

**Week  
Commencing**

# Jacket Potato Fillings - cheese, beans, coleslaw, tuna mayo & hot fillings as available

Assorted sandwiches available daily

30/08/2021  
20/09/2021  
11/10/2021  
08/11/2021  
29/11/2021  
03/01/2022  
24/01/2022  
14/02/2022  
14/03/2022  
04/04/2022  
09/05/2022  
06/06/2022  
27/06/2022  
18/07/2022

## Week 1

### MONDAY

Breaded Chicken Breast Steak or Falafel (v) & Noodles (with sweet & sour sauce)  
Quorn & Potato Pie (v)

All served with Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

### TUESDAY

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

All served with Peas & Baked Beans

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

### WEDNESDAY

Roast Beef with Yorkshire Pudding & Gravy  
Quorn Vegan 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

Pork & Carrot Meatballs or Quorn Balls in Freshly made Tomato Sauce (v) (with penne pasta)  
Cheese & Vegetable Stackers (v)

All served with Green Beans & Sweetcorn

Toffee Cake & Custard, Fruit Salad or Yoghurt

### FRIDAY

Selection of Fish or Vegetable Bake (v) (with garlic & herb wedges)  
Selection of Wraps (with garlic & herb wedges)

All served with Baked Beans & Peas

'Fruity Friday'

06/09/2021  
27/09/2021  
18/10/2021  
15/11/2021  
06/12/2021  
10/01/2022  
31/01/2022  
28/02/2022  
21/03/2022  
25/04/2022  
16/05/2022  
13/06/2022  
04/07/2022

## Week 2

### MONDAY

Beef Bolognese (with spaghetti)  
Cheese & Potato Pie (v)

All served with Carrots & Peas

Cheese & Crackers, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt

### TUESDAY

Sausages including Quorn Vegan Sausage (v)  
Vegetable Burrito (v)

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

Apple Crumble & Custard, 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

Marinated Mediterranean Chicken (with steamed rice)  
Cheese & Tomato Pizza (v) (with jacket wedges)

All served with Sweetcorn & Green Beans

Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt

### FRIDAY

Selection of Fish or Vegetable Bake (v) (with baby potatoes or mash)  
Mac 'n' Cheese (v)

All served with Baked Beans & Peas

'Fruity Friday'

13/09/2021  
04/10/2021  
01/11/2021  
22/11/2021  
13/12/2021  
17/01/2022  
07/02/2022  
07/03/2022  
28/03/2022  
02/05/2022  
23/05/2022  
20/06/2022  
11/07/2022

## Week 3

### MONDAY

Beef Burger or Falafel (v) (served in a bun with a selection of fillings, onion, cheese & ketchup)  
Pasta Neapolitan (v) (penne pasta in a tomato & hidden veg sauce with a cheese topping)

All served with Green Beans & Sweetcorn

Mini Doughnuts, Fruit Salad or Yoghurt

### TUESDAY

Selection of Fish or Vegetable Bake (v) (with herby diced potatoes)  
Vegetable Lasagne (v) (with herby diced potatoes)

All served with Baked Beans & Peas

Chocolate or Vanilla Cupcakes, Ice-cream Tub, 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

Pizza (with a selection of toppings & jacket wedges)  
Chickpea & Spinach Curry (v) (brown & white rice & naan bread)

All served with Baked Beans & Sweetcorn

Ginger & Orange Sponge & Custard, Fruit Salad or Yoghurt

### FRIDAY

Selection of Fish or Vegetable Bake (v) (with chips or rice)  
Mediterranean Omelette (v) (with chips)

All served with Peas & Carrots

'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

Your child may be able to get free school meals if you get any of the following:

- 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)
- Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

Your child may also get free school meals if you get any of these benefits and your child is both:

- younger than the **compulsory age for starting school**
- in full-time education

If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2022.

### Infant free school meals in England

Your child will be able to get free school meals if they're in a **government-funded school** and in:

- reception class
- year 1
- year 2

Tell your local authority if you also get any of the qualifying benefits. Your child's school can get extra funding if you do.

[www.gov.uk/apply-free-school-meals](http://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.

## Deli Bar Options

<b>Monday</b>	Tomato & Basil Pot Assorted Sandwiches & Wraps
<b>Tuesday</b>	BBQ Pork & Noodles Assorted Sandwiches & Wraps
<b>Wednesday</b>	French Bread Pizza Jacket Potato with Filling
<b>Thursday</b>	Marinated Chicken Filled Flatbread Assorted Sandwiches & Wraps
<b>Friday</b>	Curry & Rice Pot Jacket Potato with Filling

<b>Monday</b>	Chicken Noodle Pot Jacket Potato with Filling
<b>Tuesday</b>	Breakfast Naan Assorted Sandwiches & Wraps
<b>Wednesday</b>	BBQ Quorn & Cheese Melt Jacket Potato with Filling
<b>Thursday</b>	Beef Burrito Assorted Sandwiches & Wraps
<b>Friday</b>	Veggie Sausage, Mash & Beans Assorted Sandwiches & Wraps

<b>Monday</b>	Fish Wrap & Ketchup Assorted Sandwiches & Wraps
<b>Tuesday</b>	BBQ Not Dogs Assorted Sandwiches & Wraps
<b>Wednesday</b>	Breaded Chicken & Salad Flatbread Jacket Potato with Filling
<b>Thursday</b>	Tomato Quorn & Basil Pasta Assorted Sandwiches & Wraps
<b>Friday</b>	Cheese & Tomato Melt Jacket Potato with Filling

### 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.

# Rakegate Primary School Menu

September 2021 - July 2022



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

Education catering is our passion