

PRIMARY SCHOOL MENU























om sbecial event days

thiw su bridged bas hodges

to our suppliers for their continued

THANK YOU

trom a network of local producers.

Dried, frozen and chilled goods -

soniced locally from Bikold in Ludlow





Cheese - produced in Nantwich,

soniced in the UK. Meat - our meat is Red Tractor

in the Vale of Clwyd, North Wales. made from wholesome weish milk Yoghur - supplied by Village Dairy.

sustainable source. Council, we only use fish from a In line with the Marine Stewardship Fish - our fish is MSC accredited

pszed and fully compostable. sandwiches and wraps are plant All of our disposable packaging for increase our use of sustainable items. We're working with our schools to

> zoniced locally to give a rich golden sie ted nigh quality tood which is Eggs a ramily run business. The nens wuich are supplied by Clun Farm Eggs - we only use Free Range eggs

and free from artificial colourings and They are reduced 1at, reduced sait balls and 10% natural Beet Burgers. winning sausages, gluten free meat pszed in Welshpool make our award The Welsh Sausage company -

selected by Rowlands in Shrewsbury. Fresh Fruit, Salads and Vegetables -

Where our food comes from ONR INCREDIENTS

OUR MENUS



- All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 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.
- Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.

- We Oven Bake in preference to Frying. We only use fresh Milk in our recipes.
- We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- All of our suppliers ensure full traceability of our Food.
- 📊 Some of our menu choices 🥕 are developed with children through the Eatwell Project.



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

FREE SCHOOL MEALS DID YOU KNOW?

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

All information correct at the time of going to print

MENII CALENDAD

Summer Term 2023		Autumn Term 2023		Spring Term 2024	
17 APR	WK1	4 SEPT	WK 1	8 JAN	WK 1
24 MAY	WK 2	11 SEPT	WK 2	15 JAN	WK 2
1 MAY	WK 3	18 SEPT	WK 3	22 JAN	WK 3
8 MAY	WK 1	25 SEPT	WK 1	29 JAN	WK 1
15 MAY	WK 2	2 OCT	WK 2	5 FEB	WK 2
22 MAY	WK 3	9 OCT	WK 3	12 FEB - HALF TERM	
29 MAY - HALF TERM		16 OCT	WK 1	19 FEB	WK 1
5 JUN	WK 2	23 OCT	WK 2	26 FEB	WK 2
12 JUN	WK 3	30 OCT - HALF TERM		4 MAR	WK 3
19 JUN	WK 1	6 NOV	WK 1	11 MAR	WK 1
26 JUN	WK 2	13 NOV	WK 2	18 MAR	WK 2
3 JUL	WK 3	20 NOV	WK 3		
10 JUL	WK 1	27 NOV	WK 1		
17 JUN	WK 2	4 DEC	WK 2		
		11 DEC	WK 3		

www.telford.gov.uk/freeschoolmeals

18 DEC WK 1





H Halal

Monday

Homemade Beef Burger Farm Assured handmade Beef Burger served with Onions

Quorn Burger V

Jacket Wedges, Sweetcorn, Garden Peas, Roasted Onions, Seasonal Salad Selection, Soft Bread Bun

Homemade Strawberry Mouse

Tuesday

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

Vegetarian Sausage, Free Range Scrambled Egg V

Mini Waffles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Homemade Bread Selection

Fruit Jelly with a Swirl of Cream

Wednesday

Traditional Roast with a Rich and Tasty Gravy Farm Assured Sliced

Vegetable and Mixed Bean Parcel Mixed Beans and Roasted Vegetables encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Broccoli, Carrots, Cauliflower, Homemade Bread Selection

Homemade Flapiack

Thursday

Chicken Curry Farm Assured Diced Chicken in a Chef's Curry Sauce

Macaroni Cheese Macaroni Pasta in a Chef's Creamy Cheese Sauce V

Boiled Rice, Pasta Twists, Sweetcorn, Green Beans, Seasonal Salad Bar, Homemade Garlic Bread, Naan

Homemade Iced Sponge with Custard

Friday

Battered Fillet of Fish Fillet of Fish Coated in a Crispy Batter or Salmon Fishcake

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

Homemade Fruit Muffin Selection

Vegetable Nuggets V

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.

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Monday

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

Vegetable and Quorn Pasta Bake Roasted Vegetables, Minced Quorn and Pasta Twists in a Rich Tomato Sauce topped with Cheese V

Spaghetti, Carrots, Broccoli, Seasonal Salad Selection. Homemade Bread Selection

Homemade Biscuit Selection

Tuesday

Homemade Pizza Bar Cheese and Tomato Pizza with a Selection of Toppings on a Thin Crust Base including Ham, Pineapple V. Peppers V. Mushrooms V. Sliced Onions V

Cheese and Tomato Pizza V

Herby Diced Potato, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Fresh Fruit Salad

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced

Vegetable and Mixed Bean Parcel Roast Vegetables and Mixed Beans encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Cabbage, Carrots, Cauliflower, Homemade Bread Selection

Homemade Fruit Crumble and Custard

Thursday

Chicken and Ham Pasta Bake Farm Assured diced Chicken and Ham with Pasta Twists in a Chef's White Sauce

Vegetable and Mixed Bean Curry Roasted Seasonal Vegetables and Mixed Beans in a Chef's Curry Sauce V

Pasta Twists, Boiled Rice, Broccoli, Sweetcorn, Seasonal Salad Selection, Homemade Garlic Bread, Naan

Let's Dine Fresh from the Farm Ice Cream



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

Friday

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

Cheese Puff Creamed Potato with Cheddar Cheese encased in Puff Pastry V

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

Homemade Fruit Flapiack

Monday

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

Vegetarian Sausage, Free Range Scrambled Egg V

Mini Waffles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Homemade **Bread Selection**

Homemade Biscuit Selection

Tuesday

Beef Hot Pot Minced Beef and Seasonal Vegetables in a Tasty Gravy topped with Sliced Potatoes

Vegetable and Mixed Bean Hot Pot Roasted Vegetables and Mixed Beans in a Tasty Gravy topped with Sliced Potatoes V

Oven Baked Sliced Potatoes. Carrots, Garden Peas, Seasonal Salad Selection, Homemade **Bread Selection**

Homemade Fruit Sponge and Custard

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced

Quorn and Vegetable Parcel Diced Quorn and Roasted Vegetables encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Cauliflower, Green Beans, Carrots, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Thursday

Chicken Curry Farm Assured tender pieces of Chicken in a Chef's Curry

Crispy Garlic Bake V

Boiled Rice, Jacket Wedges, Sweetcorn, Broccoli, Seasonal Salad Selection, Homemade Bread Selection

Homemade Muffin Selection

Friday

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

Quorn Sausage Roll Quorn Sausage encased in Puff Pastry V

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

Oat and Raisin Cookie



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