

**Week  
Commencing**

# SCHOOL MENU - Balanced, nutritious and freshly prepared tasty 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)

Cheese & Vegetable Stackers (v) (with diced potatoes)

All served with Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

### TUESDAY

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

Selection of Wraps (v) (with garlic & herb wedges)

All served with Peas & Baked Beans

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

### WEDNESDAY

Roast Beef or Roast Chicken with Yorkshire Pudding & Gravy

Linda McCartney Vegetable 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 Falafel (v) & Noodles (with 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'

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 or Vegetable Bake (v) (with mash or pasta)

Cheese & Potato Pie (v)

All served with Carrots & Peas

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

### TUESDAY

Sausages including Linda McCartney Vegetable 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 or Vegetable & Lentil Bolognese (v) (with pasta)

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

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

All served with Green Beans & Sweetcorn

Mini Doughnut, Strawberry Mousse, Fruit Salad or Yoghurt

### TUESDAY

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

Vegetable Lasagne (v)

All served with Baked Beans & Peas

Chocolate or Vanilla Cupcakes, Fruit Salad or Yoghurt

### WEDNESDAY

Roast Pork with Apple Sauce or Chicken & 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) (with chips or rice)

Mediterranean Omelette (v)

All served with Peas & Carrots

Ginger & Orange Sponge with Custard, Fruit Salad or Yoghurt

### FRIDAY

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

Chickpea & Spinach Curry (v) (with brown & white rice & naan bread)

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

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).

## 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.

- Every Friday an assortment of fresh fruit and yoghurt's is the only pudding option.
- The menu may change to reflect seasonal fruit and vegetables.
- Our menus meet the Food for Life Silver standard.



## Deli Options

Monday	French Bread Pizza
Tuesday	Breaded Chicken & Salad Flatbread
Wednesday	Tomato & Basil Pasta Pot
Thursday	Fish with Mash & Baked Beans
Friday	Jacket Potato with Cheese & Beans

Monday	Marinated Chicken Filled Flatbread
Tuesday	Jacket Potato with Assorted Fillings
Wednesday	BBQ Quorn & Cheese Melt
Thursday	Tomato & Vegetarian Sausage Pasta Pot
Friday	Quorn Meatball Sub

Monday	Chicken Pasta Pot
Tuesday	Veggie Sausage, Mash & Beans
Wednesday	Jacket Potato with Assorted Fillings
Thursday	Seaside Fish Fillet Flatbread with Lemon Mayo
Friday	Chicken Curry & Rice Tortilla Boat

## 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.

# West Park Primary School Menu

September 2020 - July 2021



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

Education catering is our passion