www.telford.gov.uk/freeschoolmeals

	10 DEC	WK 1		
12 1NF MK 3	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
ร t ากท 🛚 MK 3	18 NOV	MK 3	AAM 4S	MK 3
17 JUN WK 2	11 NOV	MK 5	AAM TI	MK 5
10 TON MK 1	VON ₽	MK 1	AAM OF	MK 4
з пли мк з	28 OCT - HALF TERM		AAM &	MK 3
MA3T 3JAH - YAM 72	21 OCT	MK 5	74 FEB	MK 5
20 MAY WK 1	14 OCT	MK 1	1 - 833 TF	MABT 3JAH
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	TGE 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? 123 M 100 U 25 33

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































supporting the national obesity strategy. dur recipes are low in Sugar and Fat,

as vehicle fuel or for power and energy

filtered and processed into biofuel for use

We recycle our Rapeseed Oil. It is cleaned,

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

Huts boop sat IIA

through the Eatwell Project.

are developed with children

Some of our menu choices

Ilut ernene ereilqque ano to IlA 🚼

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

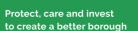
Download your copy at

traceability of our Food.





ll9w169



































Week

Veek To







Sausage Roll Farm Assured Sausage encased in Puff Pastry

Vegetarian Roll V

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

Sponge and Custard



Tuesday

Beef Burger Farm Assured Minced Beef Pattie served in a Soft Bread Roll

Vegetarian Burger Served in a Soft Bread Roll V

Sauté Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Ginger Cake



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

Vegetarian Sausage, Free Range Scrambled Egg V

Potato Waffles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Selection of Mousse Desserts

Meatballs in Gravy or Tomato

Sauce

Vegetarian Balls V

Selection, Bread

Cupcake Selection

Thursday

Pasta Twists, Seasonal Vegetable

Selection, Seasonal Salad



Pork Sausage Farm Assured Sausage served with Rich and Tasty Gravy with a Mini Yorkshire Pudding

Roasted Vegetables and Beans served with Rich and Tasty Gravy with a Mini Yorkshire Pudding V

Tuesdau

Savoury Pasta, Seasonal Vegetable

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

Cheese and Tomato Pizza V

Cheese and Potato Pie V

Selection, Seasonal Salad

Selection, Bread

Cookie

Sponge and Custard

Thursdau

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

Vegetable and Garlic Noodles V

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

Jelly and Cream



eatwell

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



Chicken Dunkers Farm Assured Chicken in Natural Breadcrumbs

Vegetarian Nugget V

Sauté Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Sponge and Custard



Spaghetti Bolognaise Farm Assured Minced Beef cooked in a Chef's Rich and Tasty Tomato Sauce

Macaroni Cheese Pasta in a Chef's Creamy Cheese Sauce V

Wednesday

Farm Assured, Bacon, Free Range

Vegetarian Sausage, Free Range

Vegetable Selection, Seasonal

Selection of Mousse Desserts

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Big Breakfast Pork Sausage

Potato Waffles, Seasonal

Salad Selection, Bread

Iced Cookie

Scrambled Egg

Scrambled Egg V

Thursday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced

Vegetarian filled Yorkshire Pudding V

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

Jelly and Cream

Friday

Battered Fillet of Fish White Fillet coated in a light batter or Fish Cake

Cheese and Onion Pastie V

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

Cupcake Selection









coated in a light batter or Fish Cake

Cheese and Onion Pastie V

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

Chocolate Fudge Cake



Wednesday

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

Vegetarian Sausage, Free Range Scrambled Egg V

Potato Waffles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Selection of Mousse Desserts



Battered Fillet of Fish White Fillet coated in a light batter or Fish Cake

Cheese and Onion Pastie V

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

Cake Selection















RHUBARB GROWS SO QUICKLY THAT YOU CAN

















Cheese or Tuna sandwich packed lunch available











HEAR IT.



















