

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.

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
2023

TO

March
2024



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 than £7,400 a year (after tax and not including any benefits you get)

MENU CALENDAR

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

All information correct at the time of going to print

www.telford.gov.uk/freeschoolmeals

WEEK 1



Monday

Pork Sausage *Farm Assured Pork Sausage served with a Tasty Gravy*

Vegetarian *Vegetarian Sausage served with a Tasty Gravy* ✓

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

Homemade Fruit Flapjack



Wednesday

Traditional Roast served with a Rich and Tasty Gravy *Farm Assured Sliced Meat*

Vegetable and Mixed Bean Pasta Bake *Mixed Beans, Pasta Twists and Seasonal Vegetables in a Rich Tomato Sauce* ✓

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

Let's Dine Fresh from the Farm Ice Cream



Monday

Beef Bolognese *Farm Assured Minced Beef in a Chef's Tasty Tomato Sauce*

Quorn and Vegetable Pasta Bake *Minced Quorn, Seasonal Vegetables and Pasta Twists in a Tasty Tomato Sauce* ✓

Pasta Twists, Green Beans, Carrots, Seasonal Salad Selection, Homemade Bread Selection

Homemade Fruit Flapjack



Thursday

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

Cheese and Potato Pie *Creamed Potato and Grated Cheese in a Short Crust Pastry case topped with Sliced Tomatoes* ✓

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

Homemade Mousse Strawberry or Chocolate



Tuesday

Homemade Beef Burger *Farm Assured Beef Burger in a Soft Burger Bun*

Quorn Burger *Quorn Burger in a Soft Burger Bun*

Jacket Wedges, Carrots, Garden Peas, Seasonal Salad Selection, Soft Burger Bun

Homemade Chocolate Crunch and Custard



Thursday

Chicken and Pasta Bake *Farm Assured Chicken pieces and Seasonal Vegetables with Pasta Twists topped with Grated Cheese*

Pasta Neapolitan *Roasted Vegetables and Pasta Twists in a Rich Tomato Sauce* ✓

Herby Diced Potatoes, Sweetcorn, Green Beans, Seasonal Salad Selection, Homemade Bread Selection

Fruit Jelly with a Swirl of Cream



Tuesday

Pizza Bar *Selection of Topped Pizzas on a Thin Crust Base* **Cheese and Tomato** ✓, **Ham, Pineapple, Peppers, Sweetcorn**

Herby Diced Potatoes, Garden Peas, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Homemade Fruit Sponge and Custard



Wednesday

Traditional Roast with Rich and Tasty Gravy *Farm Assured Sliced Meat*

Vegetarian Toad in the Hole *Vegetarian Sausage in a Mini Yorkshire Pudding served with a Tasty Gravy* ✓

Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Garden Peas, Homemade Bread Selection

Homemade Lemon Muffins



Friday

Fish Finger *Fillet of Fish coated in a Crispy Breadcrumbs or Fish Cake*

Vegetarian Nuggets ✓

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

Homemade Biscuit Shortbread

SANDWICH OPTION

Cheese or Tuna sandwich packed lunch available

FUN FOOD FACT

APPLES

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.

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

BROCCOLI

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.

FUN FOOD FACT