

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?

Head Office

Tel: 01743 250250
shire.services@shropshire.gov.uk
www.shropshire.gov.uk/shire-services

The Food Enterprise Centre
Battlefield Enterprise Park
Shrewsbury
SY1 3TG

Follow us on
Facebook
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and Twitter as
'Shropschoolmeal'



Week



Monday

Pork & Carrot Meatballs
With freshly-made tangy tomato sauce

Mediterranean Omelette
Made with free-range eggs & filled with cheese & mixed peppers

Deli Bar Option
Hot Chicken Wrap

Tuesday

Crispy Battered Fish Fillet
Oven-baked

Vegetarian Tikka Masala
Seasonal chunky vegetables & sweet potato in creamy masala sauce, served with naan bread

Deli Bar Option
Tomato & Herb Pasta Pot

Wednesday

Roast Beef
With Yorkshire pudding & gravy

Vegetarian Toad in the Hole
Vegetarian sausage in a Yorkshire pudding

Deli Bar Option
Tuna & Cheese Melt

Thursday

Chicken & Vegetable Pie
Chunks of chicken & vegetables in a rich gravy, topped with shortcrust pastry

Macaroni Cheese
Macaroni in a rich cheese sauce, topped with cheese & baked until golden brown

Deli Bar Option
Meatball Sub

Friday

Cheesy topped Cottage Pie
Minced beef & onions in gravy, topped with mashed potatoes, sprinkled with cheese & then baked until golden brown

Cheese & Tomato Quiche
Made with free-range eggs & freshly-made shortcrust pastry

Deli Bar Option
Chicken Curry Pot Rice & Naan

Menu Weeks

16/04/18	04/02/19
07/05/18	04/03/19
04/06/18	25/03/19
25/06/18	
16/07/18	
10/09/18	
01/10/18	
22/10/18	
19/11/18	
10/12/18	
14/01/19	

Week



Monday

Beef Pie
Beef strips in a rich gravy, topped with puff pastry

Sticky Vegetarian Sausage
Coated with bbq sauce

Deli Bar Option
Fish Finger Wrap

Wednesday

Roast Chicken
With sage & onion stuffing & gravy

Quorn Hot Pot
Chunks of quorn & carrots in a rich vegetable gravy, topped with sliced glazed potatoes

Deli Bar Option
Tomato & Herb Pasta Pot

Friday

Crispy Battered Fish Fillet
Oven-baked

Vegetable Lasagne
Layers of seasonal vegetables in a rich tomato ragout & lasagne topped with béchamel sauce & cheese

Deli Bar Option
Cheese & Tomato / Pepperoni Ciabatta Pizza

Tuesday

Pork Sausages
Oven-baked & served with either tomato ketchup or onion gravy

Roasted Vegetable Parcel
Seasonal vegetables, roasted & encased in puff pastry

Deli Bar Option
BBQ Chicken & Noodles

Thursday

Beef Bolognese
Minced beef in a rich tomato ragout

Spicy Bean Burrito
Mixed beans & vegetables in a spicy sauce, encased in a tortilla sprinkled with cheese

Deli Bar Option
Cheese & Bacon Melt

Menu Weeks

23/04/18	11/02/19
14/05/18	11/03/19
11/06/18	01/04/19
02/07/18	
23/07/18	
17/09/18	
08/10/18	
05/11/18	
26/11/18	
17/12/18	
21/01/19	

Week



Monday

Shepherd's Pie
Minced lamb & onions in gravy, topped with mashed potatoes & baked until golden brown

Pasta Neapolitan
Fusilli pasta in a rich tomato, basil & cheese ragout

Deli Bar Option
Beef Grill Bap

Wednesday

Pork & Bacon Slice
With gravy

Cheese & Red Onion Quiche
Made with free-range eggs & freshly-made shortcrust pastry

Deli Bar Option
BBQ Chicken Flatbread

Friday

Crispy Battered Fish Fillet
Oven-baked

Pizza Selection
Cheese & tomato pizza with a selection of toppings

Deli Bar Option
Meatball Sub

Tuesday

Crispy Chicken with Sweet & Sour Sauce
Oven-baked chunks of battered chicken breast

Vegetable & Chickpea Curry
With naan bread

Deli Bar Option
Cheese & Tomato Melt

Thursday

Italian Pasta
Penne pasta in a rich bolognese sauce, glazed with cheese

Quorn Pie
Chunks of quorn & vegetables in a creamy sauce, topped with puff pastry

Deli Bar Option
Chicken Tikka Masala with Rice & Naan

Menu Weeks

30/04/18	25/02/19
21/05/18	18/03/19
18/06/18	08/04/19
09/07/18	
03/09/18	
24/09/18	
15/10/18	
12/11/18	
03/12/18	
07/01/19	
28/01/19	