

Week
Commencing

Balanced and nutritious, freshly prepared school meals

29/04/19
20/05/19
17/06/19
08/07/19
09/09/19
30/09/19
21/10/19
18/11/19
09/12/19
13/01/20
03/02/20
02/03/20
23/03/20

Week 1

MONDAY

MAINS
Fish Fillet (with tomato ketchup)
Vegetable Chilli (v)

Herby Diced Potatoes, Brown & White Rice, Sweetcorn, Peas & Carrots

DESSERT
Frozen Yoghurt

TUESDAY

MAINS
Pork & Carrot Meatballs in a freshly made Tomato Sauce
Cheese & Potato Pie (v)

Jacket Wedges, Pasta, Baked Beans, Peas & Cauliflower

DESSERT
Apple Flapjack

WEDNESDAY

MAINS
Roast Chicken & Gravy
Linda McCartney Vegetable Sausage in a Yorkshire Pudding (v)

Roast & Mash, Medley of Fresh Vegetables

DESSERT
Fruit Salad & Natural Yoghurt

THURSDAY

MAINS
Lasagne
Tortilla Cheese Quiche (v)

Garlic Bread, Mash, Green Beans, Carrots & Peas

DESSERT
Rice Pudding & Fruit Coulis

FRIDAY

MAINS
Breaded Chicken Breast Steak (with sweet & sour sauce)
Pizza (v) (with a selection of toppings)

Noodles, Chips, Baked Beans, Sweetcorn & Peas

DESSERT - Fruity Friday
Fruit Salad with Natural Yoghurt, Fruit Platter, Fruit Jelly

06/05/19
03/06/19
24/06/19
15/07/19
16/09/19
07/10/19
04/11/19
25/11/19
16/12/19
20/01/20
10/02/20
09/03/20
30/03/20

Week 2

MONDAY

MAINS
Pasta Neapolitan
Linda McCartney Vegetable Sausage & Gravy (v)

Garlic Bread, Mash, Baked Beans, Green Beans & Sweetcorn

DESSERT
Pancakes & Mixed Berries

TUESDAY

MAINS
Shepherd's Pie
Mediterranean Omelette (v)

Herby Diced Potatoes, Fresh Bread, Broccoli, Sweetcorn & Carrots

DESSERT
Pineapple Cake

WEDNESDAY

MAINS
Roast Chicken with Gravy
Vegetable Lasagne (v)

Roast & Mash, Carrots, Peas & Cauliflower Cheese

DESSERT
Fruit Salad & Natural Yoghurt

THURSDAY

MAINS
Fish Fillet
Mac 'n' Cheese (v)

Mash, Garlic Bread, Green Beans, Sweetcorn & Carrots

DESSERT
Frozen Yoghurt

FRIDAY

MAINS
Bacon Carbonara
Pizza (with a selection of toppings)

Chips, Fresh Bread, Baked Beans, Peas & Sweetcorn

DESSERT - Fruity Friday
Fruit Salad with Natural Yoghurt, Fruit Platter, Mango Sorbet & Fruit Jelly

13/05/19
10/06/19
01/07/19
02/09/19
23/09/19
14/10/19
11/11/19
02/12/19
06/01/20
27/01/20
24/02/20
16/03/20

Week 3

MONDAY

MAINS
Fish Fingers
Quorn Tikka Masala (v)

Mash, Brown & White Rice, Broccoli, Sweetcorn & Cauliflower

DESSERT
Frozen Yoghurt

TUESDAY

MAINS
Sausages & Gravy
Omelette (v)

Jacket Wedges, Pasta, Baked Beans, Green Beans & Sweetcorn

DESSERT
Apple Flapjack

WEDNESDAY

MAINS
Roast Beef with Yorkshire Pudding & Gravy
Cheese & Vegetable Parcel (v)

Roast & Mash, Carrots, Cabbage & Peas

DESSERT
Fruit Salad & Natural Yoghurt

THURSDAY

MAINS
Chicken Korma
Vegetable Hotpot (v)

Brown & White Rice, Herby Diced Potatoes, Sweetcorn, Peas & Cauliflower Cheese

DESSERT
Lemon Cake

FRIDAY

MAINS
Organic Mexican Stew
Pizza (with a selection of toppings)

Brown & White Rice, Chips, Baked Beans, Broccoli & Carrots

DESSERT - Fruity Friday
Fresh Fruit Salad & Natural Yoghurt, Fruit Platter, Fruit Salad & Mango Sorbet

Available Daily - Freshly made bread, selection of salads, fresh fruit and assorted yoghurts as an alternative to the dessert of the day. The menu may vary on promotional days.

Food Allergen & Intolerance Information - Before ordering speak to our staff about your requirements.

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 'Guarantee' element of State Pension Credit
- Child Tax Credit
- Working Tax Credit

To apply for free school meals please visit:
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.

- During every menu cycle we have one meat free day.
- Every Friday an assortment of fresh fruit and yoghurt's is the only pudding option.



Deli Bar Options

Monday	Pasta Neapolitan
Tuesday	Chicken Korma, Rice & Naan Bread
Wednesday	Cheese & Tomato Melt
Thursday	Hot Chicken Wrap
Friday	Meatball Sub

Monday	Deli Fish Wrap
Tuesday	Tomato & Basil Pasta with Garlic Bread
Wednesday	Tuna & Cheese Melt
Thursday	Chicken Tikka, Rice & Naan Bread
Friday	Chilli con Carne with Rice

Monday	Cheesy Pasta Bake
Tuesday	Chicken Katsu Curry
Wednesday	Vegetarian Sausage & Pasta Pot
Thursday	Seaside Fish Fillet Flatbread
Friday	Hot Chicken & Rice Wrap

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.

Perdiswell Primary School Menu

April 2019 - April 2020



Fresh DINING

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

Education catering is our passion