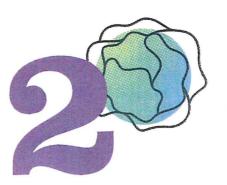




Week 2









Monday

Pork Sausage served with a Tasty Gravy Farm Assured Pork Sausage

Vegetarian Sausage served with a Tasty Gravy V

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

Homemade Shortbread



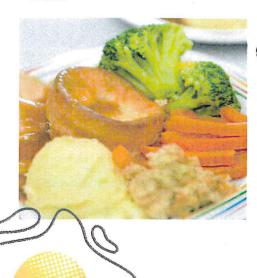
Tuesday

Ham & Pineapple topped Pizza with a Deep Crust Base

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

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

Let's Dine Fresh from the Farm Ice Cream



Wednesday

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

Oven Roasted Vegetables

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

Roast Potatoes, Creamed Potato. Seasonal Vegetables, Seasonal Salad Selection, Homemade **Bread Selection**

Homemade Iced Sponge & **Chocolate Custard**



Thursday

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

Quorn Curry Quorn pieces in a Chef's Curry Sauce V

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

Homemade Sultana Sponge



Friday

Battered Fillet of Fish White Fillet coated in a light Batter or Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb

Quorn Dunkers Quorn pieces coated in a light batter & oven baked V

Chips, Couscous, Seasonal Vegetables, Baked Beans. Seasonal Salad Selection, Homemade Bread Selection

Homemade Muffin Selection



Monday

Homemade Beef Burger Farm Assured Beef Burger served in a Soft White Roll

Vegetarian Toad in the Hole Vegetarian Sausage in a Yorkshire Pudding served with Onion Gravy V

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

Homemade Cookie Selection



Tuesday

Wrap Day - Chicken in a Tomato Sauce, Ham in a Cheese Sauce or Vegetarian Chilli V

Vegetable Pasta Bake Mixed Beans. Pasta & Roast Vegetables in a Rich Tomato Sauce V

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

Homemade Chocolate Brownie

Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat

Shepherdess Pie Quorn Mince & Roasted Vegetables in a Tasty Gravy topped with Creamed Potato V

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

Homemade Rice Pudding



Thursday

Beef Bolognaise Farm Assured Minced Beef in a Rich Tomato Sauce

Vegetarian Balls served with a Rich Tomato Sauce V

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

Fruit Jelly with a Swirl of Cream



eatwell

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



Friday

Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb or Battered Fillet of Fish White Fillet coated in a light Batter

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

Chips, Couscous, Seasonal Vegetable Selection, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream



Monday

Big Breakfast Farm Assured Pork Sausage, Back Bacon,

Vegetarian Sausage, Free Range Scrambled Egg V

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

Homemade Cookie Selection



Tuesday

Pizza Bar Selection of Topped Pizzas on a Deep Crust Base

Macaroni Cheese Macaroni in a Creamy Cheese Sauce topped with Sliced Tomatoes V

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

Homemade Chocolate Brownie



Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat

Oven Roasted Vegetables Served in a Yorkshire Pudding & topped with Mature Cheese V

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

Fruit Jelly with a Swirl of Cream



Homemade Breaded Chicken Dunkers Farm Assured Chicken in a Chef's BBQ or a Rich Tomato based Sauce

Quorn Dunkers Quom pieces coated in a light batter & oven baked V

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

Homemade Sponge & Custard

Chip Shop Friday

Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb or Battered Fillet of Fish White Fillet coated in a liaht Batter

Vegetable Pasta Bake Mixed Beans, Pasta & Roast Vegetables in a Rich Tomato Sauce V Ve

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

Let's Dine Fresh from the Farm Ice Cream



ed as a berry with a large s pain and Mexico, avocados are call lligator pears" due to their shape a lmpy, green skin.



FUN FOOD FACTS

FUN FOOD FACTS

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

www.telford.gov.uk/freeschoolmeals

15 DEC MK 5 2 DEC 18 10L WK1 27 MAR WK1 11 10F MK3 HAM OS MK3 21 NOV MK3 13 MK B MK S MK 5 AON #1 MK S ל יחר NOC 17 MK3 **MK3** 31 OCL MK3 20 JUN **51 FEB**

20 FEB - HALF TERN 24 OCT - HALF TERM NULET 30 MAY - HALF TERM 10 OCT 9 LEB MK 5 NAL OE MKS 3 OCL S3 WAY WK 2 MK3 YAM 6 WK3 NAL 91 18 SEPT WK3 MK 5 MKS YAM S 15 SEDT MK S NAL 6

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a year (after tax and not including any benefits you get)

• Universal Credit - your household income must be less that £7,400

All information correct at the time of going to print

- 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

Summer Term 2022

DID KON KNOMS

Our ingredients

selected by Rowlands in Shrewsbury.

00000 29

Spring Term 2023

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.

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.

- 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.

produced in Nantwich,

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

















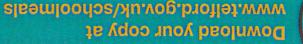












through the Estwell Project.

are developed with children

🚺 Some of our menu choices 🥖

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requirements, medical or cultural.

endeavour to cater for special dietary

and a Vegan option where possible. We

We only use fresh Milk in our recipes.

We Oven Bake in preference to Frying.

We offer a Vegetarian option as standard

traceability of our Food.





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. 4st our recipes are low in Sugar 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 S 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

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You can pay in cash too!

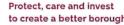
www.telford.gov.uk/payforit

Pay for your child's school meals at

School Meal Price



ll9w169





Primary School Menu







