

**Week  
Commencing**

# Balanced and nutritious, freshly prepared school meals

Also Available: Jacket Potato with Filling – Cheese & Beans, Cheese & Pineapple, Cheese & Coleslaw, Tuna Mayo or Marinated Chicken

30/08/2021  
20/09/2021  
11/10/2021  
08/11/2021  
29/11/2021  
03/01/2022  
24/01/2022  
14/02/2022  
14/03/2022  
04/04/2022  
09/05/2022  
06/06/2022  
27/06/2022  
18/07/2022

## Week 1

### MONDAY

Pork & Carrot Meatballs in Freshly made Tomato Sauce (v) (with penne pasta)  
Cheese & Vegetable Stackers (v) (with diced potatoes)

All served with Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

### TUESDAY

Selection of Fish or Vegetable Bake (v)  
Selection of Wraps (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, Fruit Salad or Yoghurt

### THURSDAY

Breaded Chicken Breast Steak & Noodles (with sweet & sour sauce)  
Quorn & Potato Pie (v)

All served with 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'**

06/09/2021  
27/09/2021  
18/10/2021  
15/11/2021  
06/12/2021  
10/01/2022  
31/01/2022  
28/02/2022  
21/03/2022  
25/04/2022  
16/05/2022  
13/06/2022  
04/07/2022

## Week 2

### MONDAY

Selection of Fish or Vegetable Bake (v) (with mash or pasta)  
Cheese & Potato Pie (v)

All served with Carrots & Peas

Cheese & Crackers, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt

### TUESDAY

Sausages  
Linda McCartney Vegetable Sausage (v)

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

Apple Crumble & Custard, Vanilla Ice-cream (with toffee sauce) Fruit Salad or Yoghurt

### WEDNESDAY

Roast Chicken & Gravy  
Roasted Quorn Fillet (v)

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

Selection of Cookies, Fruit Salad or Yoghurt

### THURSDAY

Marinated Chicken (with noodles)  
Vegetable Bake (v) (with baby potatoes)  
Mac 'n' Cheese (v)

All served with Baked Beans & Peas

Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt

### FRIDAY

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

All served with Sweetcorn & Green Beans

**'Fruity Friday'**

13/09/2021  
04/10/2021  
01/11/2021  
22/11/2021  
13/12/2021  
17/01/2022  
07/02/2022  
07/03/2022  
28/03/2022  
02/05/2022  
23/05/2022  
20/06/2022  
11/07/2022

## Week 3

### MONDAY

Beef Burger (served in a bun with a selection of fillings, onion, cheese & ketchup)  
Pasta Neapolitan (v) (penne pasta in a tomato & hidden veg sauce with a cheese topping)

All served with Green Beans & Sweetcorn

Chocolate & Vanilla Cupcakes, Fruit Salad or Yoghurt

### TUESDAY

Breaded Chicken (with diced potatoes)  
Vegetable Lasagne (v)

All served with Baked Beans & Peas

Mini Doughnuts, Fruit Salad or Yoghurt

### WEDNESDAY

Roast Pork with Apple Sauce & Gravy  
Roast Quorn Fillet & Gravy (v)

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

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

### THURSDAY

Selection of Fish  
Mediterranean Omelette (v)

All served with Chips or Rice, Peas & Carrots

Ginger Sponge & Custard, Fruit Salad or Yoghurt

### FRIDAY

Pizza (v) (with a selection of toppings & jacket wedges)  
Chickpea & Spinach Curry (v) (with brown & white rice & naan bread)

All served with Baked Beans & Sweetcorn

**'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

Your child may be able to get free school meals if you get any of the following:

- 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)
- Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

Your child may also get free school meals if you get any of these benefits and your child is both:

- younger than the **compulsory age for starting school**
- in full-time education

If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2022.

### Infant free school meals in England

Your child will be able to get free school meals if they're in a **government-funded school** and in:

- reception class
- year 1
- year 2

Tell your local authority if you also get any of the qualifying benefits. Your child's school can get extra funding if you do.

[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.

## Deli Bar Options

<b>Monday</b>	<b>Deli Roll Selection</b>
<b>Tuesday</b>	<b>Breakfast Naan</b>
<b>Wednesday</b>	<b>Jacket Potato with Filling</b>
<b>Thursday</b>	<b>Marinated Chicken Filled Flatbread</b>
<b>Friday</b>	<b>Jacket Potato with Filling</b>

<b>Monday</b>	<b>French Bread Pizza</b>
<b>Tuesday</b>	<b>Tomato &amp; Basil Pot</b>
<b>Wednesday</b>	<b>Jacket Potato with Filling</b>
<b>Thursday</b>	<b>Chicken Wrap</b>
<b>Friday</b>	<b>Jacket Potato with Filling</b>

<b>Monday</b>	<b>Deli Roll - (ham, cheese or tuna mayo)</b>
<b>Tuesday</b>	<b>Assorted Wraps</b>
<b>Wednesday</b>	<b>Jacket Potato with Filling</b>
<b>Thursday</b>	<b>Bacon &amp; Cheese Melt</b>
<b>Friday</b>	<b>Jacket Potato with Filling</b>

### All Deli Bar Selections

Will be served with a selection of salad.  
Apart from jacket potatoes and the rice, noodle or pasta pots, all dishes will be served with either chips, jacket wedges or herby diced potatoes.

Lindridge St Lawrence's  
CE Primary School

# Menu

September 2021 - July 2022



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

Education catering is our passion