

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
Quorn Balls in Freshly made Tomato Sauce
Vegetable Chilli (v)
Fish Fillet with Tomato Ketchup
Herby Diced Potatoes, Brown & White Rice, Sweetcorn, Peas & Carrots

DESSERT
Cookie

TUESDAY

MAINS
Pork & Carrot Meatballs in a freshly made Tomato Sauce
Cheese & Potato Pie (v)
Fish Fingers
Jacket Wedges, Pasta, Baked Beans, Peas & Cauliflower

DESSERT
Chocolate Sponge with Chocolate Sauce

WEDNESDAY

MAINS
Roast Chicken & Gravy
Linda McCartney Vegetable Sausage in a Yorkshire Pudding (v)
Fishcake
Roast & Mash, Medley of Fresh Vegetables

DESSERT
Lemon Drizzle Slice

THURSDAY

MAINS
Lasagne
Tortilla Cheese Quiche (v)
Fish Fillet
Garlic Bread, Mash, Green Beans, Carrots & Peas

DESSERT
Selection of Shortbread

FRIDAY

MAINS
Breaded Chicken Breast Steak (with sweet & sour sauce)
Pizza (v) (with a selection of toppings)
Fish Fillet with Tomato Ketchup
Noodles, Chips, Baked Beans, Sweetcorn & Peas

DESSERT - Fruity Friday
Fruit Salad with Natural Yoghurt, Fruit Platter, 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
Pasta Neapolitan
Linda McCartney Vegetable Sausage & Gravy (v)
Fish Bites
Garlic Bread, Mash, Baked Beans, Green Beans & Sweetcorn

DESSERT
Iced Vanilla Sponge & Custard

TUESDAY

MAINS
Shepherd's Pie
Mediterranean Omelette (v)
Fish Fillet
Herby Diced Potatoes, Fresh Bread, Broccoli, Sweetcorn & Carrots

DESSERT
Mini Doughnut with Toffee Drizzle

WEDNESDAY

MAINS
Roast Chicken with Gravy
Vegetable Lasagne (v)
Fish Fingers
Roast & Mash, Carrots, Peas & Cauliflower Cheese

DESSERT
Fruit Muffin or Cupcake

THURSDAY

MAINS
Chicken Tikka Masala (with a naan bread)
Mac 'n' Cheese (v)
Fish Fillet
Mash, Brown & White Rice, Green Beans, Sweetcorn & Carrots

DESSERT
Cookie

FRIDAY

MAINS
Bacon Carbonara
Pizza (with a selection of toppings)
Fishcake
Chips, Fresh Bread, Baked Beans, Peas & Sweetcorn

DESSERT
Fruity Friday - Fruit Salad with Natural Yoghurt, Fruit Platter
Mango Sorbet & Fruit Jelly

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
Cheesy Pasta Bake
Quorn Tikka Masala (v)
Fish Fillet
Mash, Brown & White Rice, Broccoli, Sweetcorn & Cauliflower

DESSERT
Apple Flapjack

TUESDAY

MAINS
Sausages & Gravy
Omelette (v)
Fish Fingers
Jacket Wedges, Pasta, Baked Beans, Green Beans & Sweetcorn

DESSERT
Chocolate Brownie

WEDNESDAY

MAINS
Roast Beef with Yorkshire Pudding & Gravy
Cheese & Vegetable Parcel (v)
Fish Fillet
Roast & Mash, Carrots, Cabbage & Peas

DESSERT
Rice Pudding or Iced Bun

THURSDAY

MAINS
Chicken Korma
Vegetable Hotpot (v)
Fishcake
Brown & White Rice, Herby Diced Potatoes, Sweetcorn, Peas & Cauliflower Cheese

DESSERT
Toffee Cake & Custard

FRIDAY

MAINS
Organic Mexican Stew
Pizza (with a selection of toppings)
Fish Bites
Brown & White Rice, Chips, Baked Beans, Broccoli & Carrots

DESSERT - Fruity Friday
Fresh Fruit Salad & Natural Yoghurt, Fruit Platter, Fruit Salad & Mango Sorbet

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.

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

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.

St George's CE First School, Redditch

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

