

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?

Head Office

Tel: 01743 250250
shire.services@shropshire.gov.uk
www.shropshire.gov.uk/shire-services

The Food Enterprise Centre
Battlefield Enterprise Park
Shrewsbury
SY1 3TG

Follow us on
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and Twitter as
'Shropschoolmeal'



Sunshine Infant & Nursery School Walsall

Lunch Menu April 2018 - April 2019



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

Week 1



Monday

Pork & Carrot Meatballs
(With freshly-made tomato sauce)
Cheese & Potato Bake (v)
Quorn Balls (v)
(With freshly-made tomato sauce)
Pasta, Diced Potatoes
Green Beans, Sweetcorn
Ginger & Orange Sponge
with Custard

Tuesday

Selection of Fish
(Including salmon)
Selection of Hot
& Cold Wraps
Vegetarian Vegetable
Fingers (v)
Jacket Wedges, Pasta
Baked Beans, Peas
Chocolate &
Vanilla Shortbread

Wednesday

Roast Beef
(With Yorkshire pudding & gravy)
Linda McCartney
Sausage in a
Yorkshire Pudding (v)
Roast & Creamed Potatoes
Carrots, Cauliflower
Peas
Eve's Pudding
& Custard

Thursday

Pork Sausages
Chicken with Pasta
& Sweetcorn
Cheesy Pasta Bake (v)
Creamed Potatoes
Fresh Bread Wedge
Baked Beans, Broccoli
Selection of Cookies
Rice Pudding

Friday

Pizza (v)
Cottage Pie
(With gravy)
Chips
Creamed Potatoes
Sweetcorn, Carrots
Apple &
Oat Brownie

Menu Weeks

16-04-2018	14-01-2019
07-05-2018	04-02-2019
04-06-2018	04-03-2019
25-06-2018	25-03-2019
16-07-2018	
10-09-2018	
01-10-2018	
22-10-2018	
19-11-2018	
10-12-2018	

Week 2



Monday

Selection of Fish
Beef Pie
(With gravy)
Vegetable Pie (v)
(With gravy)
Diced Potatoes, Pasta
Peas, Carrots
Flapjack

Tuesday

Pork Sausages
Linda McCartney
Vegetarian Sausage (v)
Chips, Jacket Potato
Sweetcorn, Baked Beans
Apple Crumble
& Custard

Wednesday

Roast Chicken
(With gravy)
Quorn Fillet (v)
(With gravy)
Roast & Creamed Potatoes
Carrots, Cabbage
Leek & Sweet Potato Bake
Vanilla & Chocolate
Cupcakes

Thursday

Beef Bolognese
Selection of Fish
(Including salmon)
Vegetable &
Lentil Bolognese (v)
Creamed Potatoes
Spaghetti, Peas, Carrots
Chocolate Sponge
& Chocolate Sauce

Friday

Pizza (v)
Sweet Chilli Chicken
Jacket Wedges, Noodles
Sweetcorn, Baked Beans
Selection of
Cookies

Menu Weeks

23-04-2018	21-01-2019
14-05-2018	11-02-2019
11-06-2018	11-03-2019
02-07-2018	01-04-2019
23-07-2018	
17-09-2018	
08-10-2018	
05-11-2018	
26-11-2018	
17-12-2018	

Week 3



Monday

Beef Grill
Pasta Neapolitan (v)
Linda McCartney
Vegetarian Sausage (v)
Chips
Fresh Bread Wedge
Baked Beans, Broccoli
Assorted Fruit Muffins
(Apple, blueberry & orange)
Rice Pudding

Tuesday

Chicken Tikka Masala
(With naan bread)
Selection of Fish
Quorn Tikka Masala
(With naan bread) (v)
Brown & White Rice
Baby Potatoes
Sweetcorn, Peas
Toffee Cake
& Custard

Wednesday

Pork & Bacon Slice
(With gravy)
Cheese & Red
Onion Quiche (v)
Roast & Creamed Potatoes
Carrots
Cauliflower & Broccoli
Selection of
Cookies

Thursday

Crispy Chicken
(With sweet & sour sauce)
Cheese &
Potato Bake (v)
Noodles, Pasta
Baked Beans, Sweetcorn
Vanilla Iced Sponge
& Custard

Friday

Pizza (v)
Italian Pasta
Jacket Potato Slices, Pasta
Peas, Carrots
Fruity Friday
Fresh Fruit Salad
Fruit Platter
Fruit Jelly
Yoghurt

Menu Weeks

30-04-2018	28-01-2019
21-05-2018	25-02-2019
18-06-2018	18-03-2019
09-07-2018	08-04-2019
03-09-2018	
24-09-2018	
15-10-2018	
12-11-2018	
03-12-2018	
07-01-2019	