

Summer Term 2024		Autumn Term 2024		Spring Term 2025	
8 APR	WK 1	2 SEPT	WK 1	6 JAN	WK 1
15 APR	WK 2	9 SEPT	WK 2	13 JAN	WK 2
22 APR	WK 3	16 SEPT	WK 3	20 JAN	WK 3
29 APR	WK 1	23 SEPT	WK 1	27 JAN	WK 1
6 MAY	WK 2	30 SEPT	WK 2	3 FEB	WK 2
13 MAY	WK 3	7 OCT	WK 3	10 FEB	WK 3
20 MAY	WK 1	14 OCT	WK 1	17 FEB - HALF TERM	
27 MAY - HALF TERM		21 OCT	WK 2	24 FEB	WK 2
3 JUN	WK 3	28 OCT - HALF TERM		3 MAR	WK 3
10 JUN	WK 1	4 NOV	WK 1	10 MAR	WK 1
17 JUN	WK 2	11 NOV	WK 2	17 MAR	WK 2
24 JUN	WK 3	18 NOV	WK 3	24 MAR	WK 3
1 JUL	WK 1	25 NOV	WK 1	31 MAR	WK 1
8 JUL	WK 2	2 DEC	WK 2	7 APR	WK 2
15 JUL	WK 3	9 DEC	WK 3	16 DEC	WK 1

Menu calendar

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

**If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2025.**

Free School Meals (FSM) also provides extra funding to your school, you can register your child for FSM if you receive any of these benefits:

- 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 and have an annual income (as assessed by HM Revenue and Customs) that does not exceed £16,190
- Working Tax Credit 'run-on' - the payment someone may receive for a further four weeks after they stop qualifying for Working Tax Credit
- Universal Credit - your household income must be less than £7,400 a year (after tax and not including any benefits you get)

*All information correct at the time of going to print*

FREE SCHOOL MEALS  
DID YOU KNOW?

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.

**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, Cheshire.

**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



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.

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



- 1 All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- 2 We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 3 At our schools with a Sandwich Bar, we offer a healthy sandwich choice as an alternative to a hot meal, look out for the Sandwich Bar symbol. Contact your school office for more info.
- 4 Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- 5 We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.
- 6 We Oven Bake in preference to Frying.
- 7 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 8 All of our suppliers ensure full traceability of our Food.
- 9 Some of our menu choices are developed with children through the Eatwell Project.

OUR MENUS



Protect, care and invest to create a better borough

SS PETER & PAUL  
CATHOLIC PRIMARY SCHOOL  
SCHOOL MENU



Let's Dine  
April 2024 to March 2025



V Vegetarian  
Ve Vegan  
H Halal

# WEEK 1



# WEEK 2



# WEEK 3

 **MONDAY**

**Gluten Free Meatballs** *Pork Meatballs served in a Rich Tomato Sauce or Gravy*

**Quorn Balls** **V**

Pasta Twists, Farmhouse Veg, Seasonal Salad Selection, Bread Selection

Vanilla Ice Cream

 **WEDNESDAY**

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

**Vegetable Yorkshire Pudding** **V**

Roast and Creamed Potatoes, Carrots, Peas, Cauliflower, Broccoli, Seasonal Salad Selection, Bread Selection

Chocolate Fudge Cake

 **TUESDAY**

**Chicken Curry** *Farm Assured Diced Chicken in a Chefs Curry Sauce*

**Vegetable Curry** **V**

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

Fruit Sponge and Custard

 **THURSDAY**

**Pizza Bar** *Cheese and Tomato Pizzas on a Deep Crust Base with a Selection of Toppings* **V**

**Cheese and Tomato Pizza** **V**

Jacket Wedges, 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.


 **FRIDAY**

**Battered Fish or Salmon Fishcake**

**Macaroni Cheese** **V**

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

Muffin Selection

 **MONDAY**

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

**Quorn Dippers** *served with Tomato or BBQ Sauce* **V**

Herby Diced Potatoes, Garden Peas, Carrots, Seasonal Salad Selection, Bread Selection

Biscuit Selection

 **TUESDAY**

**Taco Bar** – Mild Beef Chili or Chicken in a Tomato Sauce or Beans and Cheese **V**

Savoury Rice, Farmhouse Vegetables, Seasonal Salad Selection, Bread Selection

Rice Pudding or Flapjack

 **WEDNESDAY**

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

**Vegetable Parcel** **V**

Roast Potatoes, New Potatoes, Carrots, Cauliflower, Broccoli, Seasonal Salad Selection, Bread Selection

Cornflake Tart and Custard

 **THURSDAY**

**Hot Dog** *Farm Assured Pork Sausage served in a Soft Bread Roll*

**Vegetarian Hot Dog** **V**

Jacket Potato Wedges, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread Selection

Vanilla Ice Cream



 **FRIDAY**

**Battered Fish or Salmon Fishcake**

**Vegetable Sausage Roll** **V**

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

Chocolate or Strawberry Mousse

 **MONDAY**

**Chicken Pieces** *served with Tomato or Sweet and Sour Sauce*

**Quorn Pieces** **V**

Boiled Rice, Carrots, Sweetcorn, Seasonal Salad Selection, Bread Selection

Vanilla Ice Cream

 **TUESDAY**

**Bolognese Bake** *Farm Assured Minced Beef in a Rich Tomato Sauce*

**Vegetarian Bolognese Bake** **V**

Pasta, Farmhouse Vegetables, Seasonal Salad Selection, Bread Selection

Fruit Crumble and Custard

 **WEDNESDAY**

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

**Vegetarian Sausage, Free Range Scrambled Egg** **V**

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

Muffin Selection

 **THURSDAY**

**Beef Burger** *Farm Assured Beef Burger*

**Vegetarian Burger** **V**

Jacket Potato Wedges, Sweetcorn, Garden Peas, Seasonal Salad Selection, Soft Rolls, Bread Selection

Rice Crispy Cakes

 **FRIDAY**

**Battered Fish or Salmon Fishcakes**

**Quorn Dippers** **V**

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

Biscuit Selection



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



**Sandwich Bar**

Available daily by pre order

## WE LET OUR LIGHT SHINE

