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 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

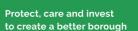
Download your copy at

traceability of our Food.





119W169





































Week







Cheese and Tomato Pizza

Vegetable Frittata V

Sliced Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Flapjack

Tuesday

Big Breakfast - Farm Assured Pork Sausage, Bacon

Vegetarian Sausage V

Hash Browns, Baked Beans, **Chopped Tomatoes. Seasonal** Salad Selection, Bread





SS







and ripe cranberries



Wednesday

Traditional Roast Dinner Farm Assured Sliced Meat with a Rich and Tasty Gravy

Quorn and Seasonal Vegetable Parcel V

Halal Option H

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

Golden Shortbread

Thursday

Beef and Tomato Meatballs served with a Sauce

Vegetarian Chili served with a Sauce V

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

Chocolate Muffins

Friday

Battered Fillet of Fish or Jumbo Fish Finger or Fishcake

Cheese and Onion Puff V

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

Vanilla Ice Cream

but limes sink... bounce like rubber balls.





Monday

Sausage Roll Sausage Meat encased in Puff Pastry

Vegetarian Sausage Roll V

Halal Option H

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

Tuesday

Chicken Curry Tender pieces of Farm

Assured Chicken in a Chef's Curry

Tender pieces of Farm Assured

Vegetarian Curry V

Sauce or Sweet and Sour Chicken

Chicken in a Chef's Sweet and Sour

Boiled Rice, Seasonal Vegetable

Wednesday

Assured Sliced Meat with a Rich and

Vegetarian filled Yorkshire Pudding

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

Traditional Roast Dinner Farm

Selection, Seasonal Salad

Selection, Naan Bread

Chocolate Brownie

Tasty Gravy

Halal Option H

Cheesecake

Lemon Muffin

Thursday

Wrap Day - a choice of BBQ Chicken, Tuna, Chili, Grated Cheese V

Vegetable Nuggets V

Pasta Twists, Mixed Vegetables, Big Seasonal Salad Selection, Bread

Orange Jelly



eatwell

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

Friday

Battered Fillet of Fish or Jumbo Fish Finger or Fishcake

Cheese and Onion Pastie V

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

Chocolate and Vanilla Swirl Mousse













Thursday

Beef Burger Farm Assured Minced Beef or Farm Assured Pork Sausage

Vegetarian Burger V

Potato Wedges, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread, Soft Hot Dog Roll or Soft Burger Roll

Chocolate Crunch

Friday

Battered Fillet of Fish or Jumbo Fish Finger or Fishcake

Pasta Bake V

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

Strawberry and Vanilla Swirl Mousse

Traditional Roast Dinner Farm Assured Sliced Meat with a Rich and Tasty Gravy

Wednesday

Monday

Big Breakfast Farm Assured Pork

Vegetarian Sausage or Cheese

Hash Browns, Baked Beans,

Chopped Tomatoes, Seasonal

Tuesday

Taco Day - a choice of BBQ

Chicken, Beef Chili, Grated

Cheese V, Vegetarian Chili V

Vegetables, Big Seasonal Salad

Diced Potatoes, Mixed

Halal Option H

Selection, Bread

Golden Shortbread

Sausage, Bacon

and Tomato Pizza V

Salad Selection, Bread

Iced Sponge Finger

Mixed Bean Pasty V

Halal Option H

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

Cornflake Tart and Custard





















