

Week
Commencing

SCHOOL MENU - Balanced, nutritious and freshly prepared tasty meals

Jacket Potato Fillings – Cheese with beans, coleslaw, pineapple, tuna mayo & marinated chicken

30/08/2021
20/09/2021
11/10/2021
08/11/2021
29/11/2021
03/01/2022
24/01/2022
14/02/2022
14/03/2022
04/04/2022
09/05/2022
06/06/2022
27/06/2022
18/07/2022

Week 1

MONDAY

Big Breakfast (with sausage, bacon scrambled egg, hash brown, mushrooms)

Big Vegetarian Breakfast (v) (vegetable sausage, scrambled egg, hash brown & mushrooms)

All served with Baked Beans & Peas

Cheese & Crackers, Vanilla Ice Cream, Fruit Salad or Yoghurt

TUESDAY

Selection of Fish or Vegetable Bake (v) (with garlic & herb wedges)

Selection of Wraps (with garlic & herb wedges or wholemeal pasta)

All served with Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

WEDNESDAY

Roast Beef with Yorkshire Pudding & Gravy

Quorn Vegan Sausage in a Yorkshire Pudding with Gravy (v)

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

Selection of Cookies or Cake, Fruit Salad or Yoghurt

THURSDAY

Breaded Chicken Breast Steak or Vegan Nuggets (v) (with noodles or mash & sweet & sour sauce)

Quorn & Potato Pie (v)

All served with Green Beans & Sweetcorn

Toffee Cake & Custard, Fruit Salad or Yoghurt

FRIDAY

Chicken Tikka Masala (with brown & white rice & naan bread)

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

All served with Baked Beans & Peas

'Fruity Friday'

06/09/2021
27/09/2021
18/10/2021
15/11/2021
06/12/2021
10/01/2022
31/01/2022
28/02/2022
21/03/2022
25/04/2022
16/05/2022
13/06/2022
04/07/2022

Week 2

MONDAY

Selection of Fish or Vegetable Bake (v) (with mash or herby diced potatoes)

Cheese & Red Onion Quiche (v)

All served with Carrots & Peas

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

TUESDAY

Sausages including Quorn Vegan Sausage (v) Vegetable Burrito (v)

All served with Chips or Jacket Potato, Baked Beans & Broccoli

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

WEDNESDAY

Roast Chicken & Gravy

Roasted Quorn Fillet (v)

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 or Vegetable Bake (v) (with baby potatoes or noodles)

Mac 'n' Cheese (v)

All served with Baked Beans & Peas

Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt

FRIDAY

Beef Bolognese (v) (with pasta)

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

All served with Sweetcorn & Green Beans

'Fruity Friday'

13/09/2021
04/10/2021
01/11/2021
22/11/2021
13/12/2021
17/01/2022
07/02/2022
07/03/2022
28/03/2022
02/05/2022
23/05/2022
20/06/2022
11/07/2022

Week 3

MONDAY

Beef Burger or Quorn Southern Style Burger (v) (served in a bun with a selection of fillings, onion, cheese, ketchup & pasta)

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

All served with Green Beans & Sweetcorn

Mini Doughnut, Fruit Salad or Yoghurt

TUESDAY

Selection of Fish or Vegetable Bake (v) (with mash or diced potatoes)

Vegetable Lasagne (v)

All served with Baked Beans & Peas

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

WEDNESDAY

Roast Pork with Apple Sauce & Gravy

Roast Quorn Fillet & Gravy (v)

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

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

THURSDAY

Selection of Fish or Vegetable Bake (v)

Mediterranean Omelette (v)

All served with Chips or Pasta, Peas & Carrots

Ginger & Orange Sponge & Custard, Fruit Salad or Yoghurt

FRIDAY

Pizza (with a selection of toppings & jacket wedges)

Quorn Chilli (v) (with brown & white rice)

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, 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

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

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.

Deli Options KS2 ONLY

Monday	Jacket Potato with Filling Meatball Sub
Tuesday	Jacket Potato with Filling Curry & Rice Pot
Wednesday	French Bread Pizza Marinated Chicken Noodle Pot
Thursday	Jacket Potato with Filling Marinated Chicken Flatbread
Friday	Jacket Potato with Filling Veggie Sausage & Bean Pot

Monday	Jacket Potato with Filling Breaded Chicken Flatbread
Tuesday	Jacket Potato with Filling Cheese & Tomato Melt
Wednesday	Chicken Wrap French Bread Pizza
Thursday	Jacket Potato with Filling Veggie Sausage, Mash & Sweetcorn
Friday	Jacket Potato with Filling Curry & Rice Tortilla Boat

Monday	Jacket Potato with Filling Sausage Mash & Beans
Tuesday	Jacket Potato with Filling BBQ Chicken Wrap
Wednesday	Jacket Potato with Filling French Bread Pizza
Thursday	Jacket Potato with Filling Chicken & Rice Pot
Friday	Tomato & Vegan Sausage Pasta Pot Marinated Chicken Flatbread

All Deli Bar Selections

Will be served with a selection of salad.
Apart from jacket potatoes and the rice, noodle or pasta pots, all dishes will be served with either chips, jacket wedges or herby diced potatoes.

Fallings Park Primary School Menu

September 2021 - July 2022



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

Education catering is our passion