

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?

Free school meals?

You may qualify for free school meals. Telephone 0345 678 9000 for further information.

Head Office

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Follow us on
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'Shropschoolmeal'



Muxton Primary School
Lunch Menu
with **Deli Bar**

April 2018 - April 2019



LOCALseasonal
traceablehealthy
TASTYfree range
SUSTAINABLEFOOD

Week 1



Monday

- Pork & Carrot Meatballs (With freshly-made tomato sauce)
- Mediterranean Omelette (v)
- Quorn Balls (v) (With freshly-made tomato sauce)
- Pasta, Baby Potatoes
- Green Beans, Sweetcorn
- Ginger & Orange Sponge with Custard
- Cookie
- DELI BAR**
- *Delì Pot* - Sausage Mash & Beans

Tuesday

- Selection of Fish (Including salmon)
- Selection of Hot & Cold Wraps
- Vegetarian Vegetable Fingers (v)
- Jacket Wedges, Creamed Potatoes
- Baked Beans, Peas
- Chocolate & Vanilla Shortbread
- Ice-cream Tub with Biscuit
- DELI BAR**
- Jacket Potato with Cheese & Beans

Wednesday

- Roast Chicken (With gravy)
- Jacket Potato with Cheese & Beans (v)
- Linda McCartney Vegetarian Sausage in a Yorkshire Pudding (v)
- Roast & Creamed Potatoes
- Carrots, Cauliflower, Peas
- Eve's Pudding & Custard Iced Bun
- DELI BAR**
- *Delì Pot* - Tomato & Basil Pasta

Thursday

- Selection of Fish
- Chicken with Pasta & Sweetcorn
- Cheesy Pasta Bake (v)
- Creamed Potatoes
- Fresh Bread Wedge
- Baked Beans, Broccoli
- Selection of Cookies
- DELI BAR**
- French Bread Pizza

Friday

- Pizza (With a selection of toppings)
- Cottage Pie (With gravy)
- Potato & Vegetable Gratin (v)
- Chips, Creamed Potatoes
- Sweetcorn, Carrots
- Apple & Oat Brownie
- Jelly Sundae
- DELI BAR**
- Chicken Tikka Flatbreads

Menu Weeks

16-04-2018	14-01-2019
07-05-2018	04-02-2019
04-06-2018	04-03-2019
25-06-2018	25-03-2019
16-07-2018	
10-09-2018	
01-10-2018	
22-10-2018	
19-11-2018	
10-12-2018	

Week 2



Monday

- Selection of Fish
- Beef Pie (With gravy)
- Vegetable Pie (With gravy)
- Creamed Potatoes
- Pasta, Peas, Carrots
- Flapjack
- Chocolate Mousse Slice
- DELI BAR**
- Crispy Chicken Wrap with Crunchy Lettuce & Garlic Mayo

Tuesday

- Pork Sausages
- Roast Vegetable & Cheese Parcel (v)
- Linda McCartney Vegetarian Sausage (v)
- Chips, Jacket Potato
- Sweetcorn, Baked Beans
- Apple Crumble & Custard
- Cookie
- DELI BAR**
- Beef Burger Bap with Cheese & Onions

Wednesday

- Roast Beef (With Yorkshire pudding & gravy)
- Cheesy Pasta with Fresh Bread Wedge (v)
- Quorn Fillet (With gravy) (v)
- Roast & Creamed Potatoes
- Carrots, Cabbage
- Leek & Sweet Potato Bake
- Vanilla & Chocolate Frosted Cupcakes
- DELI BAR**
- Jacket Potato with Cheese & Beans

Thursday

- Beef Bolognese
- Selection of Fish (Including salmon)
- Vegetable & Lentil Bolognese (v)
- Baby Potatoes, Spaghetti
- Peas, Carrots
- Chocolate Sponge & Chocolate Sauce
- DELI BAR**
- Tuna & Cheese Melt

Friday

- Pizza (With a selection of toppings)
- Sweet Chilli Chicken
- Sweet Chilli Quorn (v)
- Jacket Wedges, Noodles
- Sweetcorn, Baked Beans
- Selection of Cookies
- DELI BAR**
- Seaside Fish Fillet Wrap with Lemon Mayo

Menu Weeks

23-04-2018	21-01-2019
14-05-2018	11-02-2019
11-06-2018	11-03-2019
02-07-2018	01-04-2019
23-07-2018	
17-09-2018	
08-10-2018	
05-11-2018	
26-11-2018	
17-12-2018	

Week 3



Monday

- Beef Grill
- Pasta Neapolitan (v)
- Linda McCartney Vegetarian Sausage (v)
- Chips, Fresh Bread Wedge
- Baked Beans, Broccoli
- Assorted Fruit Muffins (Apple, blueberry & orange)
- DELI BAR**
- Meatball Sub with Tomato or Sweet Chilli Sauce

Tuesday

- Chicken Tikka Masala (With naan bread)
- Selection of Fish
- Cauliflower & Sweet Potato Curry (v)
- Brown & White Rice
- Baby Potatoes
- Sweetcorn, Peas
- Toffee Cake & Custard
- Orange & Mango Sorbet
- DELI BAR**
- French Bread Pizza

Wednesday

- Roast Chicken (With apple sauce & gravy)
- Bacon Carbonara with Fresh Bread Wedge
- Cheese & Red Onion Quiche (v)
- Roast & Creamed Potatoes
- Carrots, Cauliflower & Broccoli
- Selection of Cookies
- DELI BAR**
- *Delì Pot* - Sweet & Sour Chicken & Noodles

Thursday

- Crispy Chicken (With sweet & sour sauce)
- Jacket Potato (v) (With cheese & pineapple)
- Quorn (With sweet & sour sauce) (v)
- Noodles
- Baked Beans, Sweetcorn
- Vanilla Iced Sponge & Custard
- DELI BAR**
- Fish Finger Wrap with Crunchy Lettuce & Lemon Mayo

Friday

- Pizza (With a selection of toppings)
- Italian Pasta
- Italian Bean Bake (v)
- Jacket Potato Slices, Pasta
- Peas, Carrots
- Fruity Friday**
- Fresh Fruit Salad, Fruit Platter
- Fruit Jelly, Yoghurt
- DELI BAR**
- *Delì Pot* - Mac 'n' Cheese

Menu Weeks

30-04-2018	28-01-2019
21-05-2018	25-02-2019
18-06-2018	18-03-2019
09-07-2018	08-04-2019
03-09-2018	
24-09-2018	
15-10-2018	
12-11-2018	
03-12-2018	
07-01-2019	