www.telford.gov.uk/freeschoolmeals

		MK 1	10 DEC		
		MK 3	9 DEC	MK 3	16 JUL
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MK 1	NAL 7S	MK 1	23 SEPT	MK 1	ЯЧА 6S
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MK 5	MALEF	MK 5	PS SEPT	MK 5	A9A 31
MK 1	NAL 9	MK 4	2 SEPT	MK 1	ЯЧA 8
Spring Term 2025		Autumn Term 2024		Summer Term 2024	

All information correct at the time of going to print

a year (after tax and not including any benefits you get)

• Universal Credit - your household income must be less that £7,400

a further four weeks after they stop qualifying for Working Tax Credit Working Tax Credit 'run-on' - the payment someone may receive for

Customs) that does not exceed £16,190 and have an annual income (as assessed by HM Revenue and

Child Tax Credit, provided they are not entitled to Working Tax Credit

 The 'Guarantee' element of State Pension Credit Support under Part VI of the Immigration and Asylum Act 1999

Income-related Employment and Support Allowance

Income-based Jobseeker's Allowance

Income Support

you can register your child for FSM if you receive any of these benefits: Free School Meals (FSM) also provides extra funding to your school,

they're in on 31 March 2025.

until they finish the phase of schooling (primary or secondary) If your child is eligible for free school meals, they'll remain eligible

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

DID KON KNOMS Free School Meals

Ouringredients



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

0 0

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

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.

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.

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,

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

THANK YOU

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

























hospitals and hospices throughout the country. to improve the quality of life of sick children in Our Wallace and Gromit pasta meals raise funds

through the Eatwell Project.

are developed with children

Some of our menu choices

Illul ornsna erapliers ensure full

requirements, medical or cultural.

endeavour to cater for special dietary

We offer a Vegetarian option as standard

We Oven Bake in preference to Frying.

and a Vegan option where possible. We

traceability of our Food.







generation.

as vehicle fuel or for power and energy filtered and processed into biofuel for use We recycle our Rapeseed Oil. It is cleaned,

supporting the national obesity strategy. taf bns regus ni wol ers eediper and Fat,

symbol. Contact your school office for more info. to a hot meal, look out for the Sandwich Bar a healthy sandwich choice as an alternative At our schools with a Sandwich Bar, we offer

Fresh Fruit daily.

We provide a choice of Vegetables, Salad and

Government Food Standards.

our kitchens daily and comply with the ni bəraqərq ylnəsilə are treshly prepared in





ll9wi69

Protect, care and invest to create a better borough

Let's Dine Primary School Menu

April 2024 to March 2025

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



Weels

Weel

Weeks



Monday

Beef Bolognaise Farm Assured Minced Beef cooked in a Chef's Bolognaise Sauce

Cheese Puffs Creamed Potato and Cheese encased in Puff Pastry V

Pasta, Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Cookie



Tuesday

Cheese and Tomato Pizza with a Variety of toppings Diced Peppers V. Ham and Pineapple, Sweetcorn V, **BBQ Chicken**

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

Muffin Selection

Selection, Bread

Vanilla Ice Cream



<u> Thursday</u>

Chicken Dunkers Farm Assured Chicken with Tomato Sauce

Vegetarian Enchiladas V

Mini Jacket Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Friday

Battered Fillet of Fish White Fillet

Chips, Couscous, Baked Beans,

Garden Peas, Seasonal Salad

coated in a light batter or Pork

Chocolate Brownie

Vegetable Nuggets V

Crispy Cornflake Cake

Selection, Bread

Sausage



BBQ Chicken

Tuesday

Monday

Variety of toppings Diced Peppers V.

Ham and Pineapple, Sweetcorn V.

Cheese and Tomato Pizza with a

Jacket Wedges, Big Seasonal

Salad Selection, Bread

Jam Tart and Cream

Chicken and Bacon Pasta Bake Farm Assured Chicken with Bacon in a Chef's Creamy Sauce

Vegetarian Balls V

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

Iced Buns



Friday

Battered Fillet of Fish White Fillet

Chips, Couscous, Baked Beans,

Garden Peas, Seasonal Salad

coated in a light batter

Mac 'n' Cheese V

Selection, Bread

Flapjack

Wednesday

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

Oven Roasted Vegetables with Mixed Beans and Yorkshire Pudding V

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

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

> Designed by the School Council

Thursday

Beef Burgers Farm Assured Minced Beef

Jacket Potato with a Vegetarian Filling V

Pasta Twists, Mini Jacket Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Coconut Cookie



Monday

Gluten Free Meatballs with a Sauce

Cheese Puff Cheese and Potato encased in Puff Pastry V

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Vanilla Ice Cream or Biscuit



Thursday

Spicy BBQ Chicken Farm Assured Chicken cooked with a Chef's BBQ

Cheese and Tomato Pizza V

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

Jelly and Cream or Flapjack



Tuesday

Minced Beef Hot Pot Farm Assured Beef topped with Sliced Potatoes

Cheese Flan V

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

Chocolate Layered Crumble and Custard



Friday

Salmon Fish Cakes

Quorn Nuggets Quorn pieces coated in a light batter and baked V

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

Muffin Selection

Wednesday

Big Breakfast Farm Assured Pork Sausage, Bacon and Free Range Scrambled Egg

Vegetarian Sausage, Free Range Scrambled Egg V

Hash Browns, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Cheesecake



ZIGGY



Vegetarian Sausage, Free Range Scrambled Egg V Hash Browns, Seasonal Vegetable Selection, Seasonal Salad

FUN FOOD FACTS

Lemons float, but limes sink... and ripe cranberries bounce like rubber balls.





Rhubarb grows so quickly that you can hear it.

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