

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?

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
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'Shropschoolmeal'



Woodside
Primary School
Lunch Menu
with Deli Bar
April 2018 - April 2019



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

Week

1

Monday

Pork & Carrot Meatballs
(With freshly-made tomato sauce)
Mediterranean Omelette (v)
Quorn Meatballs (v)
(With freshly-made tomato sauce)
Pasta, Creamed Potatoes
Green Beans, Sweetcorn
DELI BAR
Delì Pot - Sausage
Mash & Beans
Ginger & Orange
Sponge with Custard

Tuesday

Selection of Fish
(Including salmon)
Selection of Hot
& Cold Wraps
Vegetarian Vegetable Fingers (v)
Jacket Wedges, Creamed Potatoes
Baked Beans, Peas
DELI BAR
French Bread Pizza
Chocolate & Vanilla Shortbread

Wednesday

Roast Beef
(With Yorkshire pudding & gravy)
Linda McCartney
Sausage in a
Yorkshire Pudding (v)
Roast & Creamed Potatoes
Carrots, Cauliflower, Peas
DELI BAR
Delì Pot - Tomato & Basil Pasta
Eve's Pudding & Custard

Thursday

Selection of Fish
Chicken with Pasta
& Sweetcorn
Cheesy Pasta Bake (v)
Creamed Potatoes
Fresh Bread Wedge
Baked Beans, Broccoli
DELI BAR
Tuna & Cheese or
Bacon & Cheese Melt
Selection of Cookies

Friday

Pizza
(With a selection of toppings)
Cottage Pie (With gravy)
Potato & Vegetable Gratin (v)
Chips, Creamed Potatoes
Sweetcorn, Carrots
DELI BAR
Delì Pot - Marinated
Chicken & Pasta
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 (With gravy) (v)
Creamed Potatoes, Pasta
Peas, Carrots
DELI BAR
Crispy Chicken Wrap
with Crunchy Lettuce
& Lemon Mayo
Flapjack

Tuesday

Pork Sausages
Roast Vegetable
& Cheese Parcel (v)
Linda McCartney Sausage (v)
Chips, Jacket Potato
Sweetcorn, Baked Beans
DELI BAR
Beef Burger Bap with
Cheese & Onions
Apple Crumble & Custard

Wednesday

Roast Chicken (With gravy)
Cheese & Red
Onion Quiche (v)
Quorn Fillet (With gravy) (v)
Roast & Creamed Potatoes
Carrots, Cabbage
Leek & Sweet Potato Bake
DELI BAR
Delì Pot - Bacon
& Tomato Pasta
Vanilla & Chocolate Cupcakes

Thursday

Beef Bolognaise
Selection of Fish
(Including salmon)
Vegetable & Lentil Bolognaise (v)
Creamed Potatoes, Spaghetti
Peas, Carrots
DELI BAR
Delì Pot
Mac 'n' Cheese
Chocolate Sponge
& Chocolate Sauce

Friday

Pizza
(With a selection of toppings)
Sweet Chilli Chicken
Sweet Chilli Quorn (v)
Jacket Wedges, Noodles
Sweetcorn, Baked Beans
DELI BAR
Hot Chicken Tikka Wrap
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 Sausage (v)
Chips
Fresh Bread Wedge
Baked Beans, Broccoli
DELI BAR
Meatball Sub with Tomato
or Sweet Chilli Sauce
Assorted Fruit Muffins
(Apple, blueberry & orange)

Tuesday

Chicken Tikka Masala
(With naan bread)
Selection of Fish
Cauliflower &
Sweet Potato Curry (v)
Brown & White Rice
Baby Potatoes
Sweetcorn, Peas
DELI BAR
French Bread Pizza
Toffee Cake & Custard

Wednesday

Roast Pork
(With apple sauce & gravy)
Cheese & Red
Onion Quiche (v)
Roast & Creamed Potatoes
Carrots, Cauliflower
& Broccoli
DELI BAR
Delì Pot Sweet & Sour
Chicken & Noodles
Selection of Cookies

Thursday

Crispy Chicken
(With sweet & sour sauce)
Jacket Potato (v)
(With cheese & pineapple)
Quorn (v)
(With sweet & sour sauce)
Noodles, Baked Beans
Sweetcorn
DELI BAR
Delì Pot
Mac 'n' Cheese
Vanilla Iced Sponge
& Custard

Friday

Pizza
(With a selection of toppings)
Italian Pasta
Italian Bean Bake (v)
Jacket Potato Slices, Pasta
Peas, Carrots
DELI BAR
Fish Finger Wrap
with Lemon Mayo
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	

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 is available on request.

DELI BAR - KS2 only - All deli bar selections will be served with a selection of salad. Apart from jacket potatoes, all dishes will be served with either chips, jacket wedges, herby diced potatoes, fresh bread or garlic bread.