

Free School Meals

DID YOU KNOW?

Menu calendar

Spring Term	Autumn Term	Summer Term
7 JAN WK 1	3 SEPT WK 1	16 APR WK 1
14 JAN WK 2	10 SEPT WK 2	23 APR WK 2
21 JAN WK 3	17 SEPT WK 3	30 APR WK 3
28 JAN WK 1	24 SEPT WK 1	7 MAY WK 1
4 FEB WK 2	1 OCT WK 2	14 MAY WK 2
11 FEB WK 3	8 OCT WK 3	21 MAY WK 3
18 FEB - HALF TERM	15 OCT WK 1	28 MAY - HALF TERM
25 FEB WK 2	22 OCT WK 2	4 JUN WK 2
4 MAR WK 3	29 OCT - HALF TERM	11 JUN WK 3
11 MAR WK 1	5 NOV WK 1	18 JUN WK 1
18 MAR WK 2	12 NOV WK 2	25 JUN WK 2
25 MAR WK 3	19 NOV WK 3	2 JUL WK 3
1 APR WK 1	26 NOV WK 1	9 JUL WK 1
8 APR WK 2	3 DEC WK 2	16 JUL WK 2
	10 DEC WK 3	23 JUL WK 3
	17 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!

This also provides extra funding to your school, you can register your child for Free School Meals 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 (this may change from 1 April)
- Working Tax Credit 'run-on' - the payment someone may receive for a further four weeks after they stop qualifying for Working Tax Credit

www.telford.gov.uk/treeschoolmeals

All information correct at the time of going to print

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 and produced in Grimsby, 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 goods - sourced locally from Bikold in Ludlow to reduce our carbon foot print.



Working in conjunction with



Wallace & Gromit's CHILDREN'S CHARITY



Our Wallace & Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.

Let's Dine Primary School Menu

April 2018 to March 2019

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



Our menus

£2.20 School Meal Price

Pay for your child's school meals at www.telford.gov.uk/payfort You can pay in cash too!

We have also supported the World Food Programme in Kenya by donating 3590 school meals in 2017



- 1 All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- 2 We have daily servings of Vegetables, Salad and Fresh Fruit.
- 3 Our recipes are low in Sugar and Fat.
- 4 We Oven Bake in preference to Frying.
- 5 We offer a Vegetarian option.
- 6 We do our best to cater for special dietary requirements medical or cultural.
- 7 We only use approved suppliers to ensure full traceability of our Food.
- 8 Some of our menu choices are developed with children through the Eatwell Project.

Week 1



Week 2



Week 3



Sandwich Bar

Monday

Cheese & Tomato Pizza with a Selection of Toppings V

Jacket Potato Wedges, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread Selection

Rice Pudding

Sandwich Bar

Tuesday

Chicken Korma Tender pieces of Farm Assured Chicken in a Chefs Curry Sauce

Quorn Korma Quorn pieces in a Chefs Curry Sauce V

Boiled Rice, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread Selection

Fruit Flapjack

Sandwich Bar

Wednesday

Traditional Roast served with a Rich & Tasty Gravy

Oven Roast Vegetables Served in a Yorkshire Pudding & topped with Mature Cheddar V

Crisp Roast Potatoes, Creamed Mash Potato, Seasonal Vegetables, Homemade Bread Selection

Lets Dine Fresh from the Farm Ice Cream

Sandwich Bar

Available daily by pre order

Sandwich Bar

Thursday

Minced Beef Pie Red Tractor Minced Beef cooked with Seasonal Vegetables & topped with Golden Puff Pastry or **Cottage Pie** Red Tractor Minced Beef cooked with Seasonal Vegetables & topped with Creamed Potatoes

Quorn Mince Pie Quorn Mince cooked with Seasonal Vegetables & topped with Golden Puff Pastry V

Boiled Potatoes, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread Selection

Chocolate Sponge & Chocolate Custard

Sandwich Bar

Friday

Jumbo Cod Fish Finger Fillet of Fish Coated in a Crispy Breadcrumbs or **Salmon Fishcake**

Quorn Burger V

Chips, Couscous, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread Selection

Fruit Topped Cheesecake



FUN FOOD FACTS
The average corn on the cob has 800 kernels!!!

Sandwich Bar

Monday

Big Breakfast Back Bacon, Pork Sausage

Quorn Sausage, Free Range Scrambled Egg V

Potato Smiles, Baked Beans, Mushrooms, Tomatoes, Seasonal Salad Bar, Homemade Bread Selection

Homemade Biscuit Selection

Sandwich Bar

Tuesday

Beef Bolognese Farm Assured Red Tractor Minced Beef cooked in a Rich Tomato based Sauce

Quorn Balls in a Rich Tomato based Sauce V

Pasta Twists, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread

Apple Crumble & Custard

Sandwich Bar

Wednesday

Traditional Roast served with a Rich & Tasty Gravy

Quorn Parcels Diced Quorn & Roast Vegetables Encased in Puff Pastry V

Crisp Roast Potatoes, Light & Fluffy Swede & Potato Mash, Seasonal Vegetables, Homemade Bread Selection

Fruity Muffins



FUN FOOD FACTS
If you ate a different variety of apple everyday, it would take you more than 20 years to try them all - there's over 7500 types!

Sandwich Bar

Thursday

Homemade Chicken Pie Red Tractor diced Chicken cooked with Seasonal Vegetables & topped with Golden Puff Pastry

Oven Roast Vegetables Served in a Yorkshire Pudding & topped with Mature Cheddar V

Oven Baked Sliced Potatoes, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread Selection

Marble Sponge & Custard



Sandwich Bar

Friday

Jumbo Fish Finger Fillet of Fish Coated in a Crispy Breadcrumbs or **Battered Fillet of Fish** White Fillet coated in a Light Batter

Vegetable Nuggets V

Chips, Couscous, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread Selection

Strawberry & Chocolate Mousse

Sandwich Bar

Monday

Pork Sausage served with Onion Gravy Farm Assured Red Tractor Pork Sausage

Quorn Sausage served with Onion Gravy V

Creamed Mash Potatoes, Herby Diced Potatoes, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread Selection

Homemade Biscuit Selection

Sandwich Bar

Tuesday

Chicken Strips served with Herb & Tomato Sauce Farm Assured Red Tractor Strips of tender Chicken with a Herby Tomato Sauce

Roasted Vegetables in a Rich Tomato Sauce V

Pasta Twists, Seasonal Vegetables, Seasonal Salad Bar, Garlic Bread

Fruit Muffin

Sandwich Bar

Wednesday

Traditional Roast served with a Rich & Tasty Gravy

Quorn & Vegetable Puff Diced Quorn & Roast Vegetables Encased in Puff Pastry V

Crisp Roast Potatoes, Creamed Sweet Potato Mash, Seasonal Vegetables, Homemade Bread Selection

Lemon Sponge & Custard

Sandwich Bar

Thursday

Cheese & Tomato Pizza Cheese Topped Pizza with a Deep Crust Base

Quorn Dunkers Quorn pieces coated in a Light Batter & baked V

Jacket Potato Wedges, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread Selection

Apple & Pear Crumble & Custard

Sandwich Bar

Friday

Battered Fillet of Fish White Fillet coated in a Light Batter or **Jumbo Fish Finger** Fillet of Fish Coated in a Crispy Breadcrumbs

Old Parks Winning Savoury Muffins V

Chips, Lemon Couscous, Seasonal Vegetables, Seasonal Salad Bar, Homemade Bread Selection

Eaton Mess



FUN FOOD FACTS
The world's heaviest carrot was grown in Nottinghamshire in 2014 and weighed over 9kg!

Individual Yoghurt, Fresh Fruit or Cheese & Crackers available daily. All items subject to availability.