

12 DEC	WK 3	18 JUL	WK 1
5 DEC	WK 2	11 JUL	WK 3
28 NOV	WK 1	4 JUL	WK 2
21 NOV	WK 3	27 JUN	WK 1
14 NOV	WK 2	20 JUN	WK 3
7 NOV	WK 1	13 JUN	WK 2
31 OCT	WK 3	6 JUN	WK 1
24 OCT - HALF TERM		27 FEB	WK 3
17 OCT	WK 1	20 FEB - HALF TERM	
10 OCT	WK 3	13 FEB	WK 1
3 OCT	WK 2	6 FEB	WK 3
26 SEPT	WK 1	30 JAN	WK 2
19 SEPT	WK 3	23 JAN	WK 1
12 SEPT	WK 2	16 JAN	WK 3
5 SEPT	WK 1	9 JAN	WK 2
Autumn Term 2022		3 JAN	WK 1
Spring Term 2023			

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 2023.

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
- 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?

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

eatwell

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

All of our suppliers ensure full traceability of our food.

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

We only use fresh Milk in our recipes.

We Oven Bake in preference to Frying.

You can pay in cash too!

School Meal Price

Pay for your child's school meals at www.telford.gov.uk/payforit

- 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.

Our menus

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.



Protect, care and invest to create a better borough

Let's Dine

Primary School Menu

April 2022 to March 2023

V Vegetarian
Ve Vegan
H Halal

Week 1

Week 2

Week 3

Monday

Pork Sausages served with Gravy
Quorn Sausage V
Mashed Potato, Carrots, Garden Peas, Homemade Bread Selection
Doughnuts and Chocolate Sauce

Tuesday

Chicken Red Tractor Diced Chicken served with Onion and Peppers
Quorn with onion and peppers V
Noodles, Seasonal Vegetables, Homemade Bread Selection
Jam Tart Biscuit



Wednesday

Roast Beef with Yorkshire Pudding
Vegetable and Bean Bake Served in Yorkshire pudding V H
Roast Potatoes, Mashed Potato, Carrots and Broccoli, Homemade Bread Selection
Orange and Chocolate Flapjack

Thursday

Meatballs Farm Assured Red Tractor Pork Meat Balls served Tomato sauce
Vegetable & Bean Pasta Bake Roasted Vegetables & Mixed Beans in a Tomato Sauce V H
Pasta Twists, Seasonal Vegetables, Garlic Bread
Marbled Sponge and Custard

Friday

Pizza with Ham Topping Cheese & Tomato Pizzas Crust Base with a Cheese & Ham Topping
Cheese and Tomato Pizza Cheese & Tomato Pizzas Crust Base with a Cheese Topping V
Chipped potatoes, Sweetcorn and Peas, Homemade Bread Selection
Ice Cream

Monday

Big Breakfast Farm Assured Back Bacon, Pork Sausage, Free Range Scrambled Egg V
Vegetarian Sausage V
Hash Browns, Baked Beans, Plum Tomatoes, Homemade Bread Selection
Iced Bun

Tuesday

Crispy Fillet of Fish Fillet of Fish Coated in a Crispy Batter
Cheese Flan Pastry Tart filled with a savoury Egg Custard with Cheese & Onion V H
Chipped Potatoes, Garden Peas, Homemade Bread Selection
Cherry Cookie

Wednesday

Roast Chicken with Yorkshire Pudding and Roast Gravy Farm Assured Sliced Meat served with a Rich Roast Gravy
Quorn Fillet with Yorkshire Pudding V
Roast Potatoes, Mashed Potatoes, Baton Carrots, Broccoli, Homemade Bread Selection
Lemon Iced Sponge

Sandwich Option

Ham or Cheese sandwich packed lunch available

Thursday

Wrap Day a tortilla Wrap Filled with a selection of Flavoured Chicken
Jacket Potatoes with Baked Beans and Cheese V
Herb Diced Potatoes, Salad Bar, Homemade Bread Selection
Chocolate Crunch



Friday

Beef Burger in Bap a Beef Pattie served in a Floured Bap
Southern Fried Quorn Burger V H
Potato Wedges, Sweetcorn Kernels, Homemade Bread Selection
Cupcake Selection

Monday

Beef Bolognese Farm Assured Minced Beef cooked in a Rich Italian Tomato based Sauce
Vegetable & Bean Pasta Bake V
Pasta Twists, Carrots, Homemade Bread Selection
Shortbread Biscuit

Tuesday

Chicken Curry Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce
Vegetarian Meatballs V H
Boiled Rice, Seasonal Vegetable Selection, Homemade Bread Selection
Apple Crumble and Custard

Wednesday

Toad in the Hole Yorkshire Pudding served with Pork Sausages
Cheese and Potato Pie V
Mashed Potato, Seasonal Vegetable Selection, Homemade Bread Selection
Shrewsbury Biscuit

Thursday

Homemade Breaded Chicken Dunkers Farm Assured Chicken coated in a Natural Breadcrumbs served with BBQ Sauce
Quorn Nuggets Individual Shaped Pattie coated in Crispy Batter V H
Potato Wedges, Baked Beans, Homemade Bread Selection
Brownie with Chocolate Sauce

Friday

Pizza with Ham Topping Cheese & Tomato Pizzas Crust Base with a Cheese & Ham Topping
Cheese and Tomato Pizza Cheese & Tomato Pizzas Crust Base with a Cheese Topping
Chipped Potatoes, Peas and Sweetcorn, Homemade Bread Selection
Ice Cream

FUN FOOD FACTS
Egg yolk and the whites have the same amount of protein! So while we traditionally associate egg whites with protein, they don't really have an advantage over their yellow counterpart.

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