

**Week
Commencing**

Jacket Potato Fillings - cheese, beans, coleslaw, tuna mayo & hot fillings as available
Assorted sandwiches available daily

09/05/2022
06/06/2022
27/06/2022
18/07/2022

Week 1

MONDAY

Breaded Chicken Breast Steak or Falafel (v) & Noodles (with sweet & sour sauce)
Quorn & Potato Pie (v)

All served with Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

TUESDAY

Chicken Tikka Masala (with brown & white rice & naan bread)
Pizza (with a selection of toppings & chips)
Quorn Bolognese (v) (with pasta)

All served with Peas & Baked Beans

Cheese & Crackers, Vanilla Ice-cream, Fruit Salad or Yoghurt

WEDNESDAY

Roast Beef with Yorkshire Pudding & Gravy
Quorn Vegan Sausage in a Yorkshire Pudding with Gravy (v)

All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower

Selection of Cookies or Cake, Fruit Salad or Yoghurt

THURSDAY

Pork & Carrot Meatballs or Quorn Balls in Freshly made Tomato Sauce (v) (with penne pasta)
Cheese & Vegetable Stackers (v)

All served with Green Beans & Sweetcorn

Toffee Cake & Custard, Fruit Salad or Yoghurt

FRIDAY

Selection of Fish or Vegetable Bake (v) (with garlic & herb wedges)
Selection of Wraps (with garlic & herb wedges)

All served with Baked Beans & Peas

'Fruity Friday'

16/05/2022
13/06/2022
04/07/2022

Week 2

MONDAY

Beef Bolognese (with spaghetti)
Cheese & Potato Pie (v)

All served with Carrots & Peas

Cheese & Crackers, Chocolate & Vanilla Mousse, Fruit Salad or Yoghurt

TUESDAY

Sausages including Quorn Vegan Sausage (v)
Vegan Nuggets (v)

All served with Chips or Jacket Potato, Baked Beans & Broccoli

Apple Crumble & Custard, Vanilla Ice-cream (with toffee sauce) Fruit Salad or Yoghurt

WEDNESDAY

Roast Chicken & Gravy
Roasted Quorn Fillet (v)

All served with Roast Potatoes & Mash, Carrots, Cabbage & Leek & Sweet Potato Bake

Selection of Cookies or Cake, Fruit Salad or Yoghurt

THURSDAY

Marinated Mediterranean Chicken (with steamed rice)
Cheese & Tomato Pizza (v) (with jacket wedges)

All served with Sweetcorn & Green Beans

Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt

FRIDAY

Selection of Fish or Vegetable Bake (v) (with baby potatoes or mash)
Mac 'n' Cheese (v)

All served with Baked Beans & Peas

'Fruity Friday'

02/05/2022
23/05/2022
20/06/2022
11/07/2022

Week 3

MONDAY

Beef Burger or Falafel (v) (served in a bun with a selection of fillings, onion, cheese & ketchup)
Pasta Neapolitan (v) (penne pasta in a tomato & hidden veg sauce with a cheese topping)

All served with Green Beans & Sweetcorn

Mini Doughnuts, Fruit Salad or Yoghurt

TUESDAY

Selection of Fish or Vegetable Bake (v) (with herby diced potatoes)
Vegetable Lasagne (v) (with herby diced potatoes)

All served with Baked Beans & Peas

Chocolate or Vanilla Cupcakes, Ice-cream Tub, Fruit Salad or Yoghurt

WEDNESDAY

Roast Pork with Apple Sauce & Gravy
Roast Quorn Fillet & Gravy (v)

All served with Roast Potatoes & Mash, Carrots, Broccoli & Cauliflower Cheese

Selection of Cookies, Cheese & Crackers, Fruit Salad or Yoghurt

THURSDAY

Pizza (with a selection of toppings & jacket wedges)
Chickpea & Spinach Curry (v) (brown & white rice & naan bread)

All served with Baked Beans & Sweetcorn

Ginger & Orange Sponge & Custard, Fruit Salad or Yoghurt

FRIDAY

Selection of Fish or Vegetable Bake (v) (with chips or rice)
Mediterranean Omelette (v) (with chips)

All served with Peas & Carrots

'Fruity Friday'

Available Daily: Freshly-made bread & selection of salads. **Fruity Friday:** A selection of fruit platter, fruit salad, fruit jelly, yoghurt & mango sorbet

Selection of Fish: Will be a combination of - battered pollock, fish cake, fish fingers, seaside fish fillet, pollock bites, bubble crisp pollock fillet

Food Allergen & Intolerance Information: Before ordering speak to our staff about your requirements. The menu may vary on promotional days.

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 2022.

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

Allergens and Special Diets

Details of allergens for each Shire Services' recipe are listed in our allergy guidance packs. Please contact the school to arrange to meet the catering manager to discuss any dietary requirements you have.

Deli Bar Options

Monday	Tomato & Basil Pot Assorted Sandwiches & Wraps
Tuesday	Marinated Chicken Noodles Assorted Sandwiches & Wraps
Wednesday	French Bread Pizza Jacket Potato with Filling
Thursday	Jacket Potato with Filling Assorted Sandwiches & Wraps
Friday	Curry & Rice Pot Jacket Potato with Filling

Monday	Chicken Noodle Pot Jacket Potato with Filling
Tuesday	French Bread Pizza Assorted Sandwiches & Wraps
Wednesday	BBQ Quorn & Cheese Melt Jacket Potato with Filling
Thursday	Beef Burrito Assorted Sandwiches & Wraps
Friday	Fish, Mash & Beans Assorted Sandwiches & Wraps

Monday	Fish Wrap, Lettuce & Mayo Assorted Sandwiches & Wraps
Tuesday	BBQ Not Dogs Assorted Sandwiches & Wraps
Wednesday	Hot Chicken Wrap Jacket Potato with Filling
Thursday	Tomato Quorn & Basil Pasta Assorted Sandwiches & Wraps
Friday	Cheese & Tomato Melt Jacket Potato with Filling

All Deli Bar Selections

Will be served with a selection of salad.
Apart from jacket potatoes and the rice, noodle or pasta pots, all dishes will be served with either chips, jacket wedges or herby diced potatoes.

Rakegate Primary School Menu

May 2022 - July 2022



You can follow us on Facebook as "Shire Services" and Twitter as 'Shropschoolmeal'

Education catering is our passion