

Week
Commencing

Balanced and nutritious, freshly prepared school meals

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 Pork & Carrot Meatballs in a Freshly made Tomato Sauce Quorn Balls in a Freshly made Tomato Sauce (v) All served with Penne Pasta, Broccoli & Sweetcorn Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt	TUESDAY Chicken Tikka Masala (with brown & white rice & naan) Sweet & Sour Quorn (with brown & white rice) (v) All served with Peas & Baked Beans Cheese & Crackers, Selection of Ice-cream, 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 & Noodles (with sweet & sour sauce) Quorn & Potato Pie (v) All served with Green Beans & Sweetcorn Toffee Cake & Custard, Fruit Salad or Yoghurt	FRIDAY Pizza (v) Selection of Fish All served with Chips, 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 BBQ Chicken (with pasta) Vegetable Bake (v) (with pasta) All served with Carrots & Peas Cheese & Crackers, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt	TUESDAY Pork Sausage Quorn Vegan 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 Roasted Quorn Fillet (v) All served with Roast Potatoes & Mash, Carrots & Cabbage & Broccoli Selection of Cookies or Cake, Fruit Salad or Yoghurt	THURSDAY Beef Bolognese (with pasta) Mac 'n' Cheese (v) All served with Baked Beans & Peas Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt	FRIDAY Marinated Chicken Wrap Pizza (v) All served with Jacket Wedges, 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 Selection of Fish (with chips or rice) Pasta Neapolitan (v) (penne pasta in a tomato & hidden veg sauce with a cheese topping) All served with Green Beans & Sweetcorn Chocolate or Vanilla Cupcakes, Strawberry Mousse, Fruit Salad or Yoghurt	TUESDAY Beef Burger in a Bun Marinated Chicken Salad or Cheese Salad Wraps (v) All served with Wedges, Baked Beans & Peas Mini Doughnuts, Fruit Salad or Yoghurt	WEDNESDAY Roast Pork with Apple Sauce & Gravy Roast Quorn Fillet & Gravy (v) All served with Roast Potatoes & Mash, Carrots & Broccoli Selection of Cookies, Cheese & Crackers, Fruit Salad or Yoghurt	THURSDAY Breaded chicken (with herby diced potatoes) Tuna & Sweetcorn Pasta Bake All served Peas & Carrots Iced Sponge & Custard, Fruit Salad or Yoghurt	FRIDAY Pizza (with chips) Falafel (v) (served in a bun) 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

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

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 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.

Shire Services HEAD OFFICE
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website: www.shropshire.gov



Bomere Heath CE 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