

Summer Term 2025	28 APR	WK 1	1 SEPT	WK 1	5 JAN	WK 1
	5 MAY	WK 2	8 SEPT	WK 2	12 JAN	WK 2
	12 MAY	WK 3	15 SEPT	WK 3	19 JAN	WK 3
	19 MAY	WK 1	22 SEPT	WK 1	26 JAN	WK 1
	26 MAY - HALF TERM		29 SEPT	WK 2	2 FEB	WK 2
2 JUN	WK 3	6 OCT	WK 3	9 FEB	WK 3	
9 JUN	WK 1	13 OCT	WK 1	16 FEB - HALF TERM		
16 JUN	WK 2	20 OCT	WK 2	23 FEB	WK 2	
23 JUN	WK 3	27 OCT - HALF TERM		2 MAR	WK 3	
30 JUN	WK 1	3 NOV	WK 1	9 MAR	WK 1	
7 JUL	WK 2	10 NOV	WK 2	16 MAR	WK 2	
14 JUL	WK 3	17 NOV	WK 3	23 MAR	WK 3	
Autumn Term 2025	15 DEC	WK 1	1 SEPT	WK 1	5 JAN	WK 1
	8 DEC	WK 3	8 SEPT	WK 2	12 JAN	WK 2
	1 DEC	WK 2	15 SEPT	WK 3	19 JAN	WK 3
	24 NOV	WK 1	22 SEPT	WK 1	26 JAN	WK 1
	17 NOV		WK 3	29 SEPT	WK 2	2 FEB

Menu calendar

FREE SCHOOL MEALS

DID YOU KNOW?

School Meals are FREE to all children in Reception, Year 1 and Year 2. Your child may also be entitled after Year 2!

- If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2025. (This is currently being reviewed by department for education as this may be extended, but no decision has yet been made).
- Free School Meals (FSM) also provides extra funding to your school, you can register your child for FSM if you receive any of these benefits:
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The 'Guarantee' element of State Pension Credit
- Child Tax Credit, provided they are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue and Customs) that does not exceed £16,190
- Working Tax Credit 'run-on' – the payment someone may receive for a further four weeks after they stop qualifying for Working Tax Credit a year (after tax and not including any benefits you get)
- Universal Credit – your household income must be less than £7,400

All information correct at the time of going to print

OUR INGREDIENTS

Where our food comes from

Fresh Fruit, Salads and Vegetables - selected by Rowlands in Shrewsbury.

The Welsh Sausage company - based in Welshpool make our award winning sausages, gluten free meat balls and 70% natural Beef Burgers. They are reduced fat, reduced salt and free from artificial colourings and flavourings.

Eggs - we only use Free Range eggs which are supplied by Clun Farm Eggs a family run business. The hens are fed high quality food which is sourced locally to give a rich golden coloured yolk.

Fish - our fish is MSC accredited in line with the Marine Stewardship Council, we only use fish from a sustainable source.

Yoghurt - supplied by Village Dairy, made from wholesome Welsh milk in the Vale of Clwyd, North Wales.

Meat - our meat is Red Tractor sourced in the UK.

Cheese - produced in Nantwich, Cheshire.

Dried, frozen and chilled goods - sourced locally from Bikold in Ludlow from a network of local producers.

THANK YOU
to our suppliers for their continued support and helping us with our special event days



We're working with our schools to increase our use of sustainable items. All of our disposable packaging for sandwiches and wraps are plant based and fully compostable.

Download your copy at
www.telford.gov.uk/schoolmeals



The Eatwell project supports the Let's Dine ethos by cooking healthy, simple ingredients with the children.

- 1 All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- 2 We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 3 At our schools with a Sandwich Bar, we offer a healthy sandwich choice as an alternative to a hot meal, look out for the Sandwich Bar symbol. Contact your school office for more info.
- 4 Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- 5 We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.
- 6 We Oven Bake in preference to Frying.
- 7 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 8 All of our suppliers ensure full traceability of our Food.
- 9 Some of our menu choices are developed with children through the Eatwell Project.

OUR MENUS

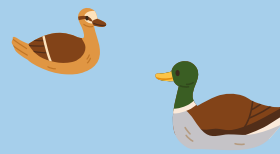


Protect, care and invest
to create a better borough



HOLMER LAKE

SCHOOL MENU



Healthy Lunch
AT
HOLMER LAKE

Let's Dine
April 2025 to March 2026



V Vegetarian
Ve Vegan
H Halal

WEEK 1

WEEK 2



WEEK 3

MONDAY

Gluten Free Meatballs served in a Rich Tomato Sauce

Vegetarian Balls served with a Chef's Sauce **V**

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Golden Shortbread

WEDNESDAY

Handmade Beef Burger served with a Soft Bread Bap

Vegetarian Burger served with a Soft Bread Bap **V**

Diced Potatoes, Baked Beans, Mixed Vegetables, Seasonal Salad Selection, Bread

Flapjack

TUESDAY

Chicken Curry Farm Assured Chicken in a Chef's Curry Sauce

Vegetarian Curry Seasonal Vegetables and Mixed Beans in a Chef's Curry Sauce **V**

Boiled Rice, Poppadum's, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Sponge

THURSDAY

Cheese and Tomato Pizza **V**

Baby Jacket Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit Muffin

FRIDAY

Jumbo Fish Finger White fillet of fish coated in breadcrumbs

Quorn Dunkers **V**

Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread

Vanilla Ice Cream

MONDAY

Cheese and Tomato Pizza **V**

Jacket Wedges, Sweetcorn, Baked Beans, Seasonal Salad Selection, Bread

Muffins

TUESDAY

Sausage Roll Pork Sausage meat encased in Puff Pastry

Pasta Neapolitan **V**

Herby Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Crunch

WEDNESDAY

Traditional Roast of the Day Farm Assured Sliced Meat served with a Rich and Tasty Gravy

Filled Yorkshire Pudding Roasted Vegetables and Mixed Beans with a Yorkshire Pudding **V**

Creamed Potato, Roast Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fresh Fruit Salad

THURSDAY

Chicken Dunkers Farm Assured Chicken in a light Batter or Breadcrumbs

Vegetable Sausage Roll Vegetarian Sausage encased in Puff Pastry **V**

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Rice Pudding

MONDAY

Beef Chili Farm Assured Minced Beef in a Chef's Mild Chili Sauce

Mac 'n' Cheese Macaroni Pasta in a Chef's Creamy Cheese Sauce **V**

Jacket Potato, Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Flapjack

TUESDAY

Big Breakfast Farm Assured Sausage, Bacon

Vegetarian Sausage, Scrambled Egg **V**

Potato Smiles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread

Strawberry and Vanilla Swirl Mousse

THURSDAY

Pork Sausage Farm Assured Pork Sausage

Quorn Sausage **V**

Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Jelly with a Swirl of Cream

FRIDAY

Jumbo Fish Finger White fillet of fish coated in breadcrumbs

Cheese Twists Grated Cheese and Creamed Potato in a Puff Pastry Twist **V**

Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread

Vanilla Ice Cream



FRIDAY

Battered Fish White fillet of fish coated in a light batter or Fishcake

Vegetarian Fingers **V**

Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread

Strawberry and Vanilla Swirl Mousses

WEDNESDAY

Hot Chicken Wraps Farm Assured Chicken in a floured Wrap

Pasta Neapolitan Pasta Twists and Seasonal Vegetables in a Tomato Sauce **V**

Herby Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Sponge and Custard

FUN
FOOD
FACT

Potatoes
were the first
vegetable to
be grown in
space.

Nurturing / GROWING / Inspiring

Sandwich Option
Packed lunch available

Fresh Fruit available daily. Cheese and Crackers available Monday, Wednesday and Friday. Individual Yoghurts available Tuesday and Thursday. All items subject to availability.

FUN
FOOD
FACT

A POMEGRANATE
CAN HOLD UP TO
1400 SEEDS.