

# School Lunch Information

Pontesbury CE  
Primary School

## Dear Parent/Guardian

You all obviously want to ensure your child eats a nutritionally balanced meal and that it fuels the rest of their learning day.

We aim to fulfil this desire.

Did you know that:

School meals cost only £2.20 per day

School meals are FREE for children in Key stage 1!

That's a saving of £11.00 per week or £140.80 for the Spring Term (saving for holidays?) This also means that you will not have the additional effort and expense of making packed lunches every day.



for further information on the service we provide and to see if you qualify for free school meals

Pontesbury CE Primary School

Office Tel: 01743 790226

Email: [admin@pontesbury.shropshire.sch.uk](mailto:admin@pontesbury.shropshire.sch.uk)

## Food & Menu

Pontesbury Catering team are passionate about serving:

- high quality, locally sourced ingredients in our meals.
- meals nutritionally balanced
- all diets catered for with particular attention to allergens and diabetes.

The team have a vast experience within the food service arena and are constantly trying to innovate and alter our menu's to keep them exciting and tasty for your child to enjoy.

## Could you be entitled to FREE school meals

### Free School Meals

#### ALL IN KEY STAGE 1 CAN HAVE FREE SCHOOL MEALS

If you are also in receipt of any of the following benefits your older child may be eligible for free school meals:-

Child Tax Credit but do not receive Working Tax Credit and that annual income is less than £16,109

Income Support or Income-Based Job Seekers Allowance

Income Related Employment and Support Allowance

The Guarantee Element of State Pension Credit

Please contact the school office for further help and advice or

[www.shropshire.gov.uk/free-school-meals](http://www.shropshire.gov.uk/free-school-meals)  
or call: 0345 678 9000 for more information



Watson Lennard & Payne Ltd  
Foodservice and Facilities Management Consultants

## WEEK 1

### MON

Fish Fingers  
Pasta Neapolitan (V)  
Salmon Fishcake  
Seaside Fish Fillet

\*\*\*\*\*

Jacket Wedges  
Fresh Bread Wedge

~

Peas  
Sweetcorn

\*\*\*\*\*

Lemon Sponge  
Strawberry Jelly

### TUES

Cheese & Potato Pie (V)  
Prime Beef Bolognese  
Quorn Bolognese (V)

\*\*\*\*\*

Spaghetti  
Garlic Bread

~

Broccoli  
Tomatoes

\*\*\*\*\*

Chocolate Shortbread  
Vanilla Shortbread

### WED

Red Pepper Quiche (V)  
Roast Chicken & Yorkshire Pud  
Quorn Fillet & Yorkshire Pud (V)

\*\*\*\*\*

Roast & Mashed Potatoes

~

Carrots  
Peas  
Swede

\*\*\*\*\*

Cheese & Biscuits  
Melon & Orange Wedges  
Rice Pudding

### THURS

Local Pork Sausages  
Vegetarian Sausages (V)  
Vegetable Pasta Bake (V)

\*\*\*\*\*

Diced Potatoes  
Mashed Potatoes

~

Baked Beans  
Green Beans

\*\*\*\*\*

Fruit Crumble & Custard  
Chocolate Mousse

### FRI

Cheese & Tomato Pizza (V)  
Chicken Salad Wrap  
Pepperoni Pizza

\*\*\*\*\*

Chips  
Pasta

~

Carrots  
Sweetcorn

\*\*\*\*\*

Apple Flapjack

## WEEK 2

### MON

Cottage Pie  
Sweet & Sour Chicken  
Sweet & Sour Quorn (V)

\*\*\*\*\*

Egg Noodles  
New Potatoes

~

Baked Beans  
Green Beans

\*\*\*\*\*

Vanilla Sponge & Custard

### TUES

Chicken Korma  
Fish Fingers  
Vegetable Korma (V)

\*\*\*\*\*

Mixed Grain Rice  
Jacket Wedges

~

Broccoli  
Sweetcorn

\*\*\*\*\*

Mandarin Jelly  
Pineapple Upside Down Cake

### WED

Quorn Fillet (V)  
Red Onion Quiche (V)  
Roast Beef & Yorkshire Pud

\*\*\*\*\*

Roast Potatoes  
Mashed Potatoes

~

Carrots  
Cabbage  
Roasted Root Vegetables

\*\*\*\*\*

Cheese & Biscuits  
Fruit Kebabs  
Rice Pudding

### THURS

**Big Breakfast**  
Bacon, Quorn Sausage (V),  
Sausage, Scrambled Egg,

Macaroni Cheese (V)

\*\*\*\*\*

Freshly Baked Bread  
Diced Potatoes

~

Baked Beans  
Mushrooms  
Tomato

\*\*\*\*\*

Chocolate Muffin

### FRI

Cheesy Pasta Bake (V)  
Cheese & Tomato Pizza (V)  
Hawaiian Pizza  
(Ham & Pineapple)

\*\*\*\*\*

Chips  
Jacket Wedges

~

Carrots  
Sweetcorn

\*\*\*\*\*

Strawberry Angel Delight <sup>Sugar Free</sup>  
Vanilla Ice Cream

## WEEK 3

### MON

Beef Chilli Con Carne  
Breaded Chicken  
Quorn Chilli (V)

\*\*\*\*\*

Mixed Grain Rice  
Jacket Potatoes

~

Cauliflower  
Sweetcorn

\*\*\*\*\*

Chocolate Crunch

### TUES

Chicken Curry & Naan  
Local Pork Sausages  
Sweet Potato Curry & Naan (V)

\*\*\*\*\*

Chips  
Mixed Grain Rice

~

Baked Beans  
Peas

\*\*\*\*\*

Fruit Crumble & Custard  
Raspberry Jelly

### WED

Quorn Fillet with gravy (V)  
Red Onion Quiche (V)  
Roast Turkey

\*\*\*\*\*

Roast & Mashed Potatoes  
Broccoli

~

Carrots  
Swede

\*\*\*\*\*

Rice Pudding & Fruit Coulis  
Cheese & Biscuits

### THURS

Prime Beef Lasagne  
Salmon Fishcake  
Seaside Fish Fillet  
Vegetable Lasagne (V)

\*\*\*\*\*

Garlic Bread  
New Potatoes

~

Courgettes  
Peas  
Sweetcorn

\*\*\*\*\*

Carrot Cake

### FRI

Cheese & Tomato Pizza (V)  
Sausage & Tomato Pasta  
Tuna & Sweetcorn Pizza

\*\*\*\*\*

Jacket Wedges  
Pasta

~

Baked Beans  
Green Beans

\*\*\*\*\*

Arctic Roll  
Muffin

Week 1: weeks commencing 25 February, 18 March, 8 March, 13 May, 10 June, 1 July, 2 September, 23 September and 14 October

Week 2: weeks commencing 4 March, 25 March, 29 April, 20 May, 17 June, 8 July, 9 September, 30 September, 21 October

Week 3: weeks commencing 11 March, 1 April, 6 May, 3 June, 24 June, 15 July, 16 September, 7 October