

Week 1

Monday

Selection of Fish
(Including gluten free salmon fish fingers)
Free Range Cheese & Red Onion Quiche (v)
Five Bean Pasta Bake (v)
Creamed Potatoes
Herby Pasta
Peas, Baked Beans
Iced Sponge & Custard

Daily Deli Bar

Tuesday

Beef Grill
(80% beef with spinach and broccoli gluten free option available)
Hot Chicken Wrap
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

Daily Deli Bar

Wednesday

Roast Pork with Apple Sauce & Gravy
Mushroom & Quorn Plait (v)
Roast & Creamed Potatoes
Carrots, Broccoli
Leek & Sweet Potato Bake
Flapjack with Milkshake

Daily Deli Bar

Thursday

Bolognaise
Selection of Fish
Vegetable & Lentil Bolognaise (v)
Baby Potatoes
Spaghetti, Baked Beans
Carrots
Rice Pudding with Raspberry Coulis

Daily Deli Bar

Friday

Pizza with a Selection of Toppings
Marinated Chicken
(Either Mediterranean bbq or tikka flavour)
Quorn Fillet with Sweet & Sour Sauce (v)
Chips, Noodles
Sweetcorn, Peas
Fruity Friday
Fruit Jelly
Assorted Yoghurts
Fruit Platter
Fruit Salad

Daily Deli Bar

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	
01/01/18	
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, Sweetcorn
Raspberry Swirl & Custard
Daily Deli Bar

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

Daily Deli Bar

Friday

Pizza with a Selection of Toppings
Gammon Steak with Pineapple
Jacket Potato with Cheese & Tomato Filling (v)
Jacket Wedges, Pasta
Baked Beans, Sweetcorn
Selection of Fruit Muffins
(Including blueberry)

Daily Deli Bar

Tuesday

Pork & Carrot (Gluten Free)
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

Daily Deli Bar

Thursday

Freshly made Beef Pie with Gravy
Selection of Fish
(Including gluten free salmon fish fingers)
Vegetable Pie with Gravy (v)
Chips, Creamed Potatoes
Peas, Carrots
Cheese & Crackers
Jelly Sundae

Daily Deli Bar

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
Macaroni Cheese (v)
Leek, Cabbage & Sweet Potato Bake (v)
Noodles
Fresh Bread Wedge
Green Beans
Sweetcorn
Strawberry Mousse Slice

Daily Deli Bar

Wednesday

Roast Chicken with Gravy
Free Range Roast
Vegetable Quiche (v)
Roast & Creamed Potatoes
Carrots
Peas
Cauliflower Cheese
Cookie with Milkshake

Daily Deli Bar

Friday

Pizza with a Selection of Toppings
Beef & Potato Gratin
Potato & Vegetable Gratin (v)
Herby Pasta
Baby Potatoes
Carrots
Sweetcorn
Selection of Vanilla & Chocolate Cupcakes

Daily Deli Bar

Tuesday

Beef Fajitas
Selection of Fish
(Including gluten free salmon fish fingers)
Five Bean Chilli (v)
(Mixed beans cooked in a spicy tomato sauce)
Chips, Brown & White
Long Grain Rice
Peas, Baked Beans
Ginger & Orange Sponge with Custard

Daily Deli Bar

Thursday

Local Pork Sausages with Gravy (Gluten free option available)
Cheese & Herb Plait (v)
Vegetable Sausage (v)
Jacket Wedges
Creamed Potatoes
Baked Beans
Broccoli
Apple Crumble & Custard

Daily Deli Bar

Menu Weeks

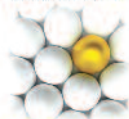
08/05/17	05/03/18
05/06/17	26/03/18
26/06/17	
17/07/17	
11/09/17	
02/10/17	
30/10/17	
20/11/17	
11/12/17	
15/01/18	
05/02/18	

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.**

DELI BAR: Selection on Menu Notice Board

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

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 Facebook as 'Shire Services' and Twitter as 'Shropschoolmeal'



Local Food Freshly Made!

Coleham Primary School
Lunch Menu
April 2017 - March 2018



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

