

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?

- Our meals are over 75% freshly prepared.
- They include meat from farms that satisfy U.K. welfare standards.
- They are made with free range eggs, where eggs are used.
- They include seasonal and local British produce.
- They 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

Welshampton CE Primary School

Fresh Dining Lunch Menu

Shire Services are proud to serve freshly prepared, locally sourced food



Fresh DINING

www.shireservices.co.uk

**Week
Commencing**

School Menu - balanced, nutritious and freshly prepared tasty meals

Monday

Breaded Chicken Steak
served with Katsu curry sauce

Pasta Neapolitan
served with garlic bread

Potato Wedges
Sweetcorn
Baked Beans

Selection of
Freshly-made Flapjacks

Tuesday

Beef Bolognise
Quorn Meatballs

Pasta
Herby Diced Potatoes
Garden Peas
Carrots

Syrup Sponge
Custard

Wednesday

Cook's Roast of the Day
served with Yorkshire pudding & gravy

Veggie Sausage in a Yorkshire Pudding

Roast & Mashed Potatoes
Carrots
Peas

Roasted Root Vegetables

Ice-cream Tub

Thursday

Breaded Cod Bites
served with tomato ketchup or sweet chilli mayo

Mac 'n' Cheese
served with crusty bread

Herby Diced Potatoes
Broccoli, Sweetcorn

Chocolate Brownie
Chocolate Sauce

Friday

A Selection of Pizzas
cheese & tomato, pepperoni pineapple

Jacket Potato
served with cheese & baked beans or tuna mayo

Chips or Pasta
Garden Peas, Baked Beans

Selection of
Freshly-made Muffins

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 1

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 2

Chicken Curry
served with naan bread

Cheese & Vegetable Stacker
tasty layers of tortilla vegetables, tomato sauce & cheese

Pasta, Diced Potatoes
Sweetcorn, Green Beans

Selection of
Freshly-made Shortbread

Big Breakfast
sausage, bacon, egg

Vegetarian Sausage

Sauté Potatoes
Baked Beans
Mushrooms
Tomato

Vanilla Iced Sponge
Custard

Cook's Roast of the Day
served with Yorkshire pudding & gravy

Quorn Balls

Roast Potatoes
Mashed Potatoes
Carrots
Broccoli

Ice-cream Tub

Build Your Burger
beef or veggie burger, cheese slice, sliced tomato, lettuce, tomato ketchup, mayonnaise

Quorn Dippers
served with tomato ketchup

Oven Baked Wedges
Garden Peas, Baked Beans

Selection of Cupcakes
& Freshly-made Muffins

Fish Fingers
served with sweet chilli mayo

A Selection of Pizzas
cheese & tomato, pepperoni pineapple

Chips, ½ Jacket Potato
Cauliflower Popcorn
Baked Beans

Selection of Cookies
& Traybakes

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 3

Breaded Cod Bites
served with tomato ketchup or sweet chilli mayo

Quorn Chilli
served with nachos

Rice, Chips
Garden Peas, Baked Beans

Selection of Freshly-made
Cookies & Traybakes

Chicken Nuggets
served with tomato ketchup

Mac 'n' Cheese
served with crusty bread

Diced Potatoes,
Sweetcorn, Green Beans

Chocolate Marble Sponge
Chocolate Sauce

Cook's Roast of the Day
served with Yorkshire pudding & gravy

Veggie Sausage
in a Yorkshire Pudding

Roast & Mashed Potatoes
Carrots, Cauliflower
Garden Peas

Ice-cream Tub

Pork Sausages
served with tomato ketchup

Pasta Neapolitan
served with crusty bread

Sauté Potatoes
Broccoli, Baked Beans

Peach Crumble
Custard

A Selection of Pizzas
cheese & tomato, sweetcorn, pineapple

BBQ Quorn Fillet

Potato Wedges
Sweetcorn, Baked Beans

Selection of Freshly-made
Fruit Muffins

Freshly prepared salads & crusty bread, fruit salad, cheese & crackers & yoghurt are available every day - menu s+
Food allergen & intolerance information - before ordering speak to our staff about your requirements