

SCHOOL MENU - Nutritious and freshly prepared school meals

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

MENU Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Fish Fingers	Chicken Loaded Tray with choice of sauces	Roast Chicken & Gravy	Big Breakfast Bacon & Sausage	Selection of Pizzas (v)
Option 2	Cheese & Potato Pie (v)	Deli Pasta Pot (v)	Quorn Fillet (v) & Gravy	Vegan Breakfast Vegan Sausage	Beef Bolognaise
Option 3	Pasta Neapolitan (v)	Cheese & Tomato Melt (v)		Deli Pasta Pot (v)	
Served with	Mashed Potatoes, Peas, Baked Beans	Diced Potatoes, Sweetcorn, Baked Beans	Roast & Mashed Potatoes, Carrots, Broccoli	Hash Browns, Tomatoes & Baked Beans	Chips, Pasta, Peas, Baked Beans

12/09/2022
03/10/2022

MENU Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Fish Fillet	Beef Burger in a Bun with Tomato Sauce	Roast Beef, Yorkshire Pudding & Gravy	Sausages & Gravy	Selection of Pizzas (v)
Option 2	Vegetable Fingers (v)	Quorn Burger in a Bun with Tomato Sauce (v)	Vegan Sausage (vg), Yorkshire Pudding & Gravy	Vegan Sausage (vg) & Gravy	Deli Pasta Pot (v)
Option 3	Chicken Tikka Masala with Rice & Naan Bread	Deli Pasta Pot (v)		Mac 'n' Cheese with Garlic Bread (v)	
Served with	Mashed Potatoes, Baked Beans, Peas	Potato Wedges, Sweetcorn, Baked Beans	Roast & Mashed Potatoes, Carrots, Cauliflower	Mashed Potatoes, Peas, Sweetcorn	Chips, Pasta Baked Beans, Peas

19/09/2022
10/10/2022

MENU Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1	Fish Fingers	Hot Dogs with Onions & Tomato Sauce	Roast Chicken & Gravy	Hot Chicken Wraps	Selection of Pizzas (v)
Option 2	Vegetable Fingers	Deli Pasta Pot (v)	Quorn Fillet (v) & Gravy	Curried Quorn Wraps (v)	Deli Pasta Pot (v)
Option 3	Chicken Korma with Rice & Naan Bread	French Bread Pizza		Sausage Roll	
Served with	Mashed Potatoes, Peas, Baked Beans	Smiley Potatoes, Baked Beans, Sweetcorn	Roast & Mashed Potatoes, Carrots, Broccoli	Potato Wedges, Peas, Baked Beans	Chips, Pasta, Baked Beans, Sweetcorn

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

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 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 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.

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

County Bridge Primary School, Walsall

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

