

Week 1: 13th Apr, 4th May,
25th May, 15th Jun, 6th Jul,
27th Jul, 17th Aug, 7th Sep,
28th Sep, 19th Oct

 **Homemade Bread,**
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Shirley Manor Primary Academy Menu

Mon

**ProVeg Beef & Red
Lentil Bolognese &
Garlic Bread**

Red Tractor accredited
Beef Mince & Lentils in
a Tomato & Vegetable
Sauce, served with
Pasta & Garlic Bread.



**ProVeg Creamy
Mac & Cheese**

A Macaroni
Pasta dish, coated
in a creamy Mature
Cheddar Sauce,
served with crusty
Bread.

**Assorted
Jacket
Potatoes /
Selection of
Sandwiches /
Hot Sub Roll**



**Lemon
Shortcake &
Custard**

A rich Shortbread
finger with a hint of
Lemon, served with
Custard.

Tue

Pork & Apple Whirl
Red Tractor Accredited
Sausage Meat and
Apples, encased in
Pastry.



**Super
Savoury Roll**

Flakey Puff Pastry
with a seasoned
filling, served with
Seasoned Potatoes.



**Mascarpone
Pasta**

A creamy Sauce
with Tomatoes,
Mascarpone Cheese
and Herbs, served
with Crusty Bread.

**Assorted
Jacket
Potatoes /
Selection of
Sandwiches /
Hot Sub Roll**



Sprinkle Cake

Homemade -
reduced sugar -
Vanilla Sponge,
lightly topped with
water Icing and
Sprinkles.

Wed

Roast Meat Dinner
Red Tractor Accredited
Meat (either Gammon,
Turkey or Pork Loin)
served with Yorkshire
Pudding, Roast
Potatoes, Seasonal Veg
& Gravy.



**Quorn
Roast Dinner**

Served with Yorkshire
Pudding, Roast
Potatoes, Seasonal
Vegetables & Vegan
Gravy.



**Spaghetti
Marinara**

A Tomato & mildly
spiced Sauce
combined into
cooked
Spaghetti, topped
with Cheese.

**Assorted
Jacket
Potatoes /
Selection of
Sandwiches /
Hot Sub Roll**



**Decorated
Fruit Jelly**

Jelly with Fruit,
topped with Fresh
Cream.

Thu

**Classic Cheese &
Tomato Pizza**
Wholemeal 50/50 base,
topped with a
lightly spiced Sauce
and topped with
Mozzarella / Cheddar
Cheese, served with
Chips / Jacket Wedges.



**Mini Power
Ball Pizza**

Wholemeal 50/50 base
topped with a lightly
spiced Sauce, and topped
with Mozzarella / Cheddar
Cheese & Meatless Balls,
served with Chips / Jacket
Wedges.



**Homemade BBQ
Quorn with Rice**
Quorn Pieces in a
Barbeque flavoured
Tomato Sauce, served
with Rainbow Rice.

**Assorted
Jacket
Potatoes /
Selection of
Sandwiches /
Hot Sub Roll**



**Chocolate
Sponge &
Chocolate Sauce**

Homemade, light
Chocolate Sponge,
served with
Chocolate Sauce.

Fri

**MSC Battered
Fish Fillet**
MSC Battered Fillet of
Fish, served with Chips
/ Jacket Wedges.



**Vegetable
Pakoras**

Mixed Vegetables
& Onion coated in
Tempura Batter,
served with Chips /
baked Jacket
Wedges & Riata.

**Assorted
Jacket
Potatoes /
Selection of
Sandwiches /
Hot Sub Roll**



Vanilla Cookie

Custard flavoured
Cookie.



Scan the QR
code to head
to our app for
full allergen &
nutritional info



FM CATERING SERVICES

Week 2: 20th Apr, 11th May,
1st Jun, 22nd Jun, 13th Jul,
3rd Aug, 24th Aug, 14th Sep,
5th Oct, 26th Oct

 **Homemade Bread,**
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Shirley Manor Primary Academy Menu



Mon

 **ProVeg Rich & Creamy Meat Lasagne**
Red Tractor Accredited Beef Mince in a rich Tomato Sauce with Vegetables, Herbs & Garlic, layered with Pasta Sheets & a Creamy Cheese Sauce, served with Garlic Bread.

 **Rich & Creamy Vegetarian Mince Lasagne**
Soya Mince & Vegetables in a rich Tomato Sauce with Vegetables, Herbs & Garlic, layered with Pasta Sheets & a Creamy Cheese Sauce, served with Garlic Bread.

 **Quorn Meatballs**
Quorn Balls in a homemade Tomato Sauce, served with Rice.

Assorted Jacket Potatoes / Selection of Sandwiches /
 **Hot Sub Roll**

 **Strawberry Sponge & Custard**
Homemade, light Vanilla Sponge with a Strawberry Jam Swirl, served with Custard.

Tue

 **Homemade Cheese & Onion Pasty**
Creamed Potatoes with Cheese & Onions encased in Pastry.

 **Mascarpone Pasta**
A creamy Sauce with Tomatoes, Mascarpone Cheese and Herbs, served with Crusty Bread.

Assorted Jacket Potatoes / Selection of Sandwiches /
 **Hot Sub Roll**

 **Peaches & Ice Cream with Syrup**
Vanilla Ice Cream with Tinned Peach Slices, with a Chocolate flavoured Syrup.

Wed

Roast Meat Dinner
Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roast Potatoes, Seasonal Veg & Gravy.

 **Golden Cheese Roll**
Cheese mix wrapped in Puff Pastry, served with Creamed Potatoes & Seasonal Vegetables.

 **Neapolitan Pasta**
Seasonal Veg, Beans & Herbs cooked and blended into a rich Tomato Sauce, served with Pasta.

Assorted Jacket Potatoes / Selection of Sandwiches /
 **Hot Sub Roll**

 **Lemon Drizzle**
A fluffy Lemon Sponge with Icing Drizzle, served with optional Custard.

Thu

Tuna & Sweetcorn Pizza
Wholemeal 50/50 base, topped with a lightly spiced Sauce and topped with Mozzarella / Cheddar Cheese & Tuna, served with Chips / Jacket Wedges.

 **Classic Cheese & Tomato Pizza**
Wholemeal 50/50 base, topped with a lightly spiced Sauce and topped with Mozzarella / Cheddar Cheese, served with Chips / Jacket Wedges.

 **Arrabiata Pasta**
Chilli Tomato Sauce with Lentils & Peppers, served with Pasta & Crusty Bread.

Assorted Jacket Potatoes / Selection of Sandwiches /
 **Hot Sub Roll**

 **Marble Sponge & Chocolate Sauce**
Homemade Sponge with hints of both Vanilla & Chocolate Cake, served with Chocolate Sauce.

Fri

Southern-fried Chicken Goujons
Red Tractor Accredited pre-fried Breaded Chicken, served with Garlic Mayonnaise & Baked Jacket Wedges / Chips.

 **Homemade BBQ Quorn with Rice**
Quorn Pieces in a Barbeque flavoured Tomato Sauce, served with Rainbow Rice.

Assorted Jacket Potatoes / Selection of Sandwiches /
 **Hot Sub Roll**

 **Gallydale Biscuits**
Homemade, crumbly, Oaty Biscuit.



Scan the QR code to head to our app for full allergen & nutritional info



FM CATERING SERVICES

Week 3: 27th Apr, 18th May,
8th Jun, 29th Jun, 20th Jul,
10th Aug, 31st Aug, 21st Sep,
12th Oct, 2nd Nov

 **Homemade Bread,**
selection of seasonal
Vegetables / fresh Salad &
fresh Fruit served daily.

Selection of cold
Sandwiches served daily.

Shirley Manor Primary Academy Menu



Mon

 **ProVeg Mild Chicken Curry**
Indian inspired aromatic Red Tractor Chicken, Sweet Potato & Vegetable Curry, served with Rainbow Rice.

 **Pomodoro Pasta**
A simple, delicious, rich Tomato Sauce with Beans, served with Crusty Bread.

Assorted Jacket Potatoes / Selection of Sandwiches /  Hot Sub Roll

 **Flapjack**
A sweet Bar made with Oats, Golden Syrup & Butter.

Tue

 **Soya Mince Chilli with Rice & Nachos**
Soya Mince in a spicy Tomato Sauce, served with Rice & Nachos.

 **American-style Quorn Hot Dog**
Quorn Sausage served in a Bun, with Seasoned Potatoes.

 **Spaghetti Marinara**
A Tomato & mildly spiced Sauce combined into cooked Spaghetti, topped with Cheese.

Assorted Jacket Potatoes / Selection of Sandwiches /  Hot Sub Roll

 **Paris Sandwich**
A light, sweet Pastry with Jam, sandwiched in between, served with Custard.

Wed

Sausage Pie
Red Tractor Accredited Sausage in Gravy, topped with Cheesy Mashed Potatoes, served with Yorkshire Pudding.

 **Savoury Soya Mince & Yorkshire Pudding**
Soya Mince & Vegetables, served in a Yorkshire Pudding.

 **Neapolitan Pasta**
Seasonal Veg, Beans & Herbs cooked and blended into a rich Tomato Sauce, served with Pasta.

Assorted Jacket Potatoes / Selection of Sandwiches /  Hot Sub Roll

 **Pears & Ice Cream with Syrup**
Vanilla Ice Cream with Tinned Pear Slices, with a Chocolate flavoured Syrup.

Thu

 **Classic Cheese & Tomato Pizza**
Wholemeal 50/50 base, topped with a lightly spiced Sauce and topped with Mozzarella / Cheddar Cheese, served with Chips / Jacket Wedges.

 **Baked Tortilla Wrap with Julienne of Veg**
Vegetables in a Sauce, topped with Cheese in a Tortilla wrap. Served hot with Chips / Jacket Wedges.

Assorted Jacket Potatoes / Selection of Sandwiches /  Hot Sub Roll

 **Chocolate Sponge & Chocolate Sauce**
Homemade, light Chocolate Sponge, served with Chocolate Sauce.

Fri

MSC Breaded Fish Fillet Fingers
MSC Fish Fillet Fingers, served with Chips / Jacket Wedges.

MSC Salmon & Sweet Potato Fishcake
MSC Salmon & Sweet Potato, served with Chips / Jacket Wedges.

 **Crispy Dippers**
A blend of Vegetables & Potato coated in Breadcrumbs, served with Ketchup & Chips / baked Jacket Wedges.

Assorted Jacket Potatoes / Selection of Sandwiches /  Hot Sub Roll

 **Butterfly Buns**
Individual, decorated Sponge-based Dessert.



Scan the QR code to head to our app for full allergen & nutritional info



FM CATERING SERVICES