

Week
Commencing

Balanced and nutritious, freshly prepared school meals

31/08/2020
21/09/2020
12/10/2020
09/11/2020
30/11/2020
04/01/2021
25/01/2021
22/02/2021
15/03/2021
19/04/2021
10/05/2021
07/06/2021
28/06/2021
19/07/2021

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

Selection of Fish
Vegetable Bake (v)

All served with Garlic & Herb
Wedges, Peas & Baked Beans

Cheese & Crackers, Vanilla
Ice-cream, Fruit Salad or
Yoghurt

WEDNESDAY

Roast Beef with Yorkshire
Pudding & Gravy
Linda McCartney Vegetable
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
Falafel & Noodles (v)

All served with Sweet
& Sour Sauce, Green Beans
& Sweetcorn

Toffee Cake & Custard, Fruit
Salad or Yoghurt

FRIDAY

Chicken Tikka Masala
(with brown & white rice &
naan bread)
Pizza (v) (with a selection of
toppings & chips)

All served with Baked Beans
& Peas

'Fruity Friday'

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

Week 2

MONDAY

Mac 'n' Cheese (v)

Served with Sweetcorn
& Peas

Apple Crumble & Custard,
Chocolate & Vanilla Mousse,
Fruit Salad or Yoghurt

TUESDAY

Pork Sausages Linda McCartney
Vegetarian Sausage (v)

All served with Chips or
Jacket Potato, Baked
Beans & Broccoli

Cheese & Crackers, 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 & Leek & Sweet
Potato Bake

Selection of Cookies or
Cake, Fruit Salad or Yoghurt

THURSDAY

Selection of Fish
Vegetable Bake (v)

All served with Baby
Potatoes, Baked Beans &
Peas

Chocolate Sponge &
Chocolate Sauce, Fruit Salad
or Yoghurt

FRIDAY

Beef Bolognese
Vegetable & Lentil
Bolognese (v)

All served with Pasta,
Sweetcorn & Green Beans

'Fruity Friday'

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
24/05/2021
21/06/2021
12/07/2021

Week 3

MONDAY

Beef Burger
Falafel (v)

All served in a bun with a
selection of fillings: onion,
cheese & ketchup, with Baked
Beans & Sweetcorn

Chocolate & Vanilla Cupcakes,
Strawberry Mousse, Fruit Salad
or Yoghurt

TUESDAY

Lasagne
Vegetable Lasagne (v)

All served with Fresh Bread,
Green Beans & Carrots

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 &
Cauliflower Cheese

Selection of Cookies, Cheese
& Crackers, Fruit Salad or
Yoghurt

THURSDAY

Selection of Fish
Vegetable Bake (v)

All served with Chips or
Noodles, Peas & Baked Beans

Ginger & Orange Sponge
& Custard, Fruit Salad or
Yoghurt

FRIDAY

Pizza (v) (with a selection of
toppings & jacket wedges)

Served with Sweetcorn
& Baked Beans

DESSERT

'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

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.

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.

- Every Friday an assortment of fresh fruit and yoghurt's is the only pudding option.
- The menu may change to reflect seasonal fruit and vegetables.
- Our menus meet the Food for Life Silver standard.



Deli Bar Options KS2 ONLY

Monday	French Bread Pizza
Tuesday	Chicken Pasta Pot
Wednesday	Jacket Potato with Cheese & Coleslaw
Thursday	Selection of Filled Wraps (tuna mayo, cheese & ham salad)
Friday	Jacket Potato with Cheese or Tuna Mayo

Monday	French Bread Pizza
Tuesday	Tomato & Basil Pasta Pot
Wednesday	Jacket Potato with Cheese & Coleslaw
Thursday	Hot Chicken Wrap
Friday	Jacket Potato with Cheese

Monday	Tomato & Basil Pasta
Tuesday	French Bread Pizza
Wednesday	Jacket Potato with Cheese & Coleslaw
Thursday	Selection of Wraps
Friday	Jacket Potato with Tuna Mayo or Cheese

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, herby diced potatoes or pasta.

Weston Rhyn Primary School Menu

September 2020 - July 2021



Fresh DINING

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

Education catering is our passion