

## COPPICE LUNCH MENU

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Meal Deal</b>	Sausage & Mash Gravy Seasonal Vegetables	Beef Chilli Rice & Nachos Vegetables & Salad	Roast Lunch <i>with all the trimmings</i> Seasonal Vegetables	Beef Lasagne Potato Wedges Vegetables & Salad	Fish & Chips Baked Beans Peas
<b>The Loaded Tray (a meal in a tray)</b>	Chicken Strips Diced Potatoes Fresh Salad or Slaw	Onion Bhaji Spicy Potato Wedges Baked Beans or Slaw	Marinated Chicken Herby Diced Potatoes Fresh Salad or Slaw	Pulled Pork Potato Crispers Fresh Salad or Slaw	Chicken Bites Curry Sauce or Baked Beans Chips
<b>The One Pot (all in one pot)</b>	Pasta with Sauce Garlic Bread	Hot Wok Chicken Noodles with Prawn Crackers	Mac & Cheese Garlic Bread	Curry with Rice Naan Bread	Pasta with Sauce Garlic Bread
<b>Grab &amp; Go Option 1</b>	Turkey Burger	Chicken Epic	Pulled Pork Bap	Beef Burger	Jumbo Hot Dog
<b>Grab &amp; Go Option 2</b>	Pizza Slice	Pizza Slice	Pizza Slice	Pizza Slice	Pizza Slice



Sandwiches, Baguettes, Wraps, Salads, Fresh Fruit, Yoghurts, Cookies, Muffins & Chilled Desserts available daily

### Food Allergies & Intolerances

Please speak to our school catering staff about your requirements



Follow us on Facebook as 'Shire Services' and Twitter as 'shropschoolmeal'



## COPPICE LUNCH MENU

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>The Meal Deal</b>	<b>Big Breakfast</b> <i>Sausage, Bacon, Egg, Hash Brown, Beans, Mushrooms or Tomatoes</i>	<b>Cottage Pie</b> <b>Gravy</b> Seasonal Vegetables	<b>Sausage &amp; Mash</b> <b>Gravy</b> Seasonal Vegetables	<b>Mediterranean Pasta Bake</b> <b>Garlic Bread</b> Vegetables & Salad	<b>Fish &amp; Chips</b> <b>Baked Beans</b> Peas
<b>The Loaded Tray</b> <i>(a meal in a tray)</i>	<b>Buffalo Chicken Wings</b> <b>Herby Diced Potatoes</b> Fresh Salad or Slaw	<b>Onion Bhaji</b> <b>Potato Wedges</b> Fresh Salad or Slaw	<b>Loaded Jacket</b> <b>Fresh Salad or Slaw</b>	<b>Katsu Chicken</b> <b>Rice</b> Fresh Salad or Slaw	<b>Chicken Nuggets</b> <b>Curry Sauce or</b> <b>Baked Beans</b> Chips
<b>The One Pot</b> <i>(all in one pot)</i>	<b>Pasta with Sauce</b> <b>Garlic Bread</b>	<b>Curry with Rice</b> <b>Naan Bread</b>	<b>Hot Wok Sweet &amp; Sour</b> <b>Chicken Noodles</b> with Prawn Crackers	<b>Curry with Rice</b> <b>Naan Bread</b>	<b>Mac &amp; Cheese</b> <b>Garlic Bread</b>
<b>Grab &amp; Go</b> <b>Option 1</b>	<b>Hot Filled Wrap</b> with Salad	<b>Jumbo Hot Dog</b>	<b>Chicken Epic</b>	<b>Quorn Ball Sub</b>	<b>Rustic Pizza</b>
<b>Grab &amp; Go</b> <b>Option 2</b>	<b>Pizza Slice</b>	<b>Pizza Slice</b>	<b>Pizza Slice</b>	<b>Pizza</b>	<b>Sausage Roll</b>



Sandwiches, Baguettes, Wraps, Salads, Fresh Fruit, Yoghurts, Cookies, Muffins & Chilled Desserts available daily

### Food Allergies & Intolerances

Please speak to our school catering staff about your requirements



Follow us on Facebook as 'Shire Services' and Twitter as 'shropschoolmeal'

