERT
Lemon Drizzle Slice

THURSDAY

MAINS
Hot Chicken Wrap (with salad & cucumber, mint & yoghurt dressing)
Pasta Neapolitan (v) (pasta served in a freshly made tomato sauce with a cheese topping)
All served with Carrots & Peas

DESSERT
Apple Crumble & Custard

FRIDAY

MAINS
Beef Pie & Gravy (with baby potatoes)
Pizza (with a selection of toppings & pasta 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 (with chips or baby potatoes)
Potato Cheese & Herb Plait (v)
All served with Sweetcorn & Baked Beans

DESSERT
Iced Vanilla Sponge & Custard

TUESDAY

MAINS
Cowboy Pie (v) (slices of veggie sausage in a tomato sauce with baked beans, topped with mashed potato)
Mac 'n' Cheese (v)
All served 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 & Green Beans

DESSERT
Blueberry Muffin or Cupcake

THURSDAY

MAINS
Beef Bolognese (with spaghetti)
Quorn Bolognese (with spaghetti)
All served with Baked Beans or Peas

DESSERT
Selection of Cookies

FRIDAY

MAINS
Breaded Chicken Breast Fillet (with mash)
Pizza (with a selection of toppings & noodles)
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)
Quorn Balls in Freshly made Tomato Sauce (with penne pasta)
All served with Sweetcorn & Peas

DESSERT
Toffee Cake & Custard

TUESDAY

MAINS
Selection of Fish (with baby potatoes or mash)
Pasta Neapolitan (v)
All served with Baked Beans & Broccoli

DESSERT
Chocolate Brownie

WEDNESDAY

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

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

THURSDAY

MAINS
Selection of Fish
Vegetable Bake (v)
All served with Chips or Pasta, Baked Beans & Peas

DESSERT
Apple Flapjack

FRIDAY

MAINS
Chicken Tikka Masala (with brown & white rice & naan bread)
Pizza (with a selection of toppings & diced potatoes)
All served with Sweetcorn & Green Beans

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.

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.
- Every Friday an assortment of fresh fruit and yoghurt's is the only pudding option.



Deli Bar Options

Monday	Mac 'n' Cheese Jacket Potato with Cheese Crunch
Tuesday	Meatball Sub with Tomato Sauce Jacket Potato with Tuna Mayo
Wednesday	French Bread Pizza Jacket Potato with Cheese & BBQ Beans
Thursday	Beef Burrito Jacket Potato with Tuna Mayo
Friday	Cod Bites in Flatbread with Salad & Lemon Mayo Jacket Potato with Cheese & Coleslaw

Monday	Chicken & Rice Pot Jacket Potato with Cheese & Coleslaw
Tuesday	French Bread Pizza Jacket Potato with Tuna & Sweetcorn
Wednesday	Sausage & Mash Jacket Potato with Cheese & BBQ Beans
Thursday	BBQ Quorn & Cheese Melt Jacket Potato with Tuna Mayo
Friday	Tuna Salad Wrap Jacket Potato with Cheese & Beans

Monday	Sweet & Sour Chicken Noodle Pot Jacket Potato with Cheese & Beans
Tuesday	Breaded Chicken & Salad Deli Roll Jacket Potato with Tuna Mayo
Wednesday	Tuna & Cheese Melt Jacket Potato with Cheese & Beans
Thursday	Chicken & Pasta Pot Jacket Potato with Cheese & Coleslaw
Friday	Tomato & Vegetarian Sausage Pasta Pot Jacket Potato with Tuna Mayo

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.

Oakmeadow CE Primary School Menu

April 2019 - April 2020



Fresh DINING

Shropshire Primary
School Menu 4

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

Education catering is our passion