www.telford.gov.uk/freeschoolmeals

		MK 5	10 DEC		
		MK 1	9 DEC	MK1	16 JUL
MK 5	A9A 7	MK 5	5 DEC	MK 5	8 1 0L
MK 4	AAM IE	WK 1	25 NOV	MK 4	1 ገበር
MK 5	AAM 4S	MK 5	18 NOV	MK 5	24 JUN
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MK 4	AAM &	MA3T 3JAH	1 - TOO 8S	MK 4	3 JUN
MK 5	S4 FEB	MK 5	21 OCT	MA3T 3JAH	- YAM 7S
17 FEB - HALF TERM		WK 1	14 OCT	MK 1	YAM 0S
MK 5	10 FEB	MK 5	7 OCT	MK 5	YAM Et
MK 4	3 LEB	MK 1	30 SEPT	MK 1	YAM 8
MK 5	NAL 7S	MK 5	23 SEPT	MK 5	ЯЧА 6 S
MK 4	MAL 0S	MK 1	16 SEPT	WK 1	APA SS
MK 5	NALEF	MK 5	PS SEPT	MK 5	A9A 21
MK 4	NAL 9	MK 1	2 SEPT	WK 1	A9A 8
Spring Term 2025		4202 mneT nmutuA		Summer Term 2024	

a year (after tax and not including any benefits you get)

All information correct at the time of going to print

• 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































through the Eatwell Project. are developed with children Some of our menu choices

traceability of our Food. Ilut əruznə zrəilqquz ruo to IIA 📑

requirements, medical or cultural. endeavour to eater for special dietary and a Vegan option where possible. We We offer a Vegetarian option as standard

. We Oven Bake in preference to Frying.

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

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

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Week E









Monday

Pork Sausage Farm Assured Pork Sausage served with a Tastv Gravv

Vegetarian Sausage Vegetarian Sausage served with a Tasty Gravy V

Creamed Potato, Carrots, Garden Peas. Seasonal Salad Selection, Bread Selection **Fruity Muffin**

TEA Filled Pitta Pockets and Fresh Fruit

Tuesday

Bolognaise Pasta Bake Minced Beef, Pasta Twists and Tasty Tomato Sauce

Quorn Bolognaise Bake Quorn Mince in a Tasty Tomato Sauce with Pasta and topped with Cheese V

Pasta Twists, Farmhouse Vegetables, Seasonal Salad Selection, Bread Selection Marble Sponge with Custard

TEA Sandwich Selection and Fruit Jelly

RHUBARB GROWS 50 **QUICKLY THAT** YOU CAN HEAR IT

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

Wednesday

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

Vegetable and Pasta Bake Pasta, Mixed Beans and Vegetables in a Rich Tomato Sauce

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

Vanilla Ice Cream

TEA Crackers and Soft Cheese and Fruit **Yoghurt**

Thursday

Tender Chicken Pieces Farm Assured Chicken Strips served with Curry or Sweet and Sour Sauce

Quorn Dunkers Quorn Pieces coated in a light batter and oven baked served with Curry or Sweet and Sour Sauce V

Rice or Jacket Potato Wedges, Sweetcorn, Seasonal Salad Selection, Bread Selection

Fruit Jelly with a Swirl of Cream

TEA Tomato Pasta with Salad and Biscuit Selection

Friday

Battered Fillet of Fish White Fillet coated in a light Batter or Salmon Fishcake

Fishless Fish Fingers V Ve

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

Shortbread Selection

TEA Bread with Fruit Preserve and Fresh Fruit

Monday

Pork Meatballs Farm Assured Gluten Free Pork Meat Balls served with a Tasty Gravy

Quorn Balls V

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

TEA Filled Pitta Pockets and Fresh Fruit

Tuesday

Pizza with a selection of toppings including Ham, Pineapple V, Peppers V, Mushrooms V

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

Fruit Sponge and Custard

TEA Sandwich Selection and Fruit Jelly

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Vegetarian Toad in the Hole Vegetarian Sausage in a Yorkshire Pudding Served with a Tasty Gravy V

Roast Potatoes, New Potatoes, Carrots, Cauliflower, Garden Peas, Seasonal Salad Selection, Bread Selection

Lemon Muffins

TEA Crackers and Soft Cheese and Fruit Yoahurt





Fresh Fruit available daily.

All items subject to availability.



Thursday

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

Vegetarian Sausage, Free Range Scrambled Egg V

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

Angel Delight choose from Strawberry, Banana or Chocolate

TEA Tomato Pasta with Salad and Biscuit Selection



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 a Crispy* Breadcrumb or Battered Fillet of Fish White Fillet coated in a light batter

Vegetable Pasta Bake *Pasta, Mixed Beans* and Vegetables in a Rich Tomato Sauce V

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

TEA Bread with Fruit Preserve and Fresh Fruit



Cookie Selection



