www.telford.gov.uk/freeschoolmeals

		MK 3	15 DEC		
		MK 5	2 DEC		
MK 4	AAM 72	MK 1	28 NOV	MK 1	18 JUL
MK 3	AAM 0S	MK 3	21 NOV	MK 3	11 JUL
MK 5	AAM Et	MK 5	14 NOV	MK 5	ל חחר ל
MK 4	AAM 8	MK 1	VON 7	MK ↓	ለሀ ሆ 72
MK 3	27 FEB	MK3	31 OCT	MK 3	NUL 02
MAET FLE - HALF TERM		24 OCT - HALF TERM		MK 5	NUL EF
MK 4	13 FEB	MK 1	17 OCT	MK 1	NUL 8
MK 3	e FEB	MK 3	10 OCT	30 MAY - HALF TERM	
MK 5	NAL 08	MK 5	3 OCT	MK 5	YAM &S
MK 4	NAL ES	MK 1	26 SEPT	MK 1	YAM 81
MK 3	NAL 81	MK 3	19 SEPT	MK 3	YAM 6
MK 5	NAL 6	MK 5	12 SEPT	MK 5	YAM S
MK 1	NALE	MK 1	5 SEPT	MK 1	APA 3S
Spring Term 2023		SS0S mreT nmutuA		Summer Term 2022	

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

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 Free School Meals

Our ingredients

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













Rainforest













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



traceability of our Food. [4] Illi or our suppliers ensure full

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







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. taf bns regus ni wol es secipes and Fat,

symbol. Contact your school office for more info. to a hot meal, look out for the Sandwich Bar a healthy sandwich choice as an alternative At our schools with a Sandwich Bar, we offer

Fresh Fruit daily.

We provide a choice of Vegetables, Salad and

Government Food Standards. our kitchens daily and comply with the ni bəraqərq ylreshiy prepared in

73 Snuautano



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Let's Dine lenu

April 2022 to March 2023

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



BEYOUR BEST



Weeks

Monday

Pork Sausage Farm Assured Pork Sausage served with a Rich & Tasty Gravv

Vegetarian Sausage served with a Rich & Tasty Gravy V

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

Fruit Crumble & Custard

Sandwich

Tuesday

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

Vegetable & Bean Chilli Roasted Vegetables with Mixed Beans in a Mild Chilli Sauce V

Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, **Homemade Bread Selection**

Strawberry Whirl Mousse

Sandwich

Wednesday

Traditional Roast Beef with a Rich & Tasty Gravy Farm Assured Sliced Meat

Oven Roasted Vegetables served in a Yorkshire Pudding & topped with Mature Cheddar V

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

Homemade Biscuit

WEE 3

Thursday

Gluten Free Meatballs Pork Meatballs served with Tomato Sauce

Vegetarian Meatballs Meatless balls served with Tomato Sauce V

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

Let's Dine Fresh from the Farm Ice Cream

Sandwich

Friday

Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb

Cheese & Potato Pie Mature Cheddar Cheese & Creamed Potato in a Short Crust Pastry Flan V

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

Homemade Muffin

Sandwich Bar

Available daily by pre order



Monday

Homemade Pizza Thin Crust Pizza Base with a Tomato & Mature Cheddar Cheese Topping

Roasted Vegetable & Bean Parcel Roasted Vegetables in a Rich Tomato Sauce encased in Puff Pastry V

Jacket Potato Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread

Homemade Fruit Cookie

Sandwich Bar

Tuesday

Homemade Chicken Dunkers Farm Assured Chicken coated in Breadcrumbs & Oven baked served with BBQ Sauce

Vegetable & Mixed Bean Enchiladas Mixed Beans & Seasonal Vegetables cooked in a Rich & Tasty Gravy V Ve

Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread

Homemade Cupcake

Wednesday

Traditional Turkey with a Rich & Tasty Gravy Farm Assured Sliced

Cheese Puff Creamed Potato, mature Cheese & Onion Encased in Puff Pastry V

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

Fruit Jelly with a Swirl of Cream

Thursday

Beef Bolognaise Farm Assured Minced Beef in a Rich Tomato Sauce

Vegetable Bolognaise Roasted Vegetables with Mixed Beans in a Rich Tomato Sauce V

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

Chocolate & Apple Sponge with **Chocolate Custard**

Friday

Battered Fillet of Fish White Fillet

coated in a light batter & baked V

Quorn Dunkers Quorn pieces

Chips, Seasonal Vegetable

Selection, Seasonal Salad

Homemade Shortbread

Selection. Homemade Bread

coated in a light Batter

Monday

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

Vegetarian Sausage V

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

Homemade Chocolate Crunch

Tuesday

Chicken Pasta Bake Farm Assured Diced Chicken & Pasta Twists in a Rich Tomato Sauce

Vegetarian Pasta Bake *Mixed Bean* & Roasted Vegetables with Pasta Twists in a Rich Tomato Sauce V

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

Homemade Apple Sponge & Custard

Sandwich |

Wednesday

Traditional Roast Gammon with a Rich & Tasty Gravy Farm Assured Sliced meat

Cauliflower & Broccoli Bake

Cauliflower & Broccoli Florets in a Creamy Cheese Sauce & Topped with Cheese V

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

Let's Dine Fresh from the Farm Ice Cream

Thursday

Homemade Pizza Thin Crust Pizza Base with a Tomato & Mature Cheddar Cheese Topping V

Quorn Burger Quorn Burger served in a Soft White Roll V

Oven Baked Sliced Potatoes, Seasonal Vegetable Selection, Big Seasonal Salad Selection, **Homemade Bread Selection**

Homemade Fruit Flapjack

Sandwich

Friday

Salmon Fish Cake

Macaroni Cheese Macaroni Pasta in a Creamy Cheddar Cheese Sauce V

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

Homemade Danish Pastry

FUN FOOD FACTS

egg whites with protein, they don't really hav an advantage over their yell

FUN FOOD FACTS

Avocados are fruit! Avocados are ssified as a berry with a large seed. In alligator pears" due to their shape and oumpy, green skin

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

Sandwich Bar