

# Week 1

## Monday

Selection of Fish  
*(Including gluten free salmon fish fingers)*

Free Range Cheese & Red Onion Quiche (v)

Creamed Potatoes  
Herby Pasta  
Peas, Baked Beans

Iced Sponge & Custard

## 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  
Fresh Bread Wedge  
Sweetcorn, Green Beans

Chocolate Mousse Slice

## Wednesday

Roast Pork with  
Apple Sauce & Gravy  
Mushroom & Quorn Plait (v)

Roast & Creamed Potatoes  
Carrots, Broccoli  
Leek & Sweet Potato Bake

Flapjack

## Thursday

Bolognese  
Selection of Fish  
Vegetable & Lentil  
Bolognese (v)

Baby Potatoes  
Spaghetti, Baked Beans  
Carrots

Rice Pudding with  
Raspberry Coulis

## Friday

Pizza with a Selection of Toppings  
Marinated Chicken  
*(Either Mediterranean bbq or tikka flavour)*

Quorn Fillet with  
Sweet Chilli Sauce (v)

Chips, Noodles  
Sweetcorn, Peas

### Fruity Friday

Fruit Jelly  
Assorted Yoghurts  
Fruit Platter  
Fruit Salad

## Menu Weeks

24/04/17	12/02/18
15/05/17	12/03/18
12/06/17	
03/07/17	
24/07/17	
18/09/17	
09/10/17	
06/11/17	
27/11/17	
18/12/17	
22/01/18	

# Week 2

## Monday

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

Brown & White  
Long Grain Rice  
Baby Potatoes  
Baked Beans, Peas

Raspberry Swirl & Custard

## Wednesday

Roast Beef with Yorkshire  
Pudding & Gravy  
Vegetable Sausage with  
Yorkshire Pudding & Gravy (v)

Roast & Creamed Potatoes  
Carrots, Cabbage  
Cauliflower

Chocolate Sponge with  
Chocolate Sauce

## Friday

Pizza with a Selection of Toppings  
Gammon Steak with Pineapple

Jacket Wedges, Pasta  
Baked Beans, Sweetcorn

Selection of  
Fruit Muffins  
*(Including blueberry)*

## Tuesday

Pork & Carrot *(Gluten Free)*  
Meatballs with Freshly made  
Tomato Sauce  
Cheese, Onion & Potato Pie (v)

Pasta  
Baked Beans  
Broccoli

Cookie

## Thursday

Freshly made Beef Pie  
with Gravy  
Selection of Fish  
*(Including gluten free salmon fish fingers)*  
Freshly made Vegetable  
Pie with Gravy (v)

Chips, Creamed Potatoes  
Peas, Carrots

Cheese & Crackers  
Jelly Sundae

## Menu Weeks

01/05/17	26/02/18
22/05/17	19/03/18
19/06/17	
10/07/17	
04/09/17	
25/09/17	
16/10/17	
13/11/17	
04/12/17	
08/01/18	
29/01/18	

# Week 3

## Monday

Crispy Chicken with  
Sweet & Sour Sauce  
*(Optional)*  
Macaroni Cheese (v)

Noodles  
Fresh Bread Wedge  
Green Beans  
Sweetcorn

Strawberry Mousse Slice

## Wednesday

Roast Chicken with Gravy  
Quorn Fillet with Gravy (v)

Roast & Creamed Potatoes  
Carrots  
Peas  
Cauliflower Cheese

Cookie

## Friday

Pizza with a Selection of Toppings  
Beef & Potato Gratin

Herby Pasta  
Baby Potatoes  
Carrots  
Sweetcorn

Selection of Vanilla  
& Chocolate Cupcakes

## Tuesday

Selection of Fish  
*(Including gluten free salmon fish fingers)*  
Selection of Hot  
& Cold Wraps  
Five Bean Chilli (v)

Chips, Brown & White  
Long Grain Rice  
Peas, Baked Beans

Ginger & Orange Sponge  
with Custard

## Thursday

Local Pork Sausages with  
Gravy *(Gluten free option available)*  
Cheese & Herb Plait (v)  
Vegetable Sausage (v)

Jacket Wedges  
Creamed Potatoes  
Baked Beans  
Broccoli

Chocolate & Orange Sponge  
with Chocolate Sauce (v)

## Menu Weeks

08/05/17	05/03/18
05/06/17	26/03/18
26/06/17	
17/07/17	
11/09/17	
02/10/17	
30/10/17	
20/11/17	
11/12/17	
15/01/18	
05/02/18	

**Available daily:** Freshly made bread, selection of salads, fresh fruit and assorted yoghurts as an alternative to dessert of the day. The menu may vary on promotional days.

**Allergy information available on request.**

# 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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Follow us on Facebook as  
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Twitter as 'Shropschoolmeal'



# Local Food Freshly Made!

Sunshine Infant & Nursery School  
Lunch Menu  
April 2017 - March 2018



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

