

Week
Commencing

Balanced and nutritious, freshly prepared school meals

05/10/2020
19/10/2020
09/11/2020
23/11/2020
07/12/2020

Week 1

MONDAY

Pork & Carrot Meatballs in a Freshly-made Tomato Sauce

Quorn Balls in a Freshly-made Tomato Sauce (v)

Packed Lunch (Cheese)

All served with Pasta, Broccoli & Sweetcorn

Assorted Muffins
Yoghurt

TUESDAY

Fish Fingers

Vegetable Bake (v)

Packed Lunch (Ham)

All served with Potato Wedges, Peas & Baked Beans

Vanilla Ice-cream
Fruit salad

WEDNESDAY

Roast Chicken & Gravy

Quorn Fillet & Gravy (v)

Packed Lunch (Tuna)

All served with Roast & Mashed Potatoes, Carrots & Broccoli

Assorted Cookies
Yoghurts

THURSDAY

Beef Bolognese with Spaghetti

Vegetable Bolognese with Spaghetti (v)

Packed Lunch (Cheese)

All served with Freshly-made Bread Slice, Green Beans & Sweetcorn

Iced Sponge
Yoghurts

FRIDAY

Cheese & Tomato Pizza (v)

Jacket Potatoes with Cheese (v)

Packed Lunch (Ham)

All served with Chips, Baked Beans & Peas

Fruity Friday
Jelly

12/10/2020
02/11/2020
16/11/2020
30/11/2020
14/12/2020

Week 2

MONDAY

Battered Fish Fillet

Mac 'n' Cheese (v)

Packed Lunch (Ham)

All served with Diced Potatoes, Carrots & Broccoli

Chocolate & Vanilla Mousse
Fruit Salad

TUESDAY

Pork Sausage

Linda McCartney Vegetarian Sausage (v)

Packed Lunch (Tuna)

All served with Mashed Potatoes, Peas & Baked Beans

Assorted Cookies
Yoghurts

WEDNESDAY

Roast Chicken Gravy

Quorn Fillet Gravy (v)

Packed Lunch (Cheese)

All served with Roast & Mashed Potatoes, Carrots & Cabbage

Mini Doughnuts
Fruit Salad

THURSDAY

Breaded Chicken Steak (with sweet & sour sauce)

Pasta Neapolitan (v)

Packed Lunch (Cheese)

All served with Noodles, Green Beans & Sweetcorn

Iced Sponge
Yoghurts

FRIDAY

Pizza

Jacket Potatoes with Cheese (v)

Packed Lunch (Ham)

All served with Chips, Baked Beans & Peas

Fruity Friday
Jelly

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

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 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.

Ludlow Primary School Menu

October - December 2020



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

Education catering is our passion

