

Week
Commencing

SCHOOL MENU - Balanced, nutritious and freshly prepared school meals

Jacket Potato Fillings - Cheese with beans, coleslaw, pineapple, tuna mayo & marinated chicken

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

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
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

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'

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

Selection of Fish or Vegetable Bake (v) (with mash or herby pasta)
Cheese & Potato Pie (v)

All served with Carrots & Peas

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

TUESDAY

Sausages including Linda McCartney Vegetable 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

Beef Bolognese or Vegetable & Lentil Bolognese (v) (with pasta)
Pizza (with a selection of toppings & 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'

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 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 diced potatoes)
Vegetable Lasagne (v)

All served with Baked Beans & Peas

Chocolate or Vanilla Cupcakes, Strawberry Mousse, 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

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	Tomato & Basil Pot Jacket Potato with Filling
Tuesday	BBQ Pork & Noodles Jacket Potato with Filling
Wednesday	French Bread Pizza Jacket Potato with Filling
Thursday	Marinated Chicken Filled Flatbread Jacket Potato with Filling
Friday	Curry & Rice Pot Jacket Potato with Filling

Monday	Chicken Noodle Pot Jacket Potato with Filling
Tuesday	Breakfast Naan Jacket Potato with Filling
Wednesday	BBQ Quorn & Cheese Melt Jacket Potato with Filling
Thursday	Beef Burrito Jacket Potato with Filling
Friday	Veggie Sausage, Mash & Beans Jacket Potato with Filling

Monday	Fish Wrap & Ketchup Jacket Potato with Filling
Tuesday	BBQ Not Dogs Jacket Potato with Filling
Wednesday	Breaded Chicken & Salad Flatbread Jacket Potato with Filling
Thursday	Tomato Quorn & Basil Pasta Jacket Potato with Filling
Friday	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, herby diced potatoes or pasta.

Rakegate Primary School Menu

September 2021 - July 2021



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

Education catering is our passion