

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 with Milkshake

Thursday

Bolognaise
Selection of Fish

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)

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	
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

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

Raspberry Swirl & Custard

Tuesday

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

Pasta
Baked Beans
Broccoli

Cookie with Milkshake

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

Thursday

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

Chips, Creamed Potatoes
Peas, Carrots

Cheese & Crackers
Jelly Sundae

Friday

Pizza with a Selection of Toppings
Gammon Steak with Pineapple

Jacket Wedges, Pasta
Baked Beans, Sweetcorn

Selection of Fruit Muffins
(Including blueberry)

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)

Noodles
Fresh Bread Wedge
Green Beans
Sweetcorn

Strawberry Mousse Slice

Tuesday

Beef Fajitas
Selection of Fish
(Including gluten free salmon fish fingers)

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

Ginger & Orange Sponge with Custard

Wednesday

Roast Chicken with Gravy
Quorn Fillet with Gravy (v)

Roast & Creamed Potatoes
Carrots
Peas
Cauliflower Cheese

Cookie served with Milkshake

Thursday

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

Jacket Wedges
Creamed Potatoes
Baked Beans
Broccoli

Apple Crumble & Custard

Friday

Pizza with a Selection of Toppings
Beef & Potato Gratin

Herby Pasta
Baby Potatoes
Carrots
Sweetcorn

Selection of Vanilla & Chocolate Cupcakes

Menu Weeks

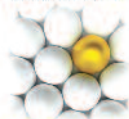
08/05/17	05/03/18
05/06/17	26/03/18
26/06/17	
17/07/17	
11/09/17	
02/10/17	
30/10/17	
20/11/17	
11/12/17	
15/01/18	
05/02/18	

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. Additional vegetarian options are available on request.

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

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!

Bishop Hooper CE Primary School
Lunch Menu
April 2017 - March 2018



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

