

**Week**  
Commencing

# Balanced and nutritious, freshly prepared school meals

<p>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</p>	<p><b>Week 1</b></p>	<p><b>MONDAY</b></p> <p><b>MAINS</b> Breaded Chicken Breast Steak</p> <p>Served with Garlic &amp; Herb Pasta, Mixed Salad &amp; Baked Beans</p> <p><b>DESSERT</b> Iced Sponge &amp; Custard</p>	<p><b>TUESDAY</b></p> <p><b>MAINS</b> Beef Lasagne</p> <p>Served with Potato Wedges, Carrots &amp; Peas</p> <p><b>DESSERT</b> Chocolate Brownie</p>	<p><b>WEDNESDAY</b></p> <p><b>MAINS</b> Roast Beef &amp; Gravy with Yorkshire Pudding</p> <p>Served with Roast &amp; Creamed Potatoes &amp; Seasonal Vegetables</p> <p><b>DESSERT</b> Fruit Salad</p>	<p><b>THURSDAY</b></p> <p><b>MAINS</b> Cheese &amp; Tomato Pizza</p> <p>Served with Herby Diced Potatoes, Baked Beans &amp; Sweetcorn</p> <p><b>DESSERT</b> Chocolate Sponge &amp; Custard</p>	<p><b>FRIDAY</b></p> <p><b>MAINS</b> Seaside Fish</p> <p>Served with Chips, Baked Beans &amp; Salad Leaves</p> <p><b>DESSERT</b> Cookie &amp; Milkshake</p>				
		<p>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</p>	<p><b>Week 2</b></p>	<p><b>MONDAY</b></p> <p><b>MAINS</b> Cheesy Pasta Bake</p> <p>Served with Garlic Bread, Sweetcorn &amp; Garden Peas</p> <p><b>DESSERT</b> Chocolate Mousse Slice</p>	<p><b>TUESDAY</b></p> <p><b>MAINS</b> Chicken Korma &amp; Rice</p> <p>Served with Mixed Salad &amp; Baked Beans</p> <p><b>DESSERT</b> Flapjack</p>	<p><b>WEDNESDAY</b></p> <p><b>MAINS</b> Pork Sausages &amp; Gravy with Yorkshire Pudding</p> <p>Served with Roast &amp; Creamed Potatoes &amp; Seasonal Vegetables</p> <p><b>DESSERT</b> Fruit Salad</p>	<p><b>THURSDAY</b></p> <p><b>MAINS</b> Pasta Bolognaise</p> <p>Served with Mixed Salad &amp; Mixed Vegetables</p> <p><b>DESSERT</b> Mini Doughnuts &amp; Toffee Sauce</p>	<p><b>FRIDAY</b></p> <p><b>MAINS</b> Chicken Bites</p> <p>Served with Chips, Garden Peas &amp; Baked Beans</p> <p><b>DESSERT</b> Cookie &amp; Milkshake</p>		
				<p>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</p>	<p><b>Week 3</b></p>	<p><b>MONDAY</b></p> <p><b>MAINS</b> Pasta Neapolitan (with garlic bread)</p> <p>Served with Salad</p> <p><b>DESSERT</b> Chocolate Sponge Custard</p>	<p><b>TUESDAY</b></p> <p><b>MAINS</b> Cottage Pie</p> <p>Served with Sweetcorn &amp; Garden Peas</p> <p><b>DESSERT</b> Shortbread</p>	<p><b>WEDNESDAY</b></p> <p><b>MAINS</b> Roast Chicken &amp; Gravy (with sage &amp; onion stuffing)</p> <p>Served with Roast &amp; Creamed Potatoes &amp; Seasonal Vegetables</p> <p><b>DESSERT</b> Fruit Salad</p>	<p><b>THURSDAY</b></p> <p><b>MAINS</b> Cheese &amp; Tomato Pizza</p> <p>Served with Herby Diced Potatoes, Peas &amp; Baked Beans</p> <p><b>DESSERT</b> Toffee Cake &amp; Custard</p>	<p><b>FRIDAY</b></p> <p><b>MAINS</b> Sausages</p> <p>Served with Chips, Baked Beans &amp; Sweetcorn</p> <p><b>DESSERT</b> Cookie &amp; Milkshake</p>

**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](http://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](mailto:shire.services@shropshire.gov.uk)  
website: [www.shropshire.gov.uk/shire.services](http://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.
- ▶ 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

September 2019 - April 2020



# Fresh DINING

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

*Education catering is our passion*