

**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
Selection of Fish or Vegetable Bake (v) (with mash or jacket potato)
Green Thai Quorn (v) (with noodles)
All served with Sweetcorn & Baked Beans

DESSERT
Selection of Cookies

TUESDAY

MAINS
Sausages (with jacket wedges or wholemeal pasta)
Vegetable & Lentil Bolognese (v) (with wholemeal pasta)
All served with Baked Beans & Peas

DESSERT
Chocolate Sponge with Chocolate Sauce

WEDNESDAY

MAINS
Roast Chicken & Gravy
Cheese, Onion & Potato Pie (v)
All served with Roast Potatoes & Mash, Carrots, Broccoli, Leek & Sweet Potato Bake

DESSERT
Lemon Drizzle Slice

THURSDAY

MAINS
Hot Chicken Wrap or Curried Quorn Wrap (v) (with salad & cucumber, mint & yoghurt dressing)
Pasta Neapolitan (v) (pasta served in a freshly made tomato sauce with a cheese topping)
All served with Carrots & Peas

DESSERT
Apple Crumble & Custard

FRIDAY

MAINS
Beef Pie & Gravy (with chips or baby potatoes)
Pizza (with a selection of toppings & chips or baby potatoes)
All served with Green Beans & Sweetcorn

DESSERT - Fruity Friday
Fruit Platter, Fruit Salad with Natural Yoghurt or 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
Selection of Fish or Vegetable Bake (v) (with chips or herby pasta)
Quorn Balls in freshly made Tomato Sauce (v) (with herby pasta)
All served with Sweetcorn & Baked Beans

DESSERT
Iced Vanilla Sponge & Custard

TUESDAY

MAINS
Cowboy Pie (v) (slices of vegetarian sausage in a tangy sauce with baked beans, topped with mashed potato)
Mac 'n' Cheese (v)
All served Peas & Carrots

DESSERT
Mini Doughnut with Toffee Drizzle

WEDNESDAY

MAINS
Roast Pork with Apple Sauce & Gravy
Roasted Quorn Fillet with Gravy (v)
All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese

DESSERT
Blueberry Muffin or Cupcake

THURSDAY

MAINS
Beef Bolognese (with spaghetti)
Sweet Potato & Red Pepper or Cheesy Potato & Beans Tortilla (v) (with baby potatoes)
All served with Baked Beans or Peas

DESSERT
Selection of Cookies

FRIDAY

MAINS
Pulled Pork in a Yorkshire Pudding & Gravy (with mash or jacket wedges)
Pizza (with a selection of toppings & jacket wedges)
All served with Sweetcorn & Broccoli

DESSERT
Fruity Friday - Fresh Fruit Salad with Natural Yoghurt, Fruit Jelly or Mango Sorbet

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
Pork & Carrot Meatballs in a freshly made Tomato Sauce (with penne pasta)
Potato, Cheese & Herb Plait (v)
All served with Baked Beans & Peas

DESSERT
Toffee Cake & Custard

TUESDAY

MAINS
Selection of Fish (with baby potatoes or herby pasta)
Pasta Neapolitan (v)
All served with Sweetcorn & Broccoli

DESSERT
Chocolate Brownie

WEDNESDAY

MAINS
Roast Beef with Yorkshire Pudding & Gravy
Linda McCartney Vegetable Sausage in a Yorkshire Pudding with Gravy (v)
All served with Roast Potatoes & Mash, Carrots, Cabbage & Cauliflower

DESSERT
Rice Pudding (with jam or sultanas) or Iced Bun

THURSDAY

MAINS
Selection of Fish or Vegetable Bake (v) (with chips or jacket potato)
Five Bean Chilli (v) (mixed beans cooked in a spicy tomato sauce with brown & white rice)
All served with Baked Beans & Carrots

DESSERT
Apple Flapjack

FRIDAY

MAINS
Chicken Tikka Masala (with brown & white rice & naan bread)
Pizza (with a selection of toppings & jacket wedges)
All served with Sweetcorn & Peas

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

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.

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

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	French Bread Pizza
Tuesday	Selection of Tortilla Wraps
Wednesday	Jacket Potato with Assorted Fillings
Thursday	Bacon & Cheese Melt
Friday	Selection of Filled Deli Rolls

Monday	Selection of Filled Deli Rolls
Tuesday	French Bread Pizza
Wednesday	Jacket Potato with Assorted Fillings
Thursday	Selection of Filled Deli Rolls
Friday	Fish Finger Wrap

Monday	Breaded Chicken, Lettuce & Mayo Wrap
Tuesday	Deli Roll Selection
Wednesday	Jacket Potato with Selection of Fillings
Thursday	Meatball & Pasta Deli Pot
Friday	Selection of Filled Deli Rolls

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.

Ludlow Junior 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