### www.telford.gov.uk/freeschoolmeals

		MK 4	10 DEC		
		MK 3	9 DEC	MK 3	16 JUL
MK 5	APA 7	MK 5	5 DEC	MK 5	8 1NL
MK 1	AAM IE	MK 1	25 NOV	WK 1	1 1 1 L
MK 3	AAM 4S	MK 3	18 NOV	MK 3	24 JUN
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17 FEB - HALF TERM		MK 1	14 OCT	WK 1	YAM 0S
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MK 3	MAL 0S	MK 3	16 SEPT	MK 3	APA SS
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Spring Term 2025		Autumn Term 2024		Summer Term 2024	
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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 Customs) that does not exceed £16,190
- and have an annual income (as assessed by HM Revenue and 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

### Menu calendar

hospitals and hospices throughout the country. to improve the quality of life of sick children in Our Wallace and Gromit pasta meals raise funds

through the Eatwell Project.

are developed with children

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traceability of our Food.

Ilut erusne steilqque tuo to IIA 8

requirements, medical or cultural.

endeavour to cater for special dietary

We offer a Vegetarian option as standard

We Oven Bake in preference to Frying.

and a Vegan option where possible. We







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. taf bus regus are low in Sugar and Fat,

to a hot meal, look out for the Sandwich Bar a healthy sandwich choice as an alternative

S At our schools with a Sandwich Bar, we offer

Fresh Fruit daily.

We provide a choice of Vegetables, Salad and

symbol. Contact your school office for more info

Government Food Standards.

our kitchens daily and comply with the ni bərsqərq yldəsir ərs alsəm mo llA



# SINGUIGIN()



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# DID KON KNOMS Free School Meals

# Ouringredients Download your menu at www.telford.gov.uk/schoolmeals

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

**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

### THANK YOU

to our suppliers for their continued support and helping us with our special event days





























# Let's Dine

OV DUCT PRIMARY **Primary School Menu** SCHOO

April 2024 (10) March 2025

A menu created by the children for the children



# **Monday**

Pizza Bar Cheese and Tomato Topped Pizza with a choice of toppings on a Crispy Thin Crust Base V

Pasta Twists, Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection

Arctic Roll

# **Tuesday**

**Chicken Curry** 

Vegetable and Bean Bake Seasonal Vegetables, Mixed Beans and Pasta Twists baked in a Rich Tomato sauce Topped with Grated Cheese V

Boiled Rice, Green Beans, Carrots, Seasonal Salad Selection, Bread Selection, Naan Bread

Fruity Flapjack



# Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Cauliflower and Broccoli Bake Cauliflower and Broccoli florets in a Creamy Cheese Sauce V

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

**Chocolate or Strawberry Mousse** 

# **Thursday**

Hot Dogs Farm Assured Pork Sausage served in a Soft Finger Roll

Quorn Hotdog Quorn Sausage Served in a Soft Finger Roll V

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

Iced Sponge with Custard

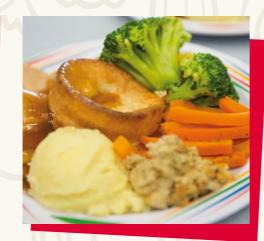
## **Friday**

Fish Finger Fillet of Fish Coated in Crispy Breadcrumbs or Salmon **Fishcake** 

Quorn Dippers V

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

**Chocolate Shortbread** 



Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced

Filled Yorkshire Pudding Oven in a Yorkshire Pudding V

### Sandwich Bar

## **Monday**

Cheese and Tomato Pizza Cheese and Tomato Pizza Topped with a selection of toppings on a Thin and Crispy Base V

Pasta Twists or Potato Wedges, Peas, Sweetcorn, Seasonal Salad Selection. Bread Selection

**Biscuit Selection** 

### **Tuesday**

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

Vegetarian Sausage V

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

Ice Cream

# Wednesday

Roasted Vegetables and Mixed Beans

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

**Eves Pudding and Custard** 

Thursday

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

Vegetable Bolognaise Seasonal Vegetable in a Rich Tomato Sauce V

Pasta Twists, Broccoli, Peas, Seasonal Salad Selection, Bread Selection

**Chocolate Brownie** 



## 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

Jacket Potato with a choice of fillings Tuna, Baked Beans and Cheese V, Vegetable and Bean Chili V

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

Fruity Flapjack



# Monday

Cheese and Tomato Pizza Cheese and Tomato Pizza with Choice of toppings on a Thin Crust Base V

Pasta Twists, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection

Arctic Roll

# Tuesday

Beef Burger in a Soft Roll

Vegetable Burger in a Soft Roll V

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

**Chocolate Brownie** 

# Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced

Vegetarian Sausage Roll V

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

Iced Sponge and Custard

# **Thursday**

Chicken Wraps Farm Assured Chicken Goujons served with a Spicy Sauce

Quorn Dippers served with a BBQ or Sweet and Sour V

Sliced Potatoes, Farmhouse Mixed Vegetables, Green Beans, Seasonal Salad Selection, Bread Selection

Fruit Topped Cheesecake

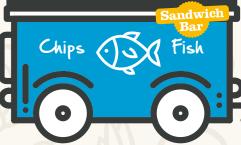
# **Chip Shop Friday**

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

Quorn Curry V

Chips, Boiled Rice, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread Selection

**Iced Lemon Fingers** 



FUN FOOD FACTS Rhubarb grows so quickly that you can hear it

cranberries bounce like rubber balls.

**FUN FOOD FACTS** Lemons float, but limes sink... and ripe