

Week
Commencing

SCHOOL MENU - Balanced, nutritious and freshly prepared school meals

Jacket Potato Fillings - Cheese with beans, coleslaw, pineapple, tuna mayo & marinated chicken

05/09/2022
26/09/2022
17/10/2022

Week 1

MONDAY

Breaded Chicken Breast Steak or Falafel (v) & Noodles (with sweet & sour sauce)

Quorn & Potato Pie (v)

All served with Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

TUESDAY

Chicken Tikka Masala (with brown & white rice & naan bread)

Pizza (v) (with a selection of toppings & chips)

All served with Peas & Baked Beans

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

WEDNESDAY

Roast Beef with Yorkshire Pudding & Gravy

Quorn Vegan 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

Pork & Carrot Meatballs or Quorn Balls in Freshly made Tomato Sauce (v) (with penne pasta)

Cheese & Vegetable Stackers (v) (with herby diced potatoes)

All served with Green Beans & Sweetcorn

Toffee Cake & Custard, Fruit Salad or Yoghurt

FRIDAY

Selection of Fish or Vegetable Bake (v) (with garlic & herb wedges)

Selection of Wraps (v) (with garlic & herb wedges)

All served with Baked Beans & Peas

'Fruity Friday'

12/09/2022
03/10/2022

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 including Quorn Vegan Sausage (v)

Vegetable Burrito (v)

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

Apple Crumble & Custard, 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

Selection of Cookies or Cake, Fruit Salad or Yoghurt

THURSDAY

Beef Bolognese or Vegetable & Lentil Bolognese (v) (with pasta)

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

All served with Sweetcorn & Green Beans

Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt

FRIDAY

Selection of Fish or Vegetable Bake (v) (with baby potatoes or mash)

Mac 'n' Cheese (v)

All served with Baked Beans & Peas

'Fruity Friday'

19/09/2022
10/10/2022

Week 3

MONDAY

Beef Burger or Falafel (v) (served in a bun with a selection of fillings, onion, cheese & ketchup & herby pasta)

Pasta Neapolitan (v) (penne pasta in a tomato & hidden veg sauce with a cheese topping)

All served with Green Beans & Sweetcorn

Mini Doughnuts, Fruit Salad or Yoghurt

TUESDAY

Selection of Fish or Vegetable Bake (v) (with diced potatoes)

Vegetable Lasagne (v)

All served with Baked Beans & Peas

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

WEDNESDAY

Roast Pork with Apple Sauce & Gravy

Roast Quorn Fillet & Gravy (v)

All served with Roast Potatoes & Mash, Carrots & Broccoli

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

THURSDAY

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

Chickpea & Spinach Curry (v) (brown & white rice & naan bread)

All served with Baked Beans & Sweetcorn

Ginger & Orange Sponge & Custard, Fruit Salad or Yoghurt

FRIDAY

Selection of Fish or Vegetable Bake (v) (with chips or rice)

Mediterranean Omelette (v) (with chips)

All served with Peas & Carrots

'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

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

Monday	Chicken & Rice Pot Jacket Potato with Filling
Tuesday	Veggie Sausage, Bean & Pasta Pot Jacket Potato with Filling
Wednesday	Mac 'n' Cheese Jacket Potato with Filling
Thursday	Cheese & Tomato Melt Jacket Potato with Filling
Friday	Chicken Noodle Pot Jacket Potato with Filling

Monday	Breakfast Naan Jacket Potato with Filling
Tuesday	Breaded Chicken & Salad Flatbread Jacket Potato with Filling
Wednesday	Chicken Noodle Pot Jacket Potato with Filling
Thursday	Basil & Tomato Pasta Jacket Potato with Filling
Friday	French Bread Pizza Jacket Potato with Filling

Monday	Chicken Noodle Pot Jacket Potato with Filling
Tuesday	BBQ Not Dogs Jacket Potato with Filling
Wednesday	Bacon & Cheese Melt Jacket Potato with Filling
Thursday	Breaded Chicken & Salad Flatbread Jacket Potato with Filling
Friday	Chicken & Rice Pot Jacket Potato with Filling

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.

Warstones Primary School Menu

September 2022 - October 2022



Fresh DINING

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

Education catering is our passion