

Week 1

Monday

Seaside Fish Fillet
Free Range Cheese
& Red Onion Quiche (v)

Creamed Potatoes
Peas, Carrots
Fresh Bread & Salad

Iced Sponge & Custard

Tuesday

Italian Pasta Bake
*(Minced Beef in a freshly made
tomato sauce with pasta
and cheese topping)*

Pasta Neopolitan (v)
*(Pasta served in a freshly made
tomato sauce with a cheese topping)*

Fresh Bread Wedge
Sweetcorn, Green Beans
Fresh Bread & Salad

Chocolate Mousse Slice

Wednesday

Roast Pork with
Apple Sauce & Gravy
Mushroom & Quorn Plait (v)

Roast & Creamed Potatoes
Carrots, Broccoli
Cabbage
Fresh Bread

Flapjack with
Milkshake

Thursday

Bolognaise
Quorn Nuggets (v)

Baby Potatoes
Spaghetti, Carrots, Peas
Fresh Bread & Salad

Cookie

Friday

Pizza with a Selection
of Toppings

Chips
Salad Bar
Fresh Bread

Yoghurt

Menu Weeks

24/04/17	12/02/18
15/05/17	12/03/18
12/06/17	
03/07/17	
24/07/17	
18/09/17	
09/10/17	
06/11/17	
27/11/17	
01/01/18	
22/01/18	

Week 2

Monday

Chicken Curry with Naan Bread
*(Tender pieces of chicken
in a light curry sauce)*
Cauliflower & Sweet
Potato Curry (v)

Brown & White
Long Grain Rice
Peas, Sweetcorn
Fresh Bread & Salad

Raspberry Swirl & Custard

Wednesday

Roast Beef with Yorkshire
Pudding & Gravy
Vegetable Sausage with
Yorkshire Pudding & Gravy (v)

Roast & Creamed Potatoes
Carrots, Cabbage
Cauliflower
Fresh Bread

Chocolate Sponge with
Chocolate Sauce

Friday

Pizza with a Selection
of Toppings

Chips
Salad Bar
Fresh Bread

Yoghurt

Tuesday

Meatballs with Freshly made
Tomato Sauce
Quorn Balls with Freshly made
Tomato Sauce (v)

Pasta
Broccoli
Carrots
Fresh Bread & Salad

Cookie with Milkshake

Thursday

Freshly made Beef Pie
with Gravy
Freshly made Vegetable Pie
with Gravy (v)

Creamed Potatoes
Peas, Carrots
Fresh Bread & Salad

Jelly Sundae

Menu Weeks

01/05/17	26/02/18
22/05/17	19/03/18
19/06/17	
10/07/17	
04/09/17	
25/09/17	
16/10/17	
13/11/17	
04/12/17	
08/01/18	
29/01/18	

Week 3

Monday

Macaroni Cheese (v)

Fresh Bread Wedge
Green Beans
Sweetcorn
Fresh Bread & Salad

Strawberry
Mousse Slice

Wednesday

Roast Chicken with Gravy
Quorn Fillet with Gravy (v)

Roast & Creamed Potatoes
Carrots
Peas
Cauliflower Cheese
Fresh Bread

Cookie with
Milkshake

Friday

Pizza with a Selection
of Toppings

Chips
Salad Bar
Fresh Bread

Yoghurt

Tuesday

Beef Fajitas
Quorn Fajitas (v)

Jacket Wedges
Peas, Carrots
Fresh Bread & Salad

Ginger & Orange Sponge
with Custard

Thursday

Local Pork Sausages with
Gravy *(Gluten free option available)*
Vegetarian Sausage
with Gravy (v)

Creamed Potatoes
Carrots
Broccoli
Fresh Bread & Salad

Apple Crumble
& Custard

Menu Weeks

08/05/17	05/03/18
05/06/17	26/03/18
26/06/17	
17/07/17	
11/09/17	
02/10/17	
30/10/17	
20/11/17	
11/12/17	
15/01/18	
05/02/18	

Available daily: Freshly made bread, selection of salads, fresh fruit and assorted yoghurts as an alternative to dessert of the day. The menu may vary on promotional days. Additional vegetarian options are available on request.

Allergy information available on request.

Did you know?

- 75% of all meals are freshly prepared.
- 50% of produce is locally sourced.
- All meals are offered with salad, wholemeal bread and a vegetable selection.
- We use Red Tractor chicken, which guarantees safe, quality chicken which meets welfare standards.
- All fish used on our menus are Marine Stewardship Certified (MSC), meaning we only use compliant sustainable fisheries operating to high standards.
- We do not add salt to our dishes.
- All eggs are free range.
- All cakes and biscuits on offer are freshly-made.
- Once per menu cycle an assortment of fruit jelly, fresh fruit and yoghurt's are the only pudding option.
- All puddings are made from reduced sugar recipes and fresh fruit is available daily.
- Additional gluten free options can be available on request.
- Please be aware that our gluten free products are prepared and cooked in the same school kitchen as our non-gluten free products.



Allergen information

Details of allergens for each Shire Services' recipe are listed in our allergy guidance packs. Please contact the school Catering Manager to discuss any dietary requirements.

Why not join our team?

We offer job opportunities for employment in administration, catering and cleaning. All job vacancies are advertised at:

<https://shropshirejobs.engageats.co.uk>

Free school meals?

You may qualify for free school meals. Telephone 0345 678 9000 for further information.



Head Office

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The Food Enterprise Centre
Battlefield Enterprise Park
Shrewsbury
SY1 3TG

Follow us on Facebook as 'Shire Services' and Twitter as 'Shropschoolmeal'



Local Food Freshly Made!

Kingswood Trust
Lunch Menu
April 2017 - March 2018



LOCAL seasonal
traceable healthy
TASTY free range
SUSTAINABLE **FRESH**

