

**Week**  
Commencing

# Balanced and nutritious, freshly prepared school meals

31/08/2020  
21/09/2020  
12/10/2020  
09/11/2020  
30/11/2020  
04/01/2021  
25/01/2021  
22/02/2021  
15/03/2021  
19/04/2021  
10/05/2021  
07/06/2021  
28/06/2021  
19/07/2021

**Week 1**

**MONDAY**

Pork & Carrot Meatballs  
in a Freshly made Tomato Sauce  
Quorn Balls in a Freshly made  
Tomato Sauce (v)

All served with Penne Pasta,  
Broccoli & Sweetcorn

Chocolate or Vanilla Muffin,  
Fruit Salad or Yoghurt

**TUESDAY**

Selection of Fish  
Vegetable Bake (v)

All served with Garlic & Herb  
Wedges, Peas & Baked Beans

Cheese & Crackers, Vanilla  
Ice-cream, Fruit Salad or  
Yoghurt

**WEDNESDAY**

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

All served with Roast Potatoes  
& Mash, Carrots, Broccoli &  
Cauliflower

Selection of Cookies or Cake,  
Fruit Salad or Yoghurt

**THURSDAY**

Breaded Chicken Breast Steak  
Falafel & Noodles (v)

All served with Sweet  
& Sour Sauce, Green Beans  
& Sweetcorn

Toffee Cake & Custard, Fruit  
Salad or Yoghurt

**FRIDAY**

Chicken Tikka Masala  
(with brown & white rice &  
naan bread)  
Pizza (v) (with a selection of  
toppings & chips)

All served with Baked Beans  
& Peas

'Fruity Friday'

07/09/2020  
28/09/2020  
19/10/2020  
16/11/2020  
07/12/2020  
11/01/2021  
01/02/2021  
01/03/2021  
22/03/2021  
26/04/2021  
17/05/2021  
14/06/2021  
05/07/2021

**Week 2**

**MONDAY**

Seaside Fish Fillet (with mash  
& baked beans)  
Mac 'n' Cheese (v)

Served with Sweetcorn  
& Peas

Apple Crumble & Custard,  
Chocolate & Vanilla Mousse,  
Fruit Salad or Yoghurt

**TUESDAY**

Pork Sausages Linda McCartney  
Vegetarian Sausage (v)

All served with Chips or  
Jacket Potato, Baked  
Beans & Broccoli

Cheese & Crackers, Vanilla  
Ice-cream (with toffee sauce)  
Fruit Salad or Yoghurt

**WEDNESDAY**

Roast Chicken & Gravy  
Roasted Quorn Fillet (v)  
Jacket Potato with Cheese  
& Beans (v)

All served with Roast  
Potatoes & Mash, Carrots,  
Cabbage & Leek & Sweet  
Potato Bake

Selection of Cookies or  
Cake, Fruit Salad or Yoghurt

**THURSDAY**

Selection of Fish  
Vegetable Bake (v)

All served with Baby  
Potatoes, Baked Beans &  
Peas

Chocolate Sponge &  
Chocolate Sauce, Fruit Salad  
or Yoghurt

**FRIDAY**

Beef Bolognese (with pasta)  
Vegetable & Lentil  
Bolognese (v) (with pasta)  
Pizza (v) (with a selection of  
toppings & jacket wedges)

All served with Sweetcorn &  
Green Beans

'Fruity Friday'

14/09/2020  
05/10/2020  
02/11/2020  
23/11/2020  
14/12/2020  
18/01/2021  
08/02/2021  
08/03/2021  
29/03/2021  
03/05/2021  
24/05/2021  
21/06/2021  
12/07/2021

**Week 3**

**MONDAY**

Beef Burger  
Falafel (v)

All served in a bun with a  
selection of fillings: onion,  
cheese & ketchup, with Baked  
Beans & Sweetcorn

Chocolate or Vanilla Cupcakes,  
Strawberry Mousse, Fruit Salad  
or Yoghurt

**TUESDAY**

Lasagne (with fresh bread)  
Selection of Fish (with mash)  
Vegetable Lasagne (v) (with  
fresh bread)

All served with Green Beans  
& Carrots

Mini Doughnuts, Fruit Salad  
or Yoghurt

**WEDNESDAY**

Roast Pork with Apple Sauce  
& Gravy  
Roast Quorn Fillet & Gravy (v)  
Jacket Potato with Cheese  
& Beans (v)

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

Selection of Cookies, Cheese  
& Crackers, Fruit Salad or  
Yoghurt

**THURSDAY**

Selection of Fish  
Vegetable Bake (v)

All served with Chips or  
Noodles, Peas & Baked Beans

Ginger & Orange Sponge  
& Custard Fruit Salad or  
Yoghurt

**FRIDAY**

Tuna Salad Wrap  
(with jacket wedges)  
Pizza (v) (with a selection of  
toppings & jacket wedges)

Served with Sweetcorn  
& Baked Beans

DESSERT

'Fruity Friday'

**Available Daily:** Freshly-made bread & selection of salads. **Fruity Friday:** A selection of fruit platter, fruit salad, fruit jelly, yoghurt & mango sorbet  
**Selection of Fish:** Will be a combination of - battered pollock, fish cake, fish fingers, seaside fish fillet, pollock bites, bubble crisp pollock fillet  
**Food Allergen & Intolerance Information:** Before ordering speak to our staff about your requirements. The menu may vary on promotional days.

## 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 guaranteed element of Pension Credit*
- *Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)*
- *Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit*
- *Universal Credit - if you apply on or after 1 April 2018, your household income must be less than £7,400 a year (after tax and not including any benefits you get)*

**To apply for free school meals please visit:**

[www.gov.uk/apply-free-school-meals](http://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](mailto:shire.services@shropshire.gov.uk)  
website: [www.shropshire.gov.uk/shire.services](http://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
- ▶ 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 Silver standard.
- ▶ The menu may change to reflect seasonal fruit and vegetables.

## 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.

# Bicton CE Primary School Menu

September 2020 - July 2021



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

Education catering is our passion

