www.telford.gov.uk/freeschoolmeals

		MK 5	10 DEC		
		MK 1	9 DEC	MK1	16 JUL
MK 5	A9A 7	MK 5	5 DEC	MK 5	8 1 0L
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MK 5	S4 FEB	MK 5	21 OCT	MA3T 3JAH	- YAM 7S
17 FEB - HALF TERM		WK 1	14 OCT	MK 1	YAM 0S
MK 5	10 FEB	MK 5	7 OCT	MK 5	YAM Et
MK 4	3 LEB	MK 1	30 SEPT	MK 1	YAM 8
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MK 5	NALEF	MK 5	PS SEPT	MK 5	A9A 81
MK 4	NAL 9	MK 1	2 SEPT	WK 1	A9A 8
Spring Term 2025		4202 mneT nmutuA		Summer Term 2024	

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

All information correct at the time of going to print

• 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































through the Eatwell Project. are developed with children Some of our menu choices

traceability of our Food. Ilut ernene ereilqque ano to IlA 🚼

requirements, medical or cultural. endeavour to eater for special dietary and a Vegan option where possible. We We offer a Vegetarian option as standard

. We Oven Bake in preference to Frying.

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

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

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Week







Week





Monday

Gluten Free Meatballs with Tomato Sauce or Rich and Tastv Gravv

Cheese Puff Creamed Potato and Cheese encased in Puff Pastry V

Spaghetti, Garden Peas, Cauliflower, Seasonal Salad Selection, Bread

Lemon Drizzle Cake



Sausage Roll Pork Sausage Meat encased in Puff Pastry

Pasta Twists with a choice of Spicy Chicken or Creamy Cheese Sauce V

Jacket Wedges, Pasta Twists, Big Seasonal Salad Selection, Bread

Vanilla Ice Cream



Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Vegetarian Sausage Served in a Mini Yorkshire Pudding **V**

Roast Potatoes, Creamed Potato, Fresh Carrots, Broccoli, Bread

Chocolate and Orange Muffin



Build a Burger - Handmade Beef Burger served in a Soft Bread Roll with Tomato Ketchup, Slice of Cheese and Salad

Vegetable Pasta Bake V

Golden Diced Potatoes, Green Beans, Sweetcorn, Seasonal Salad Selection, Bread

Iced Biscuit

Monday

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

Vegetarian Sausage, Free Range Scrambled Egg V

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

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

Tuesday

Pick or Mix Day - Chicken Dunkers or Cheese and Tomato Pizza V

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

Handmade Biscuit

Thursday

Pasta Bar Pasta with a choice of toppings Beef Bolognaise, Tomato and Herb V, Chef's Creamy Cheese Sauce V, Vegetarian Bolognaise V

Pasta Twists or Jacket Potato, Mixed Vegtables, Broccoli, Seasonal Salad Selection. Bread

Jelly with a Swirl of Cream



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

RHUBARB GROWS 50 **QUICKLY THAT** YOU CAN HEAR IT



Friday

Battered Fillet of Fish White Fillet coated in a light batter

Vegetable Pasta Bake Roasted Seasonal Vegetables and Mixed Beans with Pasta and Tomato Sauce V

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

Jelly or Cake

Wednesday

Hot Dogs Farm Assured Pork Sausage served with Crispy Onions and Tomato Sauce in a Soft Bread Roll

Vegetarian Hot Dog *Vegetarian Sausage* served in a Soft Bread Roll V

Crispy Diced Potatoes, Seasonal Vegetable Selection. Bread

Fruit Sponge and Custard



Friday

Jumbo Fish Finger White fillet of Fish coated in Golden Breadcrumbs or Fish Cake

Pasta Neapolitan Seasonal Vegetables and Mixed Beans with Pasta and Tomato Sauce V

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

Cook's Friday Cake



















