

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.

Shire Services HEAD OFFICE
Shropshire Food Enterprise Centre,
Battlefield Enterprise Park,
Shrewsbury, SY1 3TG.
Tel: 01743 250250
e-mail: shire-services@shropshire.gov.uk
website: www.shropshire.gov.uk/shire-services

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 yoghurt's 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.



Bomere Heath CE 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

Week
Commencing

Balanced and nutritious, freshly prepared school meals

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| <p>31/08/2020 21/09/2020 12/10/2020 09/11/2020 30/11/2020 04/01/2021 23/01/2021 22/02/2021 15/03/2021 19/04/2021 10/05/2021 07/06/2021 28/06/2021 19/07/2021</p> | <p>MONDAY</p> <p>Pork & Carrot Meatballs Quorn Balls in Freshly made Tomato Sauce (V)</p> <p>All served with Penne Pasta, Broccoli & Sweetcorn</p> <p>Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt</p> | <p>TUESDAY</p> <p>Selection of Fish or Selection of Wraps (V)</p> <p>All served with Garlic & Herb Wedges, Peas & Baked Beans</p> <p>Cheese & Crackers, Vanilla Ice-cream, Fruit Salad or Yoghurt</p> | <p>WEDNESDAY</p> <p>Roast Beef with Yorkshire Pudding & Gravy Linda McCartney Vegetable Sausage in a Yorkshire Pudding with Gravy (V)</p> <p>All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower</p> <p>Selection of Cookies or Cake, Fruit Salad or Yoghurt</p> | <p>THURSDAY</p> <p>Breaded Chicken Breast Steak or Falafel (V) & Noodles (with sweet & sour sauce) Quorn & Potato Pie (V)</p> <p>All served with Green Beans & Sweetcorn</p> <p>Toffee Cake & Custard, Fruit Salad or Yoghurt</p> | <p>FRIDAY</p> <p>Jacket Potato with Tuna Mayo Pizza (V) (with a selection of toppings & chips)</p> <p>All served with Baked Beans & Peas</p> <p>Fruity Friday!</p> |
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| <p>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</p> | <p>MONDAY</p> <p>Chicken Tikka Masala (with brown & white rice & naan bread) Linda McCartney Vegetable Sausage (V) (with toast)</p> <p>All served with Carrots & Peas</p> <p>Cheese & Crackers, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt</p> | <p>TUESDAY</p> <p>Sausages (with chips or jacket potato) Cheese & Potato Pie (V)</p> <p>All served with Baked Beans & Broccoli</p> <p>Apple Crumble & Custard, Vanilla Ice-cream (with toffee sauce) Fruit Salad or Yoghurt</p> | <p>WEDNESDAY</p> <p>Roast Chicken & Gravy Roasted Quorn Filled (V)</p> <p>All served with Roast Potatoes & Mash, Carrots & Cabbage</p> <p>Selection of Cookies or Cake, Fruit Salad or Yoghurt</p> | <p>THURSDAY</p> <p>Selection of Fish (with baby potatoes) Mac 'n' Cheese (V)</p> <p>All served with Baked Beans & Peas</p> <p>Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt</p> | <p>FRIDAY</p> <p>Beef Bolognese (with pasta) Pizza (with a selection of toppings & jacket wedges)</p> <p>All served with Sweetcorn & Green Beans</p> <p>Fruity Friday!</p> |
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| <p>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 24/06/2021 21/06/2021 12/07/2021</p> | <p>MONDAY</p> <p>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)</p> <p>All served with Green Beans & Sweetcorn</p> <p>Chocolate or Vanilla Cupcakes, Strawberry Mousse, Fruit Salad or Yoghurt</p> | <p>TUESDAY</p> <p>Selection of Fish (with diced potatoes) Vegetable Lasagne (V)</p> <p>All served Baked Beans & Peas</p> <p>Mini Doughnuts, Fruit Salad or Yoghurt</p> | <p>WEDNESDAY</p> <p>Roast Pork with Apple Sauce & Gravy Roast Quorn Fillet & Gravy (V)</p> <p>All served with Roast Potatoes & Mash, Carrots & Broccoli</p> <p>Selection of Cookies, Cheese & Crackers, Fruit Salad & Yoghurt</p> | <p>THURSDAY</p> <p>Selection of Fish (with chips or rice) Mediterranean Omelette (V)</p> <p>All served with Peas & Carrots</p> <p>Iced Sponge & Custard, Fruit Salad or Yoghurt</p> | <p>FRIDAY</p> <p>Pizza (V) (with a selection of toppings & jacket wedges) Chickpea & Spinach Curry (V) (with brown & white rice & naan bread)</p> <p>All served with Baked Beans & Sweetcorn</p> <p>Fruity Friday!</p> |
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Week 3

Week 2

Week 1

Avoidable 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.