www.shropshire.gov.uk/free-school-meals

		WK 1	10 DEC		
		MK 3	9 DEC	MK 3	10 JUL
MK 5	A9A T	MK 5	5 DEC	MK 5	8 JUL
WK 1	AAM IE	WK 1	25 NOV	MK 4	1 JUL
MK 3	AAM 4S	MK 3	18 NOV	MK 3	24 JUN
MK 5	AAM 71	MK 5	VON 11	MK 5	ለሀ ሆ
MK 1	AAM OF	WK 1	∧ON ⊅	MK 1	NUL OF
MK 3	AAM &	28 OCT - HALF TERM		MK 3	NUL E
MK 5	74 FEB	MK 5	21 OCT	MA3T 3JAH	- YAM 7S
17 FEB - HALF TERM		MK 1	14 OCT	WK 1	YAM 0S
MK 3	10 FEB	MK 3	T00 7	MK 3	YAM EL
MK 5	3 LEB	MK 5	30 SEPT	MK 5	YAM 8
MK 1	MAL 7S	MK 1	23 SEPT	MK 1	79 APR
MK 3	MAL 0S	MK 3	16 SEPT	MK 3	AAA SS
MK 5	NALEF	MK 5	PS SEPT	MK S	A9A 21
MK 1	NAL 9	MK 1	2 SEPT	MK 1	ЯЧA 8
Spring Term 2025		4202 mreT nmutuA		Summer Term 2024	

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 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?

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































We recycle our Rapeseed Oil. It is cleaned, supporting the national obesity strategy. tsi Dur recipes are low in Sugar and Fat,

filtered and processed into biofuel for use

as vehicle fuel or for power and energy

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



through the Eatwell Project.

are developed with children

All of our suppliers ensure full

requirements, medical or cultural.

. We Oven Bake in preference to Frying.

endeavour to cater for special dietary

and a Vegan option where possible. We

We offer a Vegetarian option as standard

www.telford.gov.uk/schoolmeals

Download your copy at

Some of our menu choices

traceability of our Food.

shuall and



119W169































Week

Veek To

Monday

Handmade Beef Burgers served in a

Vegetarian Burger served in a Soft

Tuesday

Toad in the Hole Farm Assured

Pork Sausage served in a Yorkshire

Vegetarian Sausage with a Mini

Creamed Potato, Seasonal

Salad Selection, Bread

Iced or Jam Sponge

Vegetable Selection, Seasonal

Wednesday

Traditional Roast with Rich and

Tasty Gravy Farm Assured Sliced

Oven Roasted Vegetables in

a Yorkshire Pudding Seasonal

Served in a Yorkshire Pudding V

Fresh Carrots, Broccoli, Bread

Fruit Crumble and Custard

Roasted Vegetables and Mixed Beans

Roast Potatoes, Creamed Potato,

Yorkshire Pudding V

Jacket Wedges, Baked Beans,

Garden Peas, Seasonal Salad

Soft Bread Roll

Bread Roll V

Selection, Bread

Cookie Selection

Pudding



Thursday

Pizza Bar Selection of Topped

Diced Potatoes, Sweetcorn,

Selection, Bread

Golden Shortbread

Garden Peas, Seasonal Salad

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

Finger Fillet of Fish coated in Crispy

Vegetables in a Rich Tomato Sauce

Chips, Couscous, Baked Beans,

Garden Peas, Seasonal Salad

coated in a light batter or Fish

Breadcrumbs or Fishcake

Pasta Neapolitan Seasonal

Topped with Cheese V

Selection, Bread

Vanilla Ice Cream

Pizzas with a Deep Crust Base V



Wrap Day Selection of filled Wraps to include a Vegetarian option V

Jacket Wedges, Mixed Vegetables, Seasonal Vegetables, Big Seasonal Salad Selection, Bread

Strawberry and Vanilla Swirl Mousse



Chicken Stew Tender pieces of Farm Assured Chicken cooked with Seasonal Vegetables in Gravy

Vegetable Curry Seasonal Vegetables in a Chef's Curry Sauce V

Boiled Rice, Boiled Potatoes, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread

Jam Sponge





SOF







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

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced

Cheese Parcel Grated Mature Cheese and Creamed Potato encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Fresh Carrots, Broccoli, Bread

Pineapple Upside Down Sponge and Custard

Thursday

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

Vegetarian Sausage, Free Range Scrambled Egg V

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

Muffin Selection

Friday

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

Vegetable Pasta Bake Roasted Vegetables and Mixed Beans in a Tomato Sauce V

Chips, Couscous, Seasonal Vegetable Selection, Mushy Peas, Seasonal Salad Selection, **Bread**

Cookie





















Thursday Pork Sausage Farm Assured Pork Sausage with Rich and Tasty Gravy

Vegetarian Sausage V

Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Jelly with a Swirl of Cream



Gluten Free Pork Meatballs Farm

Monday

Quorn Dunker Quorn Pieces coated

Chicken Dunkers Chicken Pieces

Jacket Wedges, Baked Beans,

Sweetcorn, Seasonal Salad

coated in a Light Batter

in a Light Batter V

Selection, Bread

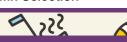
Chocolate Shortbread

Assured Pork Meatballs served with a Rich Tomato Sauce

Vegetarian Bolognaise Seasonal Vegetables and Mixed Beans cooked in a Rich Tomato based Sauce V

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Muffin Selection



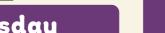
Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced

Cheese Parcel Grated Mature Cheese and Creamed Potato encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Broccoli, Carrots, Bread

Syrup Sponge and Custard



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

Friday

Vegetable Nuggets V

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

Crispy Cornflake Cakes

























