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

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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

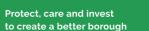
Download your copy at

traceability of our Food.

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Week

Veek To







Monday

Pizza Bar Cheese and Tomato Pizza on a Thin Crust Base with a selection of Toppings Ham, Peppers V. Onions V, Sweetcorn V, Mushrooms V

Vegetable Dippers V Ve

Pasta Twists or Herby Diced Potatoes, Baked Beans, Garden Peas, Seasonal Salad Selection, **Bread Selection**

Vanilla Ice Cream



Mild Beef Chili Minced Beef in a Mild Chili Sauce or Chicken Curry Diced Chicken in Chef's Curry Sauce

Mixed Bean Stroganoff V

Boiled Rice, Sweetcorn, Broccoli, Seasonal Salad Selection, Bread Selection, Naan Bread

Biscuit Selection











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

Wednesday

Traditional Roast with a Rich and Tasty Gravy Farm Assured Sliced

Sheppardess Pie V

Roast Potatoes, Creamed Potato, Carrots, Broccoli, Cabbage, Seasonal Salad Selection, Bread Selection

Iced Sponge and Custard

Thursday

Gluten Free Pork Meatballs served with a Rich Tomato Sauce or Tasty Gravy

Macaroni Cheese Macaroni Pasta in a Creamy Cheese Sauce V

Spaghetti or Jacket Potato Wedges, Carrots, Green Beans, Seasonal Salad Selection, Bread Selection

Chocolate or Strawberry Mousse

Fridau

Fish Finger Fillet of Fish Coated in Crispy Breadcrumbs or Battered Fillet of Fish White Fillet coated in a light Batter

Vegetarian Sausage Roll V

Chips, Couscous, Mushy Peas, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread Selection

Apple Danish Pastry or Fruit Muffin



Monday

Beef Bolognaise Farm Assured Minced Beef in a a Rich Tomato Sauce

Cheese and Tomato Pizza Cheese and Tomato Pizza with a Thin Crust Base V

Pasta Twists, Carrots, Green Beans, Seasonal Salad Selection, Bread Selection

Chocolate or Golden Shortbread

Tuesday

Hot Dog Farm Assured Pork Sausage

served in a Bread Roll with Onions

Sausage served in a Bread Roll with

Vegetarian Hot Dog Vegetarian

Herby Diced Potatoes, Baked

Beans, Garden Peas, Seasonal

Vanilla Ice Cream or Fruit Jelly

Salad Selection, Bread Selection,

Wednesday

Traditional Roast with a Rich and

Tasty Gravy Farm Assured Sliced

Seasonal Vegetables and Mixed

Vegetable and Mixed Bean Hotpot

Beans in a Tasty Gravy Topped with

Roast Potatoes, Creamed Potato,

Seasonal Salad Selection, Bread

Cabbage, Carrots, Cauliflower,

Jam and Coconut Sponge and

Onions V

Potato V

Selection

Custard

Soft Finger Roll

Thursdau

Chicken Dunkers served with BBQ or Curry Sauce

Quorn Dunkers Quorn pieces coated in a light batter and Oven Baked V

Boiled Rice, Potato Wedges, Sweetcorn, Broccoli, Seasonal Salad Selection, Bread Selection

Lemon Drizzle Muffin



Monday

Pizza Bar Selection of Topped Pizza on a Thin Crust Base with a Selection of Toppings Ham, Peppers V. Onions V. Sweetcorn V, Mushrooms V

Vegetarian Mild Chili Seasonal Vegetables and Mixed Beans in a Mild Chili Sauce V

Rice or Pasta Twists, Broccoli, Sweetcorn, Seasonal Salad Selection, Bread Selection

Biscuit Selection



eatwell

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



Fish Fillet Fillet of Fish Coated in Crispy Breadcrumbs or Fish Finger

Cheese Flan Grated Cheese, Egg and Milk Baked in a Shortcrust Pastry Case V

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

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

Sandwich Option Packed lunch available



Tuesday

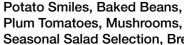
9

Beef Burger served in a Soft Bread

Quorn Burger served in a Soft Bread Roll V

Jacket Potato Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Soft Bread Roll, **Bread Selection**

Chocolate or Strawberry Mousse or Muffin



Scrambled Egg

Scrambled Egg V

Seasonal Salad Selection, Bread Selection

Thursday

Big Breakfast Farm Assured Pork

Vegetarian Sausage, Free Range

Sausage, Bacon, Free Range

Chocolate Crunch or Cookie



Friday

Battered Fillet of Fish White Fish Fillet coated in a Light Batter or Fish

Sweet Potato, and Red Pepper Parcels Sweet Potato, Grated Cheese and Red Pepper wrapped in Puff Pastry V

Chips. Couscous. Sweetcorn. Garden Peas, Seasonal Salad Selection, Bread Selection

Vanilla Ice Cream or Fruit Jelly



Wednesday

Traditional Roast with a Rich and Tasty Gravy Farm Assured Sliced

Pasta Neapolitan Roasted Vegetables, Mixed Beans and Pasta Twists in a Rich Tomato Sauce V Ve

Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Cabbage, Seasonal Salad Selection, Bread Selection

Sticky Toffee Pudding and Custard







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







