

Did you know?

- 75% of all meals are freshly prepared.
- 50% of produce is locally sourced.
- All meals are offered with salad, wholemeal bread and a vegetable selection.
- We use Red Tractor chicken, which guarantees safe, quality chicken which meets welfare standards.
- All fish used on our menus are Marine Stewardship Certified (MSC), meaning we only use compliant sustainable fisheries operating to high standards.
- We do not add salt to our dishes.
- All eggs are free range.
- All cakes and biscuits on offer are freshly-made.
- Once per menu cycle an assortment of fruit jelly, fresh fruit and yoghurt's are the only pudding option.
- All puddings are made from reduced sugar recipes and fresh fruit is available daily.
- Additional gluten free options can be available on request.
- Please be aware that our gluten free products are prepared and cooked in the same school kitchen as our non-gluten free products.



Allergen information

Details of allergens for each Shire Services' recipe are listed in our allergy guidance packs. Please contact the school to arrange to meet the school Catering Manager to discuss any dietary requirements.

Why not join our team?

We offer job opportunities for employment in administration, catering and cleaning. All job vacancies are advertised at:

<https://shropshirejobs.engageats.co.uk>
Free school meals?

Free school meals?

You may qualify for free school meals. Telephone 0345 678 9000 for further information.

Head Office

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The Food Enterprise Centre
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Follow us on
Facebook
as 'Shire Services'
and Twitter as
'Shropschoolmeal'



Oakmeadow CE Primary School

Lunch Menu + Deli Bar

April 2018 - April 2019



LOCALseasonal
traceablehealthy
TASTYfree range
SUSTAINABLE**FOOD**

Week



Monday

Pork & Carrot Meatballs
(With freshly-made tomato sauce)
Mediterranean Omelette (v)
Quorn Balls (v)
(With freshly-made tomato sauce)
Pasta, Baby Potatoes
Green Beans, Sweetcorn
Ginger & Orange
Sponge with Custard
DELI BAR
Deli Pot - Sausage Mash & Beans
Jacket Potato with Cheese
& Bacon Strips

Tuesday

Selection of Fish (Including salmon)
Selection of Hot & Cold Wraps
Country Vegetable Bakes (v)
Jacket Wedges
Creamed Potatoes
Baked Beans, Peas
Chocolate & Vanilla Shortbread
DELI BAR
Jacket Potato with Cheese & Beans
or Cheese & Coleslaw
Chicken Curry, Rice
& Naan Bread

Wednesday

Roast Beef
(With Yorkshire pudding & gravy)
Linda McCartney Sausage in a
Yorkshire Pudding (v)
Roast & Creamed Potatoes
Carrots, Cauliflower, Peas
Eve's Pudding & Custard
DELI BAR
Jacket Potato with Cheese
& Vegetable Sausage Bites
Selection of Filled Cold Wraps
& Deli Rolls: Cheese, Egg or Tuna
with Potato Wedges

Thursday

Selection of Fish
Chicken with Pasta
& Sweetcorn
Cheesy Pasta Bake (v)
Creamed Potatoes
Fresh Bread Wedge
Baked Beans, Broccoli
Selection of Cookies
DELI BAR
Jacket Potato with Tuna Mayo
or Cheese & Beans
Deli Bar French Bread Pizza
with Garlic & Herb Pasta

Friday

Pizza
(With a selection of toppings)
Cottage Pie (With gravy)
Potato & Vegetable Gratin (v)
Chips, Creamed Potatoes
Sweetcorn, Carrots
Apple & Oat Brownie
DELI BAR
Jacket Potato with Chicken
& Sweetcorn
Chicken Tikka & Salad
Flatbread with Chips

Menu Weeks

16-04-2018	14-01-2019
07-05-2018	04-02-2019
04-06-2018	04-03-2019
25-06-2018	25-03-2019
16-07-2018	
10-09-2018	
01-10-2018	
22-10-2018	
19-11-2018	
10-12-2018	

Week



Monday

Selection of Fish
Beef Pie (With gravy)
Vegetable Pie (With gravy) (v)
Creamed Potatoes, Pasta
Peas, Carrots
Flapjack
DELI BAR
Jacket Potato with Cheese & Beans
or Cheese & Pineapple
Crispy Chicken Wrap with
Crunchy Lettuce & Garlic Mayo
with Herby Pasta

Tuesday

Pork Sausages
Roast Vegetable
& Cheese Parcel (v)
Linda McCartney
Vegetarian Sausage (v)
Chips, Jacket Potato
Sweetcorn, Baked Beans
Apple Crumble & Custard
DELI BAR
Jacket Potato with Tuna Crunch
Deli Pot - Marinated Chicken
Pasta Pot with Garlic Bread

Wednesday

Roast Chicken (With gravy)
Quorn Fillet (With gravy) (v)
Roast & Creamed Potatoes
Carrots, Cabbage
Leek & Sweet Potato Bake
Vanilla & Chocolate Cupcakes
DELI BAR
Jacket Potato with Tuna
Crunch or Cheese & Beans
Selection of Cold Wraps
& Deli Rolls: Cheese, Chicken, Egg & Tuna
with Potato Wedges

Thursday

Beef Bolognaise
Selection of Fish (Including salmon)
Vegetable & Lentil Bolognaise (v)
Baby Potatoes
Spaghetti, Peas, Carrots
Chocolate Sponge
& Chocolate Sauce
DELI BAR
Deli Pot - Mac'n'Cheese
with Bread Roll
Jacket Potato with Cheese
or Beef Bolognaise

Friday

Pizza
(With a selection of toppings)
Sweet Chilli Chicken
Sweet Chilli Quorn (v)
Jacket Wedges, Noodles
Sweetcorn, Baked Beans
Selection of Cookies
DELI BAR
Jacket Potato with Cheese & Beans
or Marinated Chicken
Seaside Fish Fillet Wrap
with Lemon Mayo
& Herby Diced Potatoes

Menu Weeks

23-04-2018	21-01-2019
14-05-2018	11-02-2019
11-06-2018	11-03-2019
02-07-2018	01-04-2019
23-07-2018	
17-09-2018	
08-10-2018	
05-11-2018	
26-11-2018	
17-12-2018	

Week



Monday

Beef Grill
Pasta Neapolitan (v)
Linda McCartney
Vegetarian Sausage (v)
Chips, Fresh Bread Wedge
Baked Beans, Broccoli
Assorted Fruit Muffins
(Apple, blueberry & orange)
DELI BAR
Jacket Potato with Cheese & Pineapple
or Cheese & Beans
Meatball Sub with Tomato or
Sweet Chilli Sauce & Chips

Tuesday

Chicken Tikka Masala (With naan bread)
Selection of Fish
Cauliflower & Sweet Potato Curry (v)
Brown & White Rice
Baby Potatoes
Sweetcorn, Peas
Toffee Cake & Custard
DELI BAR
French Bread Pizza with
Garlic & Herb Pasta
Jacket Potato with
Chicken Tikka or Cheese

Wednesday

Roast Pork
(With apple sauce & gravy)
Cheese & Red
Onion Quiche (v)
Roast & Creamed Potatoes
Carrots, Cauliflower & Broccoli
Selection of Cookies
DELI BAR
Sweet & Sour Chicken Noodle Pot
Jacket Potato with Tuna Mayo
or Cheese

Thursday

Crispy Chicken
(With sweet & sour sauce)
Cheese or Tuna Mayo Wrap
Quorn (With sweet & sour sauce) (v)
Noodles, Herby Diced Potatoes
Baked Beans, Sweetcorn
Vanilla Iced Sponge & Custard
DELI BAR
Fish Finger Wrap with Crunchy
Lettuce & Lemon Mayo with
Herby Diced Potatoes
Jacket Potato with Cheese & Pineapple

Friday

Pizza
(With a selection of toppings)
Italian Pasta
Italian Bean Bake (v)
Jacket Potato Slices, Pasta
Peas, Carrots
Fruity Friday
Fresh Fruit Salad, Fruit Platter
Fruit Jelly or Yoghurt
DELI BAR
Jacket Potato with Marinated
Chicken or Cheese Crunch
Beef Burrito with Spicy Wedges

Menu Weeks

30-04-2018	28-01-2019
21-05-2018	25-02-2019
18-06-2018	18-03-2019
09-07-2018	08-04-2019
03-09-2018	
24-09-2018	
15-10-2018	
12-11-2018	
03-12-2018	
07-01-2019	