

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.

Shire Services HEAD OFFICE
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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
- ▶ During every menu cycle we have one meat free day.
- ▶ 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's 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 Bronze standard.

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.

Tilstock CE Primary School Menu

April 2019 - July 2019



Fresh DINING

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

Education catering is our passion



Week 1



Jacket Potato with choice of topping available daily as an alternative to the main course: Toppings: *Baked Beans, Coleslaw, Grated Cheese*

Monday

Chicken Bites
Herby Diced Potatoes
Mixed Salad
Baked Beans

Iced Sponge
Custard

Tuesday

Beef Lasagne
Potato Wedges
Carrots
Green Beans

Strawberry
Mousse Slice

Wednesday

Roast Beef & Gravy
Yorkshire Pudding
Roast & Creamed
Potatoes
Seasonal Vegetables

Fruit Salad

Thursday

Chicken Korma
& Rice
Cucumber & Tomato
Sweetcorn

Chocolate Sponge
Custard

Friday

Seaside Fish
Chips
Baked Beans
Salad Leaves

Cookie & Milkshake

Menu Weeks

29-04-2019
20-05-2019
17-06-2019
08-07-2019

Week 2



Monday

Pork Meatballs
in Tomato Sauce
with Pasta
Sweetcorn
Garden Peas

Chocolate
Mousse Slice

Wednesday

Roast Chicken
& Gravy
Sage & Onion Stuffing
Roast & Creamed
Potatoes
Seasonal Vegetables

Fruit Salad

Friday

Chicken Bites
Chips
Garden Peas
Baked Beans

Cookie & Milkshake

Tuesday

Cheese & Tomato Pizza
Potato Wedges
Mixed Salad
Baked Beans

Flapjack

Thursday

Pasta Bolognese
Mixed Salad
Mixed Vegetables

Iced Sponge

Menu Weeks

06-05-2019
03-06-2019
24-06-2019
15-07-2019

Week 3



Monday

Jacket Potatoes
Choice of Toppings:
*Grated Cheese
Baked Beans
Tuna Mayonnaise
Salad*

Chocolate Sponge
Custard

Wednesday

Pork Sausages
& Gravy
Yorkshire Pudding
Roast & Creamed
Potatoes
Seasonal Vegetables

Fruit Salad

Friday

Beef Burger
Chips
Baked Beans
Sweetcorn

Cookie & Milkshake

Tuesday

Cottage Pie
Baked Beans
Seasonal Vegetables

Flapjack

Thursday

Cheese & Tomato Pizza
Herby Diced Potatoes
Peas
Baked Beans

Iced Cupcakes

Menu Weeks

13-05-2019
10-06-2019
01-07-2019
22-07-2019