

Week
Commencing

SCHOOL MENU - Balanced, nutritious and freshly prepared tasty 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 or Quorn Balls in a Freshly made Tomato Sauce (v)

All served with Buttered 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

Vanilla Ice-cream or Fruit Salad

WEDNESDAY

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

All served with Creamed Potatoes, Carrots & Cauliflower

Selection of Cookies or Cake, Fruit Salad or Yoghurt

THURSDAY

- Breaded Chicken Breast Steak
- Falafel (v)

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

Cupcakes, Fruit Salad or Yoghurt

FRIDAY

- Pizza (v) (with a selection of toppings)

Served with Chips Baked Beans & Peas

'Fruity Friday'

MONDAY

- Selection of Fish
- Vegetable Bake (v)

All served with Herby Diced Potatoes, Carrots & Peas

Chocolate or Vanilla Mousse, Cheese & Crackers or Fruit Salad

TUESDAY

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

Served with Peas & Sweetcorn

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

WEDNESDAY

- Sausage
- Linda McCartney Vegetable Sausage (v)

All served with Creamed Potatoes, Carrots & Broccoli

Selection of Cookies or Cake, Fruit Salad or Yoghurt

THURSDAY

- Breaded Chicken Breast Steak
- Mac 'n' Cheese (v)

All served with Buttered Pasta, Baked Beans & Peas

Chocolate Sponge, Fruit Salad or Yoghurt

FRIDAY

- Pizza (v) (with a selection of toppings)

Served with Chips, Sweetcorn & Green Beans

'Fruity Friday'

MONDAY

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

All served with Green Beans & Sweetcorn

Chocolate or Vanilla Cupcakes, Strawberry Mousse or Fruit Salad

TUESDAY

- Selection of Fish
- Vegetable Bake (v)

All served with Diced Potatoes Baked Beans & Peas

Mini Doughnuts, Fruit Salad or Yoghurt

WEDNESDAY

- Roast Chicken & Gravy
- Roast Quorn Fillet & Gravy (v)

All served with Mini Roast Potatoes, Carrots & Broccoli

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

THURSDAY

- Selection of Fish
- Vegetable Bake (v)

All served with Creamed Potatoes, Carrots & Peas

Cornflake Tart, Fruit Salad or Yoghurt

FRIDAY

- Pizza (v) (with a selection of toppings)

All served with Chips, Baked Beans & Sweetcorn

'Fruity Friday'

Available Daily: '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, 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.

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.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 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.



The Martin Wilson School Menu

October 2020 - July 2021



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

Education catering is our passion