

**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)

Vegetable Bake (v) (with mash)

Served with Baked Beans & Sweetcorn

**DESSERT**

Selection of Cookies

**TUESDAY**

**MAINS**

Pasta Neapolitan (v)  
(pasta served in a freshly made tomato sauce with a cheese topping)

Served with Carrots & Peas

**DESSERT**

Chocolate Sponge with Chocolate Sauce

**WEDNESDAY**

**MAINS**

Roast Chicken & Gravy

Roast Quorn Fillet (v)

Served with Roast Potatoes & Mash, Carrots, Broccoli, Leek & Sweet Potato Bake

**DESSERT**

Lemon Drizzle Slice

**THURSDAY**

**MAINS**

Sausages

Linda McCartney Sausage (v)

Served with Jacket Wedges or Wholemeal Pasta Baked Beans & Peas

**DESSERT**

Apple Crumble & Custard

**FRIDAY**

**MAINS**

Pizza (with a selection of toppings with chips or jacket potato)

Deli Fish Wrap with Lettuce & Lemon Mayo

Served with Sweetcorn & Baked Beans

**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**

Breaded Chicken Breast Steak (with jacket wedges)

Served with Sweetcorn & Baked Beans

**DESSERT**

Iced Vanilla Sponge & Custard

**TUESDAY**

**MAINS**

Mac 'n' Cheese (v)

Served with Peas & Carrots

**DESSERT**

Mini Doughnut with Toffee Drizzle

**WEDNESDAY**

**MAINS**

Roast Pork with Apple Sauce & Gravy

Roasted Quorn Fillet & Gravy (v)

Served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower

**DESSERT**

Blueberry Muffin or Cupcake

**THURSDAY**

**MAINS**

Beef Bolognaise

Vegetable & Lentil Bolognaise (v)

Served with Spaghetti, Sweetcorn & Broccoli

**DESSERT**

Selection of Cookies

**FRIDAY**

Selection of Fish

Vegetable Bake (v)

Served with Chips or jacket Potato, Baked Beans & Peas

**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

Quorn Balls in a freshly made Tomato Sauce (v)

Served with Penne Pasta, Sweetcorn & Broccoli

**DESSERT**

Toffee Cake & Custard

**TUESDAY**

**MAINS**

Selection of Fish (with chips or jacket potato)

Vegetable Bake (v)

Served with Peas & Baked Beans

**DESSERT**

Chocolate Brownie

**WEDNESDAY**

**MAINS**

Roast Beef with Yorkshire Pudding & Gravy

Linda McCartney Vegetable Sausage in a Yorkshire Pudding with Gravy (v)

Served with Roast Potatoes or Mash, Carrots, Cabbage & Cauliflower

**DESSERT**

Rice Pudding (with jam or sultanas) or Iced Bun

**THURSDAY**

**MAINS**

Hot Chicken Wrap or Cheese Salad Wrap (v)

Served with Baked Beans & Sweetcorn

**DESSERT**

Apple Flapjack

**FRIDAY**

**MAINS**

Pizza (with a selection of toppings with jacket wedges or herby pasta)

Served with Baked Beans & Peas

**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.

**Deli Bar Selections** - will be served with a selection of salad. Apart from jacket potatoes and rice or pasta pots, all dishes will be served with either chips, jacket wedges, herby diced potatoes, fresh bread or garlic bread. 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](http://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	Marinated Chicken filled Flatbread
Tuesday	Meatball Sub
Wednesday	Jacket Potato with Cheese & BBQ Beans
Thursday	Mac 'n' Cheese
Friday	

Monday	Jacket Potato with Cheese & Pineapple
Tuesday	French Bread Pizza
Wednesday	Jacket Potato with Cheese & Beans
Thursday	Filled Sub Roll with Salad (Ham, Cheese, Egg Mayo)
Friday	Chicken Salad Wrap or Cheese Salad Wrap

Monday	Jacket Potato with Cheese & Beans
Tuesday	Chicken Curry & Rice with Naan Bread
Wednesday	Jacket Potato with Cheese & Beans
Thursday	Tomato & Basil Pasta
Friday	Marinated Chicken Filled Flatbread

# Bicton 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*