www.telford.gov.uk/freeschoolmeals

	18 DEC	WK 1		
12 1NF MK3	9 DEC	MK 3		
8 1NF MK 5	5 DEC	MK 5	A9A 7	MK 5
1 1 NK 1	25 NOV	MK 1	AAM IE	MK 4
24 1NN MK 3	18 NOV	MK 3	AAM 4S	MK 3
17 JUN WK 2	11 NOV	MK 5	AAM TI	MK 5
10 JUN WK 1	∧ON ⊅	MK 1	AAM OF	MK 4
з пли мк з	28 OCT - HALF TERM		AAM &	MK 3
MA3T - HALF TERM	21 OCT	MK 5	74 FEB	MK 5
20 MAY WK 1	14 OCT	MK 1	1 - 833 TF	MABT 7JAH
13 MAY 3	7 OCT	MK 3	10 FEB	MK 3
6 MAY WK 2	30 SEPT	MK 5	3 LEB	MK 5
29 APR WK 1	23 SEPT	MK 1	MAL 7S	MK 4
22 APR WK 3	16 SEPT	MK 3	MAL 0S	MK 3
15 APR WK 2	PS SEPT	MK 5	NALEF	MK 5
8 APR WK 1	2 SEPT	MK 1	NAL 9	MK 4
Summer Term 2024	4sos mreT nmutuA		Spring Term 2025	

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







Did you know? 169 M 100A32 99

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.

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 producers.

THANK YOU

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































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. dur recipes are low in Sugar 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.

Me provide a choice of Vegetables, Salad and

Government Food Standards.

our kitchens daily and comply with the All our meals are freshly prepared in



through the Eatwell Project.

are developed with children

Some of our menu choices

Ilut əruznə zrəilqquz ruo to IIA 📑

requirements, medical or cultural.

. We Oven Bake in preference to Frying.

endeavour to eater for special dietary

and a Vegan option where possible. We

We offer a Vegetarian option as standard

www.telford.gov.uk/schoolmeals

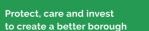
Download your copy at

traceability of our Food.

shuall and



119W169

































Week

Wednesday

Traditional Roast of the Day with

Broccoli Bake or Tender Quorn

Roast Potatoes, Creamed Potato,

Seasonal Salad Selection, Bread

Thursday

Wrap Day - Selection of Ham, Egg

Pasta Twists, Big Seasonal Salad

Friday

V, Cheese V or Tuna filled Wrap

Seasonal Vegetable Selection,

a Rich and Tasty Gravy Farm

Assured Sliced Meat

Muffin Selection

Selection, Bread

Iced Sprinkle Sponge

Fillet V



Monday

Chicken Curry or Sweet and Sour

Vegetarian Curry or Quorn Sweet

Boiled Rice, Seasonal Vegetable

Tuesday

Macaroni Cheese or Cheese Flan V

Jacket Potato, Seasonal Vegetable

Cook's Hot Pudding and Custard

Wednesday

Traditional Roast of the Day with a

Rich and Tasty Gravy Farm Assured

Vegetarian Hotpot or Tender Quorn

Roast Potatoes, Creamed Potato,

Seasonal Salad Selection, Bread

Seasonal Vegetable Selection,

Baked Potato Bar - Tuna, Grated

Cheese V, Baked Beans V,

Selection, Seasonal Salad

Selection, Bread

Sliced Meat

Fillet V

Flapjack

Selection, Seasonal Salad

Vanilla Ice Cream

Selection, Bread, Naan Bread

Chicken Farm Assured Chicken

and Sour V







Pork Sausage with a Tasty Gravy Farm Assured Sausage

Vegetarian Sausage V

Creamed Potato, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread

Vanilla Ice Cream



Selection of Pizzas to choose from Cheese and Tomato, Ham and Pineapple, Diced Mixed Peppers

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

Cornflake Tart

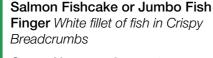












Quorn Nuggets Quorn pieces coated in a light batter and baked or Cheese and Potato Bake V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

A choice of Angel Delight Dessert













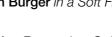




Chicken Burger in a Soft Floured

Vegetarian Burger in a Soft Floured

Chocolate Cake



Jacket Wedges, Big Seasonal Salad Selection, Bread



eatwell

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



Battered Fillet of Fish White Fillet coated in a light batter or Jumbo Fish Finger

Friday

Quorn Nuggets Quorn pieces coated in a light batter and baked or Cheese and Potato Bake V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Selection of Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

Monday

Big Breakfast Farm Assured Pork Sausage, Bacon

Vegetarian Sausage V

Hash Browns, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Tuesday

Meatballs with a Tomato Sauce or Beef Lasagne

Vegetarian Lasagne V

Spaghetti, Garlic Bread, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Selection of Iced or Cream Buns

Thursday

Hot Wrap Day - Chicken Strips or Quorn Dunkers with a choice of BBQ Sauce, Mayonnaise or **Tomato Sauce**

Herby Diced Potatoes, Big Seasonal Salad Selection, Bread

Lemon Drizzle Cake

Friday

Jumbo Fish Finger Fillet of fish coated in Crispy Breadcrumbs or Pork Sausage

Vegetarian Burger or Cheese and Potato Bake V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Jelly and Cream

Wednesday

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

Cauliflower Cheese or Tender Quorn Fillet V

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

Golden Shortbread













































