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

Uoung's

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

slpsmloods/xu.vog.broflast.www Download your copy at

. 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



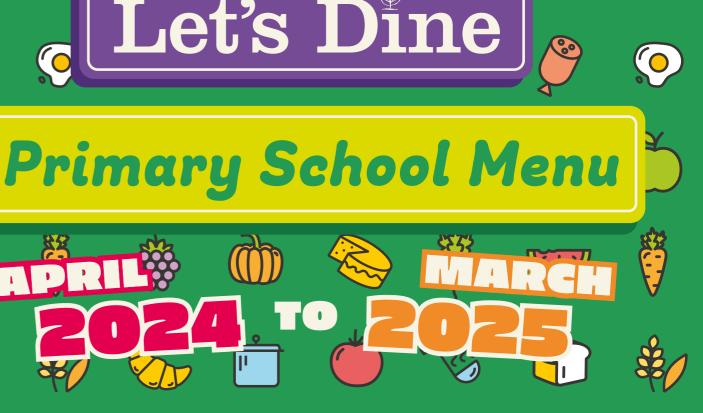
www.telford.gov.uk/freeschoolmeals

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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Veek

Pizza Bar – Cheese and Tomato Pizza V Pizza with a Thin Crisp Base Selection of Toppings Ham, Pineapple V, Sweetcorn V, Mushrooms V, Mixed Roasted Pepper V

Vegetarian Vegan

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

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

Wednesday

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

A

Oven Roast Vegetables Served in >2 a Yorkshire Pudding and topped with 🏹 Mature Cheese V

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

Fruit Topped Cheesecake

Tuesday

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

Vegetarian Sausage served with Gravy V

Creamed Potato, Carrots, Garden Peas, Seasonal Salad Selection, **Bread Selection**

Fruit Sponge and Custard

Lemons float,

and ripe cranberries

but limes sink...

bounce like rubber balls.

Thursday

Chicken Dunkers Served with BBQ Ō or a Rich and Tasty Tomato Sauce

Quorn Dunkers Served with BBQ or a Rich and Tasty Tomato Sauce V

Savoury Rice, Pasta Twists, Farmhouse Mixed Vegetables. Sweetcorn, Seasonal Salad Selection, Bread Selection

Muffin Selection

Friday

Fish Finger Fillet of Fish Coated in S a Crispy Breadcrumb or Salmon Fishcake

Filled Jacket Potato with a choice of fillings Tuna, Cheese and Baked Beans V, Roasted Vegetables V

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

Vanilla Ice Cream



Monday

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

Vegetarian Balls Vegetable Balls served with a Rich Tomato Sauce or Gravy V

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

Vanilla Ice Cream

Tuesday

Beef Burrito Farm Assured Minced Beef in a Mildly Spiced Rich Tomato Sauce served in a Soft Flour Wrap

Roasted Vegetables and Mixed Beans Wrap in a Rich Tomato Sauce Served in a Soft Flour Wrap V

Savoury Rice, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection

Muffin Selection

Wednesday

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

Vegetable and Bean Parcels Roast Vegetables, Mixed Beans and Rich and Tasty Gravy encased in Puff Pastry V

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

Chocolate Sponge and Chocolate Sauce

Thursdau

Toad in the Hole Farm Assured Pork Sausage in a Yorkshire Pudding swerved with a Rich Gravy

Macaroni Cheese Macaroni Pasta in a Creamy Cheese Sauce topped with Cheese V

New Potatoes or Creamed Potato, Farmhouse Mixed Vegetables, Sweetcorn, Seasonal Salad Selection, Pitta Bread, Bread Selection

Fruity Flapjack

2



eatwell

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

Friday

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

Cheese and Potato Bake Creamed Potato and Mature Cheese topped with Sliced Tomatoes V

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

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse



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

Monday

Beef Burger in a Soft Roll

Vegetarian Hot Dog in a Soft Roll V

Jacket Potato Wedges, Sweetcorn, Carrots, Seasonal Salad Selection, Soft Bread Roll

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

Tuesday

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

Quorn Sausage, Free Range Scrambled Eqq V

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

Carrot Cake

Wednesday

Traditional Roast a Rich and Tasty Gravy Farm Assured Sliced Meat

Roasted Vegetable Tart Seasonal Roasted Vegetables and Mixed Beans Topped with Golden Short Crust Pastry V

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

Fruit Crumble and Custard





Beef Burger Farm Assured Minced

Thursdau

Chicken Curry Farm Assured Chicken pieces in a Chef's Tikka Masala Sauce

Vegetable Curry Seasonal Vegetables and Mixed Beans in a Tasty Balti Sauce V

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



Shortbread Biscuit

Friday

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

Creamy Pasta Bake Pasta Twists Baked in a Creamy Cheese Sauce V

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

Vanilla Ice Cream

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YOU CAN

HEAR IT.

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Wrockwardine Wood Junior