

FREE SCHOOL MEALS:

Your child may be able to get free school meals if you get any of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

Your child may also get free school meals if you get any of these benefits and your child is both:

- Younger than the **compulsory age for starting school**
- In full-time education

If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2023.

Infant free school meals in England

Your child will be able to get free school meals if they're in a **government-funded school** and in:

- Reception class
- Year 1
- Year 2

Tell your local authority if you also get any of the qualifying benefits. Your child's school can get extra funding if you do.

www.gov.uk/apply-free-school-meals

EACH DAY YOUR CHILD CAN ENJOY:

- A choice of main meals and seasonal vegetables.
- A dessert, piece of fresh fruit or yoghurt.
- Access to our salad bar, fresh bread and water station.

DID YOU KNOW?

- Meals are over 75% freshly prepared.
- Include meat from farms that satisfy U.K. welfare standards
- Are made with free range eggs, where eggs are used.
- Include seasonal and local British produce.
- Contain no undesirable food additives, or hydrogenated fats, or GM ingredients.

Shire Services

Your quality, fresh, delicious school meals provider.

for further information
T: 01743 250250
www.shireservices.co.uk



Vacancies Page on Shropshire Council Website

FRESH DINING SCHOOL LUNCH MENU

Shire Services
are proud to
serve freshly
prepared,
locally
sourced food,
cooked on
site in your
school kitchen



www.shireservices.co.uk

Week
Commencing

SCHOOL MENU - Balanced, nutritious and freshly prepared tasty meals

MONDAY

Breaded Chicken Steak
served with Katsu curry sauce
Vegetable Frittata (v)
Pasta Neapolitan (v)

Rice
Oven Baked Potato Wedges
Sweetcorn, Green Beans
Baked Beans

Selection of Freshly-made
Flapjacks

TUESDAY

Bolognaise Pasta Bake
Fish Fingers
Mediterranean Quorn Fillet (v)

Creamed Potatoes
Garlic Bread
Garden Peas, Carrots

Syrup Sponge
Custard

WEDNESDAY

Roast of the Day
served with gravy
Jacket Potato
with selection of fillings
Vegetarian Sausage Parcel (v)

Roast Potatoes
Mashed Potatoes
Selection of Seasonal
Vegetables

Selection of Freshly-made
Muffins

THURSDAY

Cod Bites
*served with tomato ketchup
or sweet chilli mayo*
Mediterranean Chicken
Mac 'n' Cheese (v)

Herby Diced Potatoes
Crusty Bread
Broccoli, Garden Peas
Sweetcorn

Chocolate Brownie

FRIDAY

Cottage Pie
served with gravy
Jacket Potato
with selection of fillings
A Selection of Pizzas (v)

Chips
½ Jacket Potato
Garden Peas, Carrots
Baked Beans

'Fruity Friday'

05/09/2022
26/09/2022
17/10/2022
14/11/2022
05/12/2022
09/01/2023
30/01/2023
27/02/2023
20/03/2023
24/04/2023
15/05/2023
12/06/2023
03/07/2023
24/07/2023

Week 1

12/09/2022
03/10/2022
31/10/2022
21/11/2022
12/12/2022
16/01/2023
06/02/2023
06/03/2023
27/03/2023
01/05/2023
22/05/2023
19/06/2023
10/07/2023

Week 2

Chicken Korma
served with naan bread
Fishcake
*served with lemon mayo
or tomato ketchup*
Pasta Neapolitan (v)

Mashed Potatoes
Rice
Garlic Bread
Sweetcorn, Green Beans

Selection of
Freshly-made Shortbread

BUILD YOUR BURGER
Beef Burger
*served with a cheese slice,
sliced tomato, tomato
ketchup & mayonnaise*
Vegetable & Bean Burger (v)
Cheese & Potato Pie (v)

Oven Baked Potato Wedges
Crusty Bread
Carrots, Garden Peas
Baked Beans

Apple Swirl & Custard

Roast of the Day
served with gravy
Jacket Potato
with selection of fillings
Quorn Fillet (v)

Roast Potatoes
Mashed Potatoes
Selection of Seasonal
Vegetables

Selection of
Iced Cupcake

Fish Fingers
*served with sweet chilli mayo
or tomato ketchup*
Chinese Chicken Flatbread
Vegetable Noodle Stir-fry (v)
*a rainbow of vegetables with
noodles in a tasty sauce*

Garlic Bread
Herby Diced Potatoes
Garden Peas, Sweetcorn

Cornflake Tart & Custard

Chilli con Carne
served with nachos
Jacket Potato
with selection of fillings
A Selection of Pizzas (v)

Rice
Chips
Cauliflower Popcorn
Garden Peas
Baked Beans

'Fruity Friday'

19/09/2022
10/10/2022
07/11/2022
28/11/2022
02/01/2023
23/01/2023
13/02/2023
13/03/2023
17/04/2023
08/05/2023
05/06/2023
26/06/2023
17/07/2023

Week 3

Fishcake
*served with lemon mayo
or tomato ketchup*
Pork & Carrot Meatballs
in a rich tomato sauce
BBQ Quorn Fillet (v)

Oven Baked Potato Wedges
Pasta
Green Beans, Carrots
Baked Beans

Peach Crumble & Custard

Chicken Tikka Masala
served with naan bread
Mac 'n' Cheese (v)
Quorn Dippers (v)
with tomato ketchup

Rice
Garlic Bread
Diced Potatoes
Sweetcorn, Garden Peas
Chocolate Marble Sponge

Roast of the Day
served with gravy
Jacket Potato
with selection of fillings
Veggie Sausage (v)
in a Yorkshire Pudding

Roast Potatoes
Mashed Potatoes
Selection of Seasonal
Vegetables

Selection of Freshly-made
Cookies & Traybakes

Pork Sausages
served with tomato ketchup
Chicken Tikka Wrap
Pasta Neapolitan (v)

Herby Diced Potatoes
Crusty Bread
Broccoli, Carrots
Baked Beans

Selection of Freshly-made
Fruit Muffins

A Selection of Pizzas
Fish Fingers
Quorn Chilli (v)
served with nachos

Rice
Chips
Sweetcorn
Peas
Baked Beans

'Fruity Friday'

Freshly Prepared Salads, Wholemeal Bread, Fruit and Yoghurt are available every day - (3 Choice Menu)

Food Allergen & Intolerance Information - Before ordering speak to our staff about your requirements