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.

Fresh Fruit, Salads and Vegetables -

selected by Rowlands in Shrewsbury.

based in Welshpool make our award winning sausages, gluten free meat

balls and 70% natural Beef Burgers.

and free from artificial colourings and

They are reduced fat, reduced salt

which are supplied by Clun Farm

flavourings.

The Welsh Sausage company -

are fed high quality food which is sourced locally to give a rich golden coloured yolk.

sourced in the UK. Eggs - we only use Free Range eggs Cheese - produced in Nantwich, Cheshire. Eggs a family run business. The hens

made from wholesome Welsh milk in the Vale of Clwyd, North Wales. Meat - our meat is Red Tractor

in line with the Marine Stewardship Council, we only use fish from a sustainable source.

Yoghurt - supplied by Village Dairy,

Fish - our fish is MSC accredited

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

SAIRTRADE

• Rainforest Alliance

HELLMANN'S

C

CLUN FARM EGGS

Free

Range

Quorr

Knorr

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LLAETH Y LLAN

Our ingredients Where our food comes from

Sid you know? 169 N 100 N 5 99

child may also be entitled after Year 2! in Reception, Year 1 and Year 2. Your School Meals are FREE to all children

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

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,

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The 'Guarantee' element of State Pension Credit
- Child Tax Credit, provided they are not entitled to Working Tax Credit
- 100 t, 0 f3 b990x9 fon s90b f6, 190 and have an annual income (as assessed by HM Revenue & Customs)
- Working Tax Credit 'run-on' the payment someone may receive for
- Oniversal Credit your household income must be less that £7,400 a further four weeks after they stop qualifying for Working Tax Credit
- a year (after tax and not including any benefits you get)

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Telford & Wrekin

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. We Oven Bake in preference to Frying.

Protect, care and invest

to create a better borough

- requirements, medical or cultural. vision to ender to reter to special dietary and a Vegan option where possible. We 2 We offer a Vegetarian option as reflo
- .boo' ruo to vilidsesst Ilui or our suppliers ensure the
- through the Eatwell Project. are developed with children Some of our menu choices 6



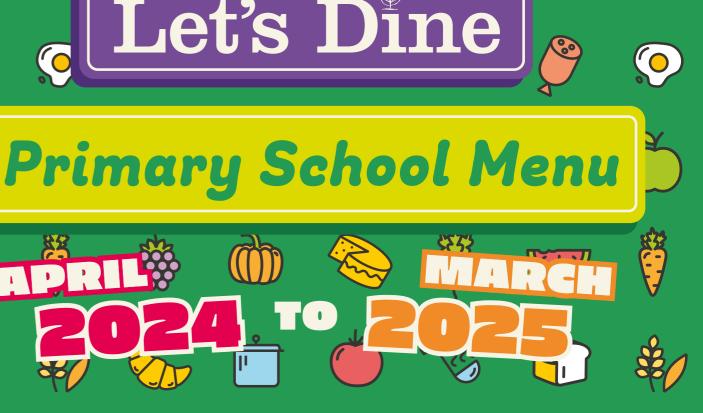
www.telford.gov.uk/freeschoolmeals

16 DEC WK 1



Menu calendar

		MK 3	9 DEC	MK 3	16 JUL
MK 2	7 APR	MK 2	5 DEC	MK 2	8 1NF
WK 1	AAM IC	WK 1	25 NOV	MK ↓	1 10L
MK 3	74 MAR	MK 3	18 NOV	MK 3	24 1NN
MK 2	AAM 71	MK 2	VON FF	MK 2	NUL 71
WK 1	AAM 01	WK 1	ΛΟΝ Ϸ	MK ↓	10 ' NN
MK 3	AAM 8	МЯЭТ ЭЛАН	28 OCT - I	MK 3	3 1 00
MK 2	54 FEB	MK 2	21 OCT	MABT AJAH - YAM 7S	
MAAT AJAH - 839 71					
MABT 71AH	1 - 833 71	MK 1	14 OCT	MK ↓	YAM 02
HALF TERM WK 3	45 FEB - F 40 FEB	MK 1 MK 3	14 OCT 7 OCT	MK I MK 3	YAM Et YAM 02
MK 3	10 EEB	MK 3	7 OCT	MK 3	YAM Et
MK 3 MK 5	40 EEB 3 EEB	MK 3 MK 5	1 OCT 30 SEPT	MK 3 MK 5	YAM 8 YAM 81
MK 3 MK 5 MK 4	27 JAN 3 FEB 10 FEB	MK 3 MK 5 MK 4	1 OCL 30 2Eb1 53 2Eb1	MK 3 MK 5 MK 4	994 65 74M 8 74M 51
MK 3 MK 5 MK 4 MK 3	20 JAN 27 JAN 837 EB 837 16	MK 3 MK 5 MK 4 MK 3	1 OCL 30 8Eb1 53 8Eb1 10 8Eb1	MK 3 MK 5 MK 4 MK 3	ЯЧА 22 ЯЧА 22 ЯЧА 22 УАМ 3 YAM 51



Shuðul hío

525

- Government Food Standards. our kitchens daily and comply with the ni bərsqərq yldsərt ərs zlsəm ruo IIA 👖
- Fresh Fruit daily. We provide a choice of Vegetables, Salad and
- symbol. Contact your school office for more info. to a hot meal, look out for the Sandwich Bar evitantetla na za esiodo doiwbnaz ydtlaed a At our schools with a Sandwich Bar, we offer
- supporting the national obesity strategy. ,ts 🗹 bus reguz ni wol əre zəqiəər nu 🚺 🤳
- .noitsreneg as vehicle fuel or for power and energy filtered and processed into biofuel for use We recycle our Rapeseed Oil. It is cleaned,

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Week -

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

Vegetarian Balls served in a Rich and Tasty Tomato Sauce V

Pasta Twists or Boiled Rice. Garden Peas, Carrots, Seasonal Salad Selection, Bread Selection

Assorted Cookies

Vegetarian Vegan

Tuesday

Pizza Bar – Cheese and Tomato Pizza on a Deep Crust Base with a selection of Toppings Ham, Peppers V, Sweetcorn V, Mushrooms V

Cheese Puffs Creamed Potato and Cheddar Cheese Wrapped in Puff Pastry V

Jacket Potato Wedges, Sweetcorn, Baked Beans, Seasonal Salad Selection, Bread Selection

Muffin Selection



Lemons float,

and ripe cranberries

but limes sink...

bounce like rubber balls.

Wednesday

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

Oven Roasted Vegetables and Mixed Beans served in a Yorkshire pudding and topped with Mature Cheese V

Roast Potatoes, Creamed Potato, Cauliflower, Green Beans, Carrots, Seasonal Salad Selection, Bread Selection

Fruity flapjack

Thursday

Chicken Dippers served with a **BBQ or Rich Tomato Sauce**

Pasta Neapolitan Pasta in a Tomato Sauce topped with Cheese V

Diced Potatoes, Broccoli, Carrots, Seasonal Salad Selection, Bread Selection

Chocolate Sponge and Custard

Friday

Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb or Fish Finger Fillet of Fish in golden Breadcrumbs

Quorn Dunkers V

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

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

Mondau

A

>2

5

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

Quorn Sausage, Free Range Scrambled Egg V

Potato Waffles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread Selection

Rice Pudding with Fruit Preserve

Tuesday

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

Quorn and Vegetable Parcel Diced Quorn and Roast Vegetables encased 💈 in Puff Pastry V

Diced Potatoes, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread Selection

Muffin Selection

Wednesday

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

Oven Roasted Vegetables and Mixed Beans served in a Yorkshire Pudding topped with Cheese V

Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Green Beans, Seasonal Salad Selection, Bread Selection

Shortbread Selection



Chicken Curry Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce

Cheese and Potato Pie Creamed Potato and Cheddar Cheese topped with Sliced Tomatoes V

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

Fruit Crumble and Custard



eatwell

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

Friday

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

Vegetable Nuggets V

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

Vanilla Ice Cream



Monday

Pork Sausage with a Rich and Tasty Gravy Farm Assured Pork Sausage served with Gravy

Vegetarian Sausage served with a Rich and Tasty Gravy V

> Creamed Potato, Sweetcorn, Green Beans, Big Seasonal Salad Selection, Bread Selection

Biscuit Selection

Pizza Bar Cheese and Tomato Pizza on a Deep Crust Base with a selection of toppings **Ham**, **Peppers** V, Sweetcorn V, Mushrooms V

Pasta Neapolitan Roasted Vegetables and Pasta Twists Baked in a Rich Tomato Sauce Topped with Cheese V

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

Muffin Selection



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

Mixed Bean and Vegetable Parcels Mixed Beans and Seasonal Vegetables wrapped in Puff Pastry V Ve

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

Fruit Jelly with a Swirl of Cream



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



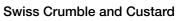


Thursday

Beef Bolognaise Farm Assured Minced Beef in a rich Tomato Sauce

Quorn and Vegetable Bolognaise Quorn Mince and Seasonal Vegetables in a Rich Tomato Sauce V

Pasta Twists or 1/2 Jacket Potato, Garden Peas, Carrots, Seasonal Salad Selection, Bread Selection, Garlic Bread



Tuesday





Friday Battered Fillet of Fish White Fillet coated in a light Batter or Fish

Finger Fillet of Fish Coated in a Crispy Breadcrumb

Quorn Dunkers Tender pieces of Quorn in a Light Batter V

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

Vanilla Ice Cream





