

**Week**  
Commencing

# Balanced and nutritious, freshly prepared school meals

31/08/2020  
21/09/2020  
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 Freshly made Tomato Sauce (v) (with penne pasta)

All served with Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

### TUESDAY

Selection of Fish

All served with Garlic & Herb Wedges, Peas & Baked Beans

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

### WEDNESDAY

Roast Beef with Yorkshire Pudding & Gravy

All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower

Selection of Cookies or Cake, Fruit Salad or Yoghurt

### THURSDAY

Breaded Chicken Breast Steak & Noodles

All served with Green Beans & Sweetcorn

Toffee Cake & Custard, Fruit Salad or Yoghurt

### FRIDAY

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

All served with Baked Beans & Peas

'Fruity Friday'

07/09/2020  
28/09/2020  
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

Selection of Fish (with mash)

All served with Carrots & Peas

Cheese & Crackers, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt

### TUESDAY

Sausages including Linda McCartney Vegetable Sausage (v)

All served with Chips, Baked Beans & Broccoli

Apple Crumble & Custard, Vanilla Ice-cream (with toffee sauce) Fruit Salad or Yoghurt

### WEDNESDAY

Roast Chicken & Gravy

All served with Roast Potatoes & Mash, Carrots, Cabbage & Leek & Sweet Potato Bake

Selection of Cookies or Cake, Fruit Salad or Yoghurt

### THURSDAY

Selection of Fish (with baby potatoes)

All served with Baked Beans & Peas

Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt

### FRIDAY

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

All served with Sweetcorn & Green Beans

'Fruity Friday'

14/09/2020  
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 chips)

All served with Green Beans & Sweetcorn

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

### TUESDAY

Selection of Fish

All served with Diced Potatoes, Baked Beans & Peas

Mini Doughnuts, Fruit Salad or Yoghurt

### WEDNESDAY

Roast Pork with Apple Sauce & Gravy

All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese

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

### THURSDAY

Selection of Fish (with pasta)

All served with Peas & Carrots

Ginger Sponge & Custard, Fruit Salad or Yoghurt

### FRIDAY

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

All served with Baked Beans & Sweetcorn

'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

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](http://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 yoghurts 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.

# Cheswardine Primary School Menu

September 2021 - July 2021



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

Education catering is our passion