



The PRIORY SCHOOL Shrewsbury

Week One

menu

Freshly made paninis, pizzas, hot sandwiches
main courses and hot desserts

	Main Event	Vegetarian	Starchy Food	Vegetables	Dessert
Monday	Beef Bolognaise	Roasted Butternut Squash Risotto	Spaghetti	Green Beans	Apple & Blackcurrant Crumble
Tuesday	Sweet & Sour Pork	Quorn & Veg Stir Fry	Noodles	Sweetcorn & Carrots	Gingerbread Cake
Wednesday	Roast Turkey	Root Veg Hotpot	Roast Potatoes	Peas & Cabbage	Mixed Fruit Strudel
Thursday	Lemon infused Battered Fish	Battered Quorn Sausage	Chips	Mushy Peas or Baked Beans	Beetroot Brownie
Friday	Chicken & Butternut Squash Curry	Autumn Veg & Chickpea Korma	Wholegrain Rice	Broccoli	Honey & Granola Yoghurt

Please contact a catering team member for Allergen details



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Week Two

menu

Freshly made paninis, pizzas, hot sandwiches
main courses and hot desserts

	Main Event	Vegetarian	Starchy Food	Vegetables	Dessert
Monday	Pork, Apple & Celeriac Casserole	Quorn & Root Veg Pasta Bake	Herb infused Couscous	Broccoli	Bakewell Tart
Tuesday	Fisherman's Pie	Sweet Potato & Spinach Frittata	Wholemeal Pasta	Green Beans	Chocolate Bread Pudding
Wednesday	Roast Beef	Quorn Cottage Pie	Mashed Potato	Carrots & Swede	Baked Apple & Toffee Crumble
Thursday	Chilli infused Battered Fish	Spiced Lentil & Bean Burger	Chips	Mushy Peas or Baked Beans	Butternut Squash Cake
Friday	Traditional Beef Lasagne	Macaroni Cheese	Spicy Baked Wedges	Peas & Sweetcorn	Blackcurrant Calfoutis

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Week Three

menu

Freshly made paninis, pizzas, hot sandwiches
main courses and hot desserts

	Main Event	Vegetarian	Starchy Food	Vegetables	Dessert
Monday	Cumberland Sausages with Caramelised Onion Gravy	Roasted Mediterranean Vegetable Parcel	Mashed Potatoes	Roasted Root Vegetables	Eve's Pudding
Tuesday	Chinese Chicken	Sweet Potato & Chickpea Curry	Wholegrain Rice	Broccoli & Carrots	Chocolate Banana Cake
Wednesday	Roast Chicken	Autumn Vegetable Lasagne	Roast Potatoes	Braised Red Cabbage	Orange & Cinnamon Rice Pudding
Thursday	Chive infused Battered Fish	Mixed Bean & Vegetable Tortilla Bake	Chips	Mushy Peas or Baked Beans	Sticky Toffee Pudding
Friday	Cottage Pie	Vegetarian Chilli	Herb infused Couscous	Green Beans	Pear & Date Crumble Crunch

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