

Shire Services, the school catering department of Shropshire Council, provides meals to primary and secondary schools in Shropshire. In addition we provide catering services to schools and colleges in the West Midlands and North Wales.

All dishes produced by Shire Services meet the government's 'Nutritional Standards' and are analysed using the 'SAFFRON Nutritional Analysis System'.

The menus adhere to the daily allowance guidelines for all 14 nutrients. Statistical information is available on the Shropshire School Meals website. www.shropshire.gov.uk/schoolmeals.nsf

Shire Services is committed to the Soil Association's 'Food for Life' initiative. Meals are prepared using fresh local ingredients. Fish products meet the 'Marine Stewardship Council' standards (MSC), and the ingredients used do not contain any of the 22 additives prohibited by Shropshire Council in school meals (see the 'Food for Life' website for further information). www.foodforlife.org.uk

Therefore, you can be confident that your child will receive a quality, nutritionally balanced school meal.

Special Diet Requests

We can cater for pupils with food intolerance. Please contact us on 01299 405133 for further details.

The price of a primary school meal is £2.10 per day.

You may qualify for **FREE SCHOOL MEALS**. Telephone: 01905 766182 for more information.

Where our food comes from:

- We actively source local suppliers and products, including free range eggs and farm assured produce.
- All meat and poultry products used in the menu are sourced from within the U.K., from Shropshire and the West Midlands, using local butchers and the U.K. Foodhall in Shrewsbury.
- Yoghurts are supplied by Muller of Market Drayton and cheese by Belton Farm of Whitchurch.
- Fruit and vegetables are supplied from both Shropshire and the West Midlands, when in season.



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shireservices
Dining in Education ●●

School Lunch Menu

September 2013 - July 2014

(3 Choice)

Fresh DINING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>WEEK</p> <p>1</p>	<p>Minted Shepherd's Pie Natural Oven Baked Fish Fingers Omelette Selection (v) Peas, Sweetcorn, Baked Beans Herby Diced Potatoes Crusty Bread Flapjack Selection Ice-cream Pot</p>	<p>Sausage Lattice & Gravy Chicken Biryani Vegetable Wrap (v) Green Beans, Carrots Naan Bread, Mashed Potatoes Marble Sponge & Chocolate Sauce Fruit Jelly</p>	<p>Sliced Roast Beef & Yorkshire Pudding Chicken Fajita Wrap Cheesy Pasta Bake (v) Seasonal Medley of Vegetables Mashed Potatoes, Roast Potatoes Chocolate Brownie Strawberry Sundae</p>	<p>Oven Baked Fish Fillet & Ketchup Spaghetti Bolognaise Crispy Vegetable Bites (v) Broccoli, Carrots & Sweetcorn Potato Wedges, Garlic Bread Madeleine Sponge & Custard Fruit Platter</p>	<p>Sticky BBQ Chicken Pizza Selection Vegetable Puff Pastry Parcel (v) Peas, Carrots, Baked Beans Chips, Savoury Rice Lemon Topped Bun Cookie Selection</p>	<p>Week 1 Commencing</p> <p>02/09/2013 30/09/2013 04/11/2013 02/12/2013 13/01/2014 10/02/2014 17/03/2014 28/04/2014 02/06/2014 30/06/2014</p>
<p>WEEK</p> <p>2</p>	<p>Natural Oven Baked Fish Fingers Chicken Korma & Naan Bread Pasta Neapolitan (v) Baked Beans, Green Beans, Carrots Herby Diced Potatoes, Rice Berry Sponge & Custard Chocolate Mousse with Marshmallows</p>	<p>Meatballs in Tomato Sauce Glazed Cottage Pie with Gravy Vegetable Chilli with Rice & Tortilla Chips (v) Sweetcorn, Peas Garlic Pasta, Mashed Potatoes Apple Crumble & Custard Selection of Cupcakes</p>	<p>Roast Chicken Fillet & Stuffing Natural Oven Baked Fish Fillet & Ketchup Macaroni Cheese (v) Seasonal Medley of Vegetables Mashed Potatoes, Roast Potatoes Flapjack Assortment Ice-cream Pot</p>	<p>Traditional Lasagne Turkey Grill Leek & Potato Frittata (v) Crunchy Green Salad Carrots, Sweetcorn Garlic Bread, Potato Wedges Baker's Basket Fruity Jelly</p>	<p>Oven Baked Pork Sausages Chilli-con-Carne with Tortilla Chips Margherita Pizza (v) Baked Beans Peas, Carrots Chips, Fluffy Boiled Rice Iced Chocolate & Orange Sponge Fruit Platter</p>	<p>Week 2 Commencing</p> <p>09/09/2013 07/10/2013 11/11/2013 09/12/2013 20/01/2014 24/02/2014 24/03/2014 05/05/2014 09/06/2014 07/07/2014</p>
<p>WEEK</p> <p>3</p>	<p>Chicken Korma & Naan Bread Oven Baked Fish Cake Tomato Ketchup Cheese and Potato Layer (v) Green Beans, Carrots Savoury Rice, Potato Wedges Vanilla Shortbread with Chocolate Sauce Strawberry Sundae</p>	<p>Minted Shepherd's Pie Sausage Lattice Tomato Pasta Bake (v) Peas, Sweetcorn Mashed Potatoes, Garlic Bread Syrup Sponge & Custard Ice-cream Pot</p>	<p>Roast Pork with Apple Sauce Chicken Fajita Wrap Veggie Toad in the Hole (v) Seasonal Medley of Vegetables Mashed Potatoes, Roast Potatoes Fruit Cheesecake Devon Split</p>	<p>Natural Oven Baked Fish Fillet Meatballs in Tangy Tomato Sauce Quorn Cottage Pie (v) Broccoli & Cauliflower, Baked Beans Herby Diced Potatoes, Penne Pasta Lemon Drizzle Cake Rice Pudding with Jam</p>	<p>Chicken & Ham Pie Hot Filled Wrap Selection Margherita Pizza (v) Carrots, Peas, Baked Beans Chips, Creamed Potatoes Patisserie Selection Fruit Platter</p>	<p>Week 3 Commencing</p> <p>16/09/2013 14/10/2013 18/11/2013 16/12/2013 27/01/2014 03/03/2014 31/03/2014 12/05/2014 16/06/2014 14/07/2014</p>
<p>WEEK</p> <p>4</p>	<p>Italian Pasta Bake Turkey Grill Cheese & Potato Pie (v) Peas, Carrots, Baked Beans Creamed Potatoes, Garlic Bread Chocolate Sponge & Chocolate Sauce Ice-cream Pot</p>	<p>Crispy Cod Bites & Tomato Ketchup Savoury Minced Beef Pie Vegetarian BBQ Sausage Wrap (v) Sweetcorn, Broccoli, Cauliflower Herby Diced Potatoes Mashed Potatoes Oaty Fruit Crumble & Custard Fruity Jelly</p>	<p>Toad in the Hole & Gravy Chicken Wrap Freshly Prepared Cheese Parcel (v) Baked Beans, Sweetcorn Green Beans Potato Wedges, New Potatoes Pineapple Frosted Sponge Assorted Pancakes</p>	<p>Roast Chicken Fillet, Stuffing & Gravy Natural Oven Baked Fish Fingers Pasta Neapolitan (v) Seasonal Medley of Vegetables Mashed Potatoes, Roast Potatoes Baker's Basket Chocolate & Mandarin Sundae</p>	<p>Chicken Tikka Masala with Naan Bread Ham Carbonara Margherita Pizza (v) Peas, Carrots Chips, Savoury Rice Chocolate Crackle Fruit Platter</p>	<p>Week 4 Commencing</p> <p>23/09/2013 21/10/2013 25/11/2013 06/01/2014 03/02/2014 10/03/2014 07/04/2014 19/05/2014 23/06/2014 21/07/2014</p>

Salad, fresh fruit and yoghurts are available daily. The menu may vary on promotional days.