



WEEK 1

- Monday
 Fellah: Falafel, Houmous, Red Cabbage, Carrot, Mint
 - & Lemon Juice Salad All wrapped up in a Sourdough Bread
- Veggie Loaded Flatbread Pizza

Tuesday

- Loaded Tray: Sriracha Honey & Garlic Chicken, Red & White Slaw, Honey & Lemon Sauce - Loaded onto Wholegrain Rice
- Quorn Balti Pizza

Wednesday

- Keralan Tuk Tuk Pitta: Keralan Chicken, White Cabbage, Carrot, Mango, Red Onion & Coriander Slaw & Minty Yoghurt Sauce - All sitting in a Pitta Pocket
- Yorkshire Pudding Sausage & Spicy Tomato Sauce Wrap

- Loaded Tray: Lamb Kofta, Mediterranean Slaw, Sweet Chilli Sauce
- Loaded onto Coconut Rice with Pitta Bread
- Tomato & Mozzarella Cheese Flatbread Pizza

- Friday
 Vegan Burger: Spinach & Kale Burger, Vegan Cheese,
 Iceburg Lettuce, Minted Gherkin Served in a Vegan Bun
- Fish Finger & Mushy Pea Wrap

Food Allergies & Intolerances Please speak to our school catering staff about your requirements



WEEK 2

Monday

- Chicken Loaded Tray: Chicken, Cucumber & Sweetcorn. Sweet Chilli Sauce - Loaded onto Sweet Potato Fries • BBQ Flatbread Pizza
- Tuesday
- Katsu Chicken Curry: Breaded Sliced Chicken, with a Mild Katsu Curry Sauce - Sitting on a Bed of Noodles
- Moroccan Falafel Wrap with Minty Yoghurt Sauce

- Loaded Tray: Chicken Popcorn, Mediterranean Slaw, Spicy Tomato Sauce - Loaded onto Potato Roasties
- Roast Beef Yorkshire Pudding Wrap

Thursday

- Meatball Melt Sub: Pork & Carrot Meatballs with Tomato Sauce & Melted Mozzarella - Served in a Sub Roll
- Vegaie Loaded Flatbread Pizza

Friday

- The Big Dirty Burger: Chicken Epic, Potato Lattice, Iceberg Lettuce, Tomato, Red Onion, Cheese, Bacon & Spicy Mayo - Served in a Large Bap

WEEK 3

- Meatball Sub: Pork & Carrot Meatballs, with Tomato Sauce & Cheese - Served in a Sub Roll
- Roasted Roots Topped with Tomato Sauce & Melted Mozzarella

Tuesday

- BBQ Pulled Pork: Wrapped in a warm Yorkshire Pudding Wrap
- Cheese & Tomato Flatbread Pizza

Wednesday

- Fellah: Falafel, Houmous, Red Cabbage, Carrot, Mint & Lemon Juice Salad - All Wrapped up in a Sourdough Bread
- Mediterranean Flatbread Pizza

Thursday

- Keralan Tuk Tuk Pitta: Keralan Chicken, White Cabbage, Carrot, Mango, Red Onion & Coriander Salad with a Minty Yoghurt Sauce - All sitting in a Pocket Pitta
- Sweet Chilli Chicken Quesadilla

- BBQ Ranch Burger: Premium Chicken Burger, Cheese, Smokey BBQ Sauce, Iceberg Lettuce, Tomato & Red Onion - Served in a Large Bap
- Chicken Curry with Bombay Potatoes

School Menu Information

Shire Services

Head Office Food Enterprise Centre Vanguard Way Battlefield Enterprise Park Shrewsbury SY1 3TG T: 01743 **250250**











Follow us on Facebook as 'Shire Services' and Twitter as 'shropschoolmeal'





Lunch Tariff

Hot Counter Deals:

Any two courses &	juice drink	£2.40
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Hot Pot Deal:

Hot pot, whole fruit or cookie & juice drink...... £2.40

Grab Bag: Filled baguette, roll, wrap or sandwich - cookie

(or muffin or yoghurt - whole fresh fruit - baked	
C	crisps	£2.40
5	Soup	£1.00
H	Hot Counter Dish	£1.30
(Carbohydrates: Rice, pasta, noodles &	
F	potatoes & baked potato	80p
(Chips	£1.10
١	Vegetables, Salad, Baked Beans	70p

Baked Potato with Cheesy Baked Beans	£1.80
Sage & Onion Stuffing, Yorkshire Pudding	60р
Vegan Jumbo Sausage	£1.20
Vegetarian Sausage	q08
Spinach & Kale Burger	
Hot Counter Dessert	90p
Grab & Go Hot Pot	. £1.90
Pizzinni	. £1.90
1/4lb Veggie, 1/4lb Beef Burger, Spinach &	
Kale Vegan Burger	£1.80
Cumberland Sausage	£1.30

Beef, Quorn, Turkey, Chicken, Veggie,

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Dirty	Burger / Ranch Burger	£2.00
Veg	etable Samosa (1)	70p
	Filled Wrap	
Jum	bo Hot Dog / Vegan Not Dog with Onions	£1.60
Pizze	a Slice£1.00 (Topped) -	+ 10p
Mufl	fin Pizza	80p
Sau	sage Roll	. 80p
	ese & Onion Slice	
D		

& Vegan Burgers £1.40
Chicken Epic £1.90

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& Sausage Slice	£1.20
Quesadilla (4 quarters)	£1.70
Garlic or Naan Bread	60р
Whole Fruit	50p
Chunky Fruit Pot, Granola or Fruit	80p
Eat in Fruit Pot	70p
(Easiyo) Yoghurt, Chilled Desserts (Pots)	
Yoghurt Pot	70p
Cookies, Muffins	
Sweet Treats	80p

 Lunch Menu



Monday	luesday	weanesaay	Inursaay	Friday 'East Meets Wes
Carrot & Orange Soup	Tomato Soup	Vegetable Soup	Tomato & Basil Soup	Thai Noodle Soup
Cottage Pie	Mexican Chicken Tortilla	Roast Beef with Gravy & Yorkshire Pudding	Meatballs in Tomato Sauce	Chicken Curry & Naan Bread
Sausages	Quorn Bolognaise	Vegetable & Bean Frittata	Masaman Vegetable & Lentil Stew	Beef or Vegan Burger
Sweet Potato Fries Mashed Potatoes Roasted Roots Baked Beans Seasonal Salad	Wholemeal Pasta Spicy Potato Wedges Seasonal Vegetables & Salad	Mashed Potatoes Roasted Potatoes & Parsnips Seasonal Vegetables	Wholegrain Rice Mediterranean Potatoes Seasonal Vegetables & Salad	Wholegrain Rice, Chips Green Bean Tomato & Onion Sweetcorn Seasonal Salad
Sticky Toffee Pudding Toffee Sauce	Apple Flapjack Custard Sauce	Chocolate Brownie with Ice-cream	Mandarin Cheesecake Fruit Coulis	Gluten Free Blueberry Sponge or Coconut Cookie

Monday Tuesday Wednesday Thursday

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday 'Takeaway'
Tomato & Basil Soup	Quorn Noodle Soup	Curried Parsnip Soup	Vegetable Soup	Tomato Soup
Lasagne	Salmon with Chilli Sauce	Roast Chicken with Gravy & Stuffing	Lamb Koftas	Battered Fish
Jumbo Sausage	Vegetable Korma	Linda McCartney Sausage Stuffing & Yorkshire Pudding	Quorn Bolognaise	Spinach & Kale Burger
Jacket Potatoes Mediterronean Potatoes Seasonal Vegetables & Salad	Diced Potatoes Wholegrain Rice & Naan Bread Seasonal Vegetables & Salad	Mashed Potatoes Roasted Carrots & Potatoes Seasonal Vegetables	Pasta Bombay Potatoes Cucumber & Yoghurt Tomato & Onion Seasonal Vegetables & Salad	Chips Baked Potato Seasonal Salad Boked Beans Mushy Peas Kafsu Curry Sauce
Lemon Drizzle Cake with Ice-cream	Strawberry Cheesecake with Fruit Coulis	Fruit Chocolate Bake with Custard Sauce	Syrup Sponge & Custard	Cookie, Fruit & Muffin Selection

Week 3

3	Monday	Tuesday	Wednesday	Thursday	Friday 'Chicken Shop'
	Tomato Soup	Leek & Potato Soup	Parsnip Soup	Carrot & Coriander Soup	Vegetable Soup
	Beef Chilli with Tortilla Chips	Pork Sausages	Beef Lasagne with Garlic Bread	Teriyaki Pork with Noodles	BBQ Chicken or Sweet Chilli Chicken Quesadilla
	Mac & Cheese	Vegetable Taco Boat	Cauliflower, Potato & Green Bean Curry	Cheese & Red Pepper Flan	Baked Potato with Cheesy Baked Beans
	Diced Potatoes Baked Potatoes Seasonal Vegetables & Salad	Mashed Potatoes Potato Wedges BBQ Baked Beans Seasonal Vegetables & Salad	Potato Wedges Wholegrain Rice Green Beans Broccoli Seasonal Salad	Jacket Potatoes Sweet Potato Fries Stir Fry Vegetables & Seasonal Salad	Chips Garlic & Herb Pasta Cauliflower Popcorn Minty Peas Seasonal Salad
	Carrot Cake	Coconut Rice Pudding	Apple & Cherry Crumble with Custard Sauce	Chocolate Sponge with Chocolate Sauce	Cookie & Fruit Muffin Selection