www.telford.gov.uk/freeschoolmeals

15 DEC MK 3 25 MK 4 3 MK 4 3 MK 5 31 MOA MK 5 31 MOB MK 5 31 MOA MK 5 31 MOB MK 5 MK 5						
18 10F MK 1 58 NON MK 1 51 WB MK 1 11 10F MK 2 14 NON MK 3 51 NON			MK 3	15 DEC		
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13 10N MK 2 15 2EPT WK 3 6 FEB - HALF TERM 55 APR WK 3 13 JUN WK 3 10 OCT WK 3 6 FEB WK 3 16 JUN WK 3	MK 4	AAM 8	MK 4	VON 7	WK 1	NUL 7 2
e 10N MK 1 13 CCL MK 1 13 EEB MK 1 30 MPA - HPLF TERM 10 OCL MK 3 0 EEB MK 3 10 MPA MK 3 30 OCL MK 5 30 OPM MK 3 10 MPA MK 3 10 SEBL MK 3 10 OPM MK 3 10 MPA MK 3 10 SEBL MK 3 10 OPM MK 3 10 MPA MK 3 10 SEBL MK 3 10 OPM MK 3 10 MPA MK 3 10 SEBL MK 3 10 OPM MK 3 10 MPA MK 3 10 SEBL MK 3 10 OPM MK 3 10 MPA MK 3 10 SEBL MK 4 10 OPM MK 3 10 MPA MK 5 10 SEBL MK 4 10 OPM MK 5 10 MPA MK 5 10 OPM MK 1 10 OPM 10 MPA MK 5 10 OPM MK 2 10 OPM 10 MPA MK 5 10 OPM MK 3 10 OPM 10 MPA MK 5 10 OPM MK 3 10 OPM 10 MPA MK 5 10 OPM MK 3 10 OPM 10 MPA MK 5 10 OPM MK 3 10 OPM 10 MP	MK 3	27 FEB	MK3	31 OCT	MK 3	20 1UN
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16 MPA MK 1 50 SEPT MK 1 23 JRN MK 2 5 MPA MK 2 15 SEPT MK 3 16 JRN MK 3 5 MPA MK 3 16 JRN MK 3 6 MPA MK 1 2 JRN MK 1 7 MPA MK 1 3 JRN MK 1	MK 3	e FEB	MK 3	10 OCT	30 MAY - HALF TERM	
6 MPA MK 3 16 2Eb1 MK 3 16 1PM MK 3 5 MPA MK 5 15 2Eb1 MK 5 6 1PM MK 5 52 MPA MK 1 3 1PM MK 1 MK 1	MK 5	NAL 08	MK 5	3 OCT	MK 5	YAM ES
S MPY MK 2 9 JRM WK 3 26 APR WK 1 6 JRM WK 1	WK 1	NAL ES	WK 1	26 SEPT	MK 4	YAM 81
SEAPR WK 1 6 SEPT WK 1 3 JAN WK 1	MK 3	NAL 31	MK 3	19 SEPT	MK 3	YAM 6
	MK 5	NAL 6	MK 5	12 SEPT	MK 5	YAM S
Summer Term 2022 Autumn Term 2022 Spring Term 2023	WK 1	NALE	WK 1	2 SEPT	MK 4	25 APR
	Spring Term 2023		Autumn Term 2022		erm 2022	Summer T

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 2023.

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 Menu calendar

DID XON KNOMS

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

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

THANK YOU

to our suppliers for their continued support and helping us with our special event days











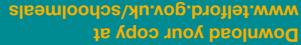














through the Eatwell Project. are developed with children 🔼 səsiods unəm ruo to əmoS 🚺

traceability of our Food.

requirements, medical or cultural.

endeavour to cater for special dietary and a Vegan option where possible. We We offer a Vegetarian option as standard

We only use fresh Milk in our recipes.

🔥 🛚 We Oven Bake in preference to Frying.

You can pay in cash too!

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

School Meal Price





generation.

as vehicle fuel or for power and energy filtered and processed into biofuel for use 🕇 We recycle our Rapeseed Oil. It is cleaned,

supporting the national obesity strategy. tsA bns regus ni wol ors esqioor and Pat,

to a hot meal, look out for the Sandwich Bar a healthy sandwich choice as an alternative S At our schools with a Sandwich Bar, we offer

symbol. Contact your school office for more info.

Fresh Fruit daily.

We provide a choice of Vegetables, Salad and

Government Food Standards.

our kitchens daily and comply with the All our meals are freshly prepared in

snuam ino



Protect, care and invest to create a better borough











Primary School Menu

April 2022 to March 2023







H Halal



Wee











Monday

Minced Beef Hotpot Farm Assured Minced Beef cooked with Seasonal Vegetables & topped with Sliced Potatoes

Broccoli & Cauliflower Bake Florets of Cauliflower & Broccoli in a Chef's Cheese Sauce V

Sliced Potatoes, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Fruit Muffin Selection



Tuesday

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

Savoury Muffin Homemade Vegetable Savoury Muffin V

Potato Smiles or Hash Browns, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Homemade Bread Selection

Strawberry & Vanilla Swirl Mousse



Wednesday

Traditional Roast of the Day with Rich & Tasty Gravy Farm Assured

Quorn Mince & Onion Tender Minced Quorn with Diced Onion & Gravy V

Roast Potatoes, Creamed Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Fruit Jelly with a Swirl of Cream

Chicken Curry Farm Assured

Chicken in a Chef's Curry Sauce

Beans in a Chef's Curry Sauce V

Vegetable Selection, Seasonal

Friday

Jumbo Fish Finger Fillet of Fish

coated in a Crispy Breadcrumb

Chips, Couscous, Seasonal

Vegetable Selection, Seasonal

Let's Dine Fresh from the Farm Ice

Salad Selection. Homemade

Salad Selection, Naan Bread

Apple Whirl & Custard

Vegetarian Nuggets V

Bread Selection

Cream

Egg yolk and the whites have the same a of protein! So while we traditionally asso

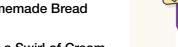
egg whites with protein, they don't really have an advantage over their yellow counterpart.

Boiled White Rice, Seasonal

Sweet Potato & Butternut Squash

Curry Seasonal Vegetables & Mixed

Thursday



Chicken & Pasta in a Chef's Sauce

Vegetables, Mixed Beans & Pasta in a

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Pineapple Upside Down Pudding

Traditional Roast of the Day with Rich & Tasty Gravy Farm Assured Meat

Roasted Quorn Fillet V

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection,



Monday

Toad in the Hole Farm Assured Pork Sausage in a Yorkshire Pudding

Vegetarian Sausage V

Roast Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, **Homemade Bread Selection**

Chocolate Muffin



Tuesday

Chicken Pasta Bake Farm Assured

Vegetable Bake Seasonal Roasted Tomato based Sauce V

Wednesday

Homemade Bread Selection

Fruit Jelly with a Swirl of Cream



Thursday

Meat Enchiladas Farm Assured Minced Meat & Beans with Mild Spices in a Floured Wrap topped with Tomato based Sauce

Vegetarian Enchiladas Seasonal Vegetables & Beans with Mild Spices in a Floured Wrap topped with Tomato based Sauce V

Tortilla Wrap, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Flapjack Selection



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 coated in a light batter

Vegetarian Burger V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade **Bread Selection**

Let's Dine Fresh from the Farm Ice Cream



Monday

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

Quorn Curry Tender diced Quorn in a Chef's Chinese Curry Sauce V

Noodles, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Fruit Scone with Jam & Cream



Tuesday

Beef Bolognaise Farm Assured Minced Beef cooked in a Rich Tomato based Sauce

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

Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Ginger Sponge & Custard



Wednesday

Traditional Roast of the Day with Rich & Tasty Gravy Farm Assured Meat

Roasted Quorn Fillet V

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Chocolate & Vanilla Swirl Mousse



Thursday

Tuna Pasta Bake Flaked Tuna, Pasta Twists & Vegetables in a Tomato based Sauce topped with Cheese

Cheese & Tomato Pizza Selection of Topped Pizzas with a Deep Crust

Pasta, Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade **Bread Selection**

Devon Split

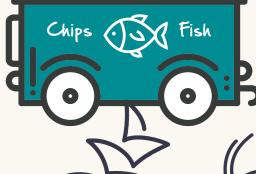
Chip Shop Friday

Battered Fillet of Fish White Fillet coated in a light batter or Fishcake

Vegetarian Sausage V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade **Bread Selection**

Let's Dine Fresh from the Farm Ice Cream



Newport Junior

FUN FOOD FACTS

alligator pears" due to their shape and umpy, green skin.

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