

FREE SCHOOL MEALS

DID YOU KNOW?

MENU CALENDAR

Autumn Term 2023		Spring Term 2024	
17 APR	WK 1	8 JAN	WK 1
24 MAY	WK 2	15 JAN	WK 2
1 MAY	WK 3	22 JAN	WK 3
8 MAY	WK 1	29 JAN	WK 1
15 MAY	WK 2	5 FEB	WK 2
22 MAY	WK 3	12 FEB - HALF TERM	
29 MAY - HALF TERM		19 FEB	WK 1
5 JUN	WK 2	26 FEB	WK 2
12 JUN	WK 3	4 MAR	WK 3
19 JUN	WK 1	11 MAR	WK 1
26 JUN	WK 2	18 MAR	WK 2
3 JUL	WK 3		
10 JUL	WK 1		
17 JUN	WK 2		
24 JUN	WK 3		
1 MAY	WK 1		
18 SEPT	WK 3		
25 SEPT	WK 1		
2 OCT	WK 2		
9 OCT	WK 3		
16 OCT	WK 1		
23 OCT	WK 2		
30 OCT - HALF TERM			
6 NOV	WK 1		
13 NOV	WK 2		
20 NOV	WK 3		
27 NOV	WK 1		
4 DEC	WK 2		
11 DEC	WK 3		
18 DEC	WK 1		

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 & 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 a year (after tax and not including any benefits you get)
- Universal Credit – your household income must be less than £7,400

All information correct at the time of going to print

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

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, 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



Protect, care and invest to create a better borough

Let's Dine

PRIMARY SCHOOL MENU

April 2023 TO March 2024



OUR MENUS



6 We Oven Bake in preference to Frying.

8 We only use fresh Milk in our recipes.

8 We offer a Vegetarian option as standard and a Vegan option where possible. We

endeavour to cater for special dietary

requirements, medical or cultural.

9 All of our suppliers ensure full

traceability of our Food.

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



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.



V Vegetarian
 Ve Vegan
 H Halal

WEEK 1

WEEK 2

WEEK 3

Monday

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

Vegetable Sausage, Scrambled Egg V

Hash Browns, Baked Beans, Chopped Tomatoes, Mushrooms, Seasonal Salad Selection, Homemade Bread Selection

Fruit Iced Sponge

Wednesday

Traditional Roast Pork with Apple Sauce *Farm Assured Sliced Meat served with a Rich Roast Gravy*

Vegetable Filo Pastry Parcels *Roast Vegetables and Mixed Beans in a Rich Gravy encased in Filo Pastry V*

Mashed Potato, Roast Potatoes, Baton Carrots, Broccoli, Cauliflower, Homemade Bread Selection

Apple Oat Flapjack

Tuesday

Beef Bolognese *Farm Assured Minced Beef cooked in a Rich Italian Tomato based Sauce*

Cheese & Tomato Pizza *Cheese & Tomato Pizzas on a Deep Crust Base with a Cheese Topping V*

Wholegrain Pasta, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Selection of Homemade Shortbread

Thursday

Homemade Breaded Chicken Dunkers *Farm Assured Chicken coated in a Natural Breadcrumb served with BBQ Sauce*

Cheese Pastry Puffs *Puff Pastry slice Filled with Cheese Mashed Potatoes & Sauted Onion* V

Rice, Baked Beans, Green Beans, Seasonal Salad Selection, Homemade Bread Selection

Strawberry Vanilla Mousse

Friday

Chip Shop Friday – Crispy Coated Fish or Sausage *with Curry Sauce*

Quorn Nuggets *Individual Shaped Pattie coated in Crispy Batter* V

Chips, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cupcake

Monday

Jacket Potato with a Choice of Fillings *Tuna and Sweetcorn or Cheese*

Vegetarian Chili *Vegetarian Chilli served in Tomato Sauce* V

Jacket Potato, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Seasonal Fruit Muffin

Tuesday

Meatballs *Farm Assured Red Tractor Pork Meat Balls served in Gravy or Tomato Sauce*

Mixed Bean & Vegetable & Tomato *Seasonal Vegetables and Tomatoes with a Trio of Beans in a Tomato Sauce and Pasta Twists baked with Mozzarella Cheese* V

Rice, Country Style Mixed Vegetables, Green Beans, Seasonal Salad Selection, Homemade Bread Selection

Apple Sponge with Custard

Wednesday

Traditional Roast Chicken with Seasoning *Farm Assured Sliced Meat served with a Rich Roast Gravy*

Cauliflower and Broccoli Bake *Steamed Cauliflower and Broccoli in a creamy Cheese Sauce and topped with Grated Cheese* V

Mashed Potato, Roast Potatoes, Baton Carrots, Parsnips, Broccoli Florets, Homemade Bread Selection

Chocolate Fudge Cake

Thursday

Homemade Beef Burger *Red Tractor Beef Pattie in a Soft White Bap*

Vegetarian Sausage V

Wedges or Wholegrain Pasta, Sweetcorn, Garden Peas, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Cookie Selection

Monday

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

Vegetable Sausage, Scrambled Egg V

Hash Browns, Baked Beans, Chopped Tomatoes, Mushrooms, Seasonal Salad Selection, Homemade Bread Selection

Selection of Homemade Shortbread

Tuesday

Pizza Bar *Selection of Toppings*

Cheese & Tomato Pizza *Cheese & Tomato Pizzas on a Deep Crust Base with a Cheese Topping* V

Potato Wedges, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Chocolate Sponge and Chocolate Sauce

Wednesday

Traditional Roast Beef with Yorkshire Pudding *Farm Assured Sliced Meat served with a Rich Roast Gravy*

Cheese Flan *Pastry Tart filled with a savoury Egg Custard with Cheese & Onion* V

Mashed Potato, Roast Potatoes, Baton Carrots, Broccoli & Cauliflower, Seasonal Salad Selection, Homemade Bread Selection

Seasonal Fruit Jelly topped with a Swirl of Cream

Thursday

Chicken Tender *pieces of Farm Assured Chicken in a Chef's Curry Sauce*

Vegetable & Bean Pasta Bake *Roasted Vegetables & Mixed Beans in a Tomato Sauce topped with a Savoury Crumb* V

Boiled Rice, Poppadum's, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Cookie Selection

Friday

Chip Shop Friday – Crispy Coated Fish or Sausage or Salmon Fishcake

Quorn Nuggets *Individual Shaped Pattie coated in Crispy Batter* V

Chips, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Strawberry or Chocolate Mousse



eatwell

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

Friday

Chip Shop Friday – Crispy Coated Fish or Sausage *with Curry Sauce*

Stuffed Pepper *A baked pepper filled with Wholemeal Rice and Sauted Vegetables topped with a Savoury Cheese Crumb* V

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

Let's Dine Fresh from the Farm Ice Cream

SANDWICH OPTION
 Cheese or Tuna or Ham or Egg sandwich packed lunch available



FUN FOOD FACT

APPLES
 Apples float in water, because 25% of their volume is made of air. The most-grown apple is Red Delicious. Followed by Gala, Golden Delicious, Granny Smith, and Fuji.



FUN FOOD FACT

BROCCOLI
 The word 'broccoli' is the plural of 'broccolo' which is Italian for the flowering top of a cabbage. According to a survey in 2009, broccoli is the sixth most commonly misspelt word in English.

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