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**The Shropshire Gateway Educational Trust
Catering Menu
September 2022**

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| **Week one** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal** | Beef Lasagne with garlic bread | Chicken Strips in a light curry sauce | Roast Beef and Yorkshire Pudding with gravy | Pork Sausage Hotdog in a bun with ketchup | Mini Fish and Potato Croquette |
| **Main vegetarian/vegan meal** | Quorn Lasagne with garlic bread | Quorn Strips in a light curry sauce | Cheese, Leek and Potato pie | Quorn Sausage hotdog in a bun with ketchup | Omelette with Potato Croquette |
| **Light bite** | Jacket potato with choice of cheese, tuna mayo or baked beans or combo of two | Jacket potato with choice of cheese, tuna mayo or baked beans or combo of two | Jacket potato with choice of cheese, tuna mayo or baked beans or combo of two | Jacket potato with choice of cheese, tuna mayo or baked beans or combo of two | Jacket potato with choice of cheese, tuna mayo or baked beans or combo of two |
| **Salad option** | Mixed Egg Salad with croutons | Chicken and Grape salad | Tuna and Sweetcorn salad | Cheese Salad | Pasta Salad |
| **Vegetables** | Mixed vegetable medley | Fluffy white rice, green beans and sweetcorn | Roast potatoes, carrots and broccoli | Potato wedges and sweetcorn | Peas and carrots |
| **Dessert** | Blueberry muffin | Orange fruit jelly with orange segments  | Flap jack | Fruit salad with vanilla ice cream | Iced chocolate sponge and chocolate custard |

Please speak to a member of the Catering team if you have any concerns about the contents of our dishes



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| **Week two** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Main meal** | Chicken Pasta Bake with garlic bread | All day breakfast of sausage and bacon | Roast Chicken and stuffing with gravy | Fish Burger in a bun  | Pepperoni Pizza Slice with potato wedges |
| **Main vegetarian/vegan meal** | Cheesy Pasta Bake with garlic bread | Omelette | Quorn fillet and stuffing with vegetable gravy  | Vegetable Burger in a bun | Cheese and tomato pizza with potato wedges |
| **Light bite** | Jacket potato with choice of cheese, tuna mayo or baked beans or combo of two | Jacket potato with choice of cheese, tuna mayo or baked beans or combo of two | Jacket potato with choice of cheese, tuna mayo or baked beans or combo of two | Jacket potato with choice of cheese, tuna mayo or baked beans or combo of two | Jacket potato with choice of cheese, tuna mayo or baked beans or combo of two |
| **Salad option** | Mixed egg salad with croutons | Chicken and grape salad | Tuna and sweetcorn salad | Cheese salad | Pasta Salad |
| **Vegetables** | Mixed Green Salad  | Hash Brown and grilled tomato | Green beans and carrots | Sweetcorn and broccoli | Coleslaw and green beans |
| **Dessert** | Chocolate chip cookies | Fruit salad and raspberry ripple ice-cream | Apple sponge | Peach slices with vanilla ice cream | Strawberry mousse |

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| **Our Deli counter offers freshly made to order filled baguettes and wraps with choices of filling:** |
| Mixed salad and:Pulled pork Chicken and baconCoronation chickenChinese chicken | Roasted vegetable and cous cousRed Leicester and red onionHamEgg mayonnaisePrawn cocktail |
| We also have a variety of salads with any of the above toppings and Pasta Pots and Curries with RiceFresh milk shakes, Fruit smoothies and drinksDaily special choicesA daily selection of cakes, fruits, yoghurts, and cereal bars |

Those pupils with an entitlement to free school meals have a daily allowance to be spent at lunch time of £2.41

Allergen information is provided at point of sale.

The school operates a cashless catering account and pupils’ access this by biometric methods or pin code with funds added to the account by a parent mail login.

The Trust will endeavour to keep our catering prices as low as possible and to provide a good service whilst dealing with the challenges of increased food and staffing costs.

The Trust strives to avoid unnecessary packaging and where used will source as much as possible recyclable containers and environmentally friendly biodegradable containers. It encourages its pupils to have an awareness and understanding of recycling and environmental issues and provides recycling units throughout the school.

The Trust is proud to support its local communities sourcing ingredients where it can from local Shropshire businesses.