

**Week
Commencing**

Balanced and nutritious, freshly prepared school meals

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
with Freshly made Tomato
Sauce

Served with Penne
Pasta, Broccoli &
Sweetcorn

Chocolate or Vanilla Muffin
or Fruit Salad

TUESDAY

Selection of Fish

Served with Garlic & Herb
Wedges, Peas & Baked Beans

Vanilla Ice-cream or
Fruit Salad

WEDNESDAY

Roast Beef with Yorkshire
Pudding & Gravy

Served with Mash, Carrots,
Broccoli & Cauliflower

Selection of Cookies or
Fruit Salad

THURSDAY

Breaded Chicken Breast Steak
& Noodles

Served with Sweet & Sour
Sauce, Green Beans
& Sweetcorn

Vanilla Iced Sponge or
Fruit Salad

FRIDAY

Pizza (with a selection of
toppings & chips)

Served with Baked Beans
& Peas

'Fruity Friday'

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

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

Served with Sweetcorn
& Peas

Chocolate & Vanilla Mousse
or Fruit Salad

TUESDAY

Pork Sausages

Served with Chips,
Baked Beans & Broccoli

Vanilla Ice-cream
(with toffee sauce) or
Fruit Salad

WEDNESDAY

Roast Chicken & Gravy

Served with Mash,
Carrots, Cabbage & Leek &
Sweet Potato Bake

Selection of Cookies or
Fruit Salad

THURSDAY

Selection of Fish

Served with Baby Potatoes,
Baked Beans & Peas

Chocolate Sponge
or Fruit Salad

FRIDAY

Pizza (with a selection of
toppings & pasta)

Served with Sweetcorn
& Green Beans

'Fruity Friday'

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

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

Chocolate or Vanilla Cupcakes
or Fruit Salad

TUESDAY

Cottage Pie

Served with Green
Beans & Carrots

Mini Doughnuts or
Fruit Salad

WEDNESDAY

Roast Pork with Apple Sauce
& Gravy

Served with Mash,
Carrots, Broccoli &
Cauliflower Cheese

Selection of Cookies or
Fruit Salad

THURSDAY

Selection of Fish

Served with Chips or
Noodles, Peas & Baked Beans

Ginger & Orange Sponge
or Fruit Salad

FRIDAY

Pizza (with a selection of toppings
& jacket wedges)

Served with Sweetcorn
& Baked Beans

'Fruity Friday'

Monday: 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.

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.

St Thomas & St Anne's CE Primary School Menu

October 2020 - July 2021



Fresh DINING

Shire Services HEAD OFFICE
Shropshire Food Enterprise Centre,
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website: www.shropshire.gov.uk/shire.services



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

Education catering is our passion