

# Week 1

## Monday

Selection of Fish  
*(Including gluten free salmon fish fingers)*  
Beef in Black Bean Sauce  
Five Bean Pasta Bake (v)

Creamed Potatoes  
Noodles  
Peas, Baked Beans

Iced Sponge & Custard  
Cheese & Crackers

## Tuesday

Beef Grill  
*(80% beef with spinach and broccoli gluten free option available)*  
Pasta Neapolitan (v)  
*(Pasta served in a freshly made tomato sauce with a cheese topping)*

Jacket Wedges  
Creamed Potatoes  
Sweetcorn, Baked Beans

Chocolate Mousse Slice

## Wednesday

Roast Pork with  
Apple Sauce & Gravy  
Spanish Omelette (v)

Roast & Creamed Potatoes  
Carrots, Broccoli  
Peas  
Cookie with  
Milkshake

## Thursday

Bolognaise  
Jacket Potato with  
Cheese & Beans (v)  
Quorn & Lentil Bolognaise (v)

Spaghetti, Cauliflower  
Carrots

Rice Pudding with  
Raspberry Coulis  
Flapjack

## Friday

Pizza with a Selection of Toppings  
Selection of Fish  
Chips, Pasta  
Sweetcorn, Baked Beans  
**Fruity Friday**  
Fruit Jelly  
Assorted Yoghurts  
Fruit Platter  
Fruit Salad

## Menu Weeks

06/11/17  
27/11/17  
01/01/18  
22/01/18  
12/02/18  
12/03/18

# Week 2

## Monday

Chicken Curry with Naan Bread  
*(Tender pieces of chicken in a light curry sauce)*  
Selection of Fish  
*(Including gluten free salmon fish fingers)*  
Cauliflower &  
Sweet Potato Curry (v)

Brown & White  
Long Grain Rice  
Baby Potatoes  
Baked Beans, Sweetcorn  
Raspberry Swirl & Custard

## Wednesday

Roast Chicken with Gravy  
Leek, Cabbage &  
Sweet Potato Bake (v)

Roast & Creamed Potatoes  
Carrots, Cabbage  
Cauliflower

Chocolate Sponge with  
Chocolate Sauce

## Friday

Pizza with a Selection of Toppings  
Selection of Fish  
Chips, Pasta  
Baked Beans, Sweetcorn  
Selection of  
Fruit Muffins  
*(Including blueberry)*

## Tuesday

Beef Meatballs with Freshly  
made Tomato Sauce  
Cheese, Onion & Potato Pie (v)  
Quorn Balls with Freshly made  
Tomato Sauce (v)

Pasta  
Baked Beans  
Broccoli

Cookie with  
Milkshake

## Thursday

Beef Hotpot  
Selection of Hot & Cold Wraps  
Quorn & Potato Bake (v)

Jacket Wedges  
Creamed Potatoes  
Peas, Carrots

Cheese & Crackers  
Jelly Sundae

## Menu Weeks

13/11/17  
04/12/17  
08/01/18  
29/01/18  
26/02/18  
19/03/18

# Week 3

## Monday

Crispy Chicken with  
Sweet & Sour Sauce  
Bacon Carbonara  
Macaroni Cheese (v)

Noodles  
Baby Potatoes  
Green Beans  
Sweetcorn

Ginger & Orange Sponge  
with Custard

## Wednesday

Roast Beef with Yorkshire  
Pudding & Gravy  
Free Range Roast  
Vegetable Quiche (v)

Roast & Creamed Potatoes  
Carrots  
Broccoli  
Cauliflower

Cookie with  
Milkshake

## Friday

Pizza with a Selection of Toppings  
Selection of Fish  
Herby Pasta  
Chips  
Baked Beans  
Sweetcorn  
Selection of Cupcakes

## Tuesday

Cottage Pie with Gravy  
Cheese & Onion Parcel (v)  
Vegetable Pie with Gravy (v)

Pasta  
Baby Potatoes  
Peas, Baked Beans  
Chocolate &  
Vanilla Shortbread

## Thursday

Big Breakfast  
*(Bacon, sausage, mushrooms, fresh tomatoes & scrambled egg)*  
Vegetarian Breakfast (v)

Fresh Bread Wedge  
Baked Beans  
Mushy Peas

Strawberry Mousse Slice

## Menu Weeks

30/10/17  
20/11/17  
11/12/17  
15/01/18  
05/02/18  
05/03/18  
26/03/18

# Did you know?

- 75% of all meals are freshly prepared.
- 50% of produce is locally sourced.
- All meals are offered with salad, wholemeal bread and a vegetable selection.
- We use Red Tractor chicken, which guarantees safe, quality chicken which meets welfare standards.
- All fish used on our menus are Marine Stewardship Certified (MSC), meaning we only use compliant sustainable fisheries operating to high standards.
- We do not add salt to our dishes.
- All eggs are free range.
- All cakes and biscuits on offer are freshly-made.
- Once per menu cycle an assortment of fruit jelly, fresh fruit and yoghurt's are the only pudding option.
- All puddings are made from reduced sugar recipes and fresh fruit is available daily.
- Additional gluten free options can be available on request.
- Please be aware that our gluten free products are prepared and cooked in the same school kitchen as our non-gluten free products.



## Allergen information

Details of allergens for each Shire Services' recipe are listed in our allergy guidance packs. Please contact the school to arrange to meet the school Catering Manager to discuss any dietary requirements.

## Why not join our team?

We offer job opportunities for employment in administration, catering and cleaning. All job vacancies are advertised at:

<https://shropshirejobs.engageats.co.uk>

## Free school meals?

You may qualify for free school meals. Telephone 0345 678 9000 for further information.



## Head Office

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The Food Enterprise Centre  
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Shrewsbury  
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Follow us on Facebook as  
'Shire Services' and  
Twitter as 'Shropschoolmeal'



# Local Food Freshly Made!

Belvidere Primary School  
Lunch Menu  
October 2017 - March 2018



**LOCAL** seasonal  
**traceable** healthy  
**TASTY** free range  
**SUSTAINABLE** **FRESH**

