

Week
Commencing

SCHOOL MENU - Additional Deli Option Available Daily

29/08/2022
19/09/2022
10/10/2022

Week 1

MONDAY

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

All served with Broccoli & Sweetcorn

Chocolate or Vanilla Muffin, Fruit Salad or Yoghurt

TUESDAY

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

All served with Peas & Baked Beans

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

WEDNESDAY

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

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

Selection of Cookies, Fruit Salad or Yoghurt

THURSDAY

Pork & Carrot Meatballs in Freshly made Tomato Sauce (with penne pasta)
Cheese & Vegetable Stackers (v) (with diced potatoes)

All served with Green Beans & Sweetcorn

Syrup Sponge & Custard, Fruit Salad or Yoghurt

FRIDAY

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

All served with Baked Beans & Peas

'Fruity Friday'

05/09/2022
26/09/2022

Week 2

MONDAY

Beef Pie (with mash)
Pasta Neapolitan (v)

All served with Carrots & Peas

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

TUESDAY

Sausages including Vegan Sausage (v)

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

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

WEDNESDAY

Roast Chicken & Gravy
Quorn Vegan Sausage & Gravy (v)

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

Selection of Cookies, Fruit Salad or Yoghurt

THURSDAY

Beef Bolognaise (with pasta)
Pizza (v) (with a selection of toppings & jacket wedges)

All served with Sweetcorn & Green Beans

Chocolate Sponge & Chocolate Sauce, Fruit Salad or Yoghurt

FRIDAY

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

All served with Baked Beans & Peas

'Fruity Friday'

12/09/2022
03/10/2022

Week 3

MONDAY

Beef Burger or Falafel (v) (served in a bun with a selection of fillings, onion, cheese & ketchup with herby diced potatoes or pasta)

All served with Green Beans & Sweetcorn

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

TUESDAY

Vegetable Lasagne (v)
Fish Fingers (with creamed potatoes)

All served with Baked Beans & Peas

Mini Doughnuts, Fruit Salad or Yoghurt

WEDNESDAY

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

All served with Roast Potatoes & Mash, Carrots & Broccoli

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

THURSDAY

Pizza (v) (with a selection of toppings & jacket wedges)
Filled Jacket Potato

All served with Baked Beans & Sweetcorn

Iced Vanilla Sponge & Custard, Fruit Salad or Yoghurt

FRIDAY

Selection of Fish
Mediterranean Omelette (v)

All served with Chips or Rice, 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.

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 KS2 Only

Monday	Tomato & Basil Pasta
Tuesday	Jacket Potato with Filling
Wednesday	French Bread Pizza
Thursday	Assorted Wraps
Friday	Marinated Chicken Filled Flatbread

Monday	Assorted Filled Deli Rolls
Tuesday	Cheese & Tomato Melt
Wednesday	Jacket Potato with Filling
Thursday	Marinated Chicken Pasta Pot
Friday	Beef Buritto

Monday	Veggie Chilli & Rice
Tuesday	Vegan Sausage, Mash & Beans
Wednesday	Marinated Chicken Pasta Pot
Thursday	Quorn Meatball Sub
Friday	Bacon & Cheese Melt

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, herby diced potatoes or pasta.

ST ALBAN'S CE ACADEMY Menu

August 2022 - October 2022



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

Education catering is our passion