

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



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



3590

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

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

£2.20

School Meal Price

Our menus

- 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.

Let's Dine Primary School Menu

April 2018 to March 2019

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



Week 1



Sandwich Bar
Monday

Pork Sausages Oven baked Pork sausages
Vegetarian Sausage in a Rich Tomato Sauce V
Creamed Potatoes, Garden Peas, Baked Beans, Sweetcorn, Seasonal Salad Selection, Homemade Mixed Bread Selection
Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar
Tuesday

Homemade Chicken Pie Farm Assured Chicken cooked with Seasonal Vegetables in a tasty gravy
Macaroni & Cauliflower Cheese V
New Potatoes, Broccoli, Carrots, Seasonal Salad Selection, Homemade Mixed Bread Selection
Homemade Cookie

Sandwich Bar
Wednesday

Traditional Roast with a Rich & Tasty Gravy
Oven Roast Vegetables Served in a Yorkshire pudding topped with Mature Cheese V
Roast Potatoes, Creamed Potatoes, Baton Carrots, Broccoli, Cauliflower, Seasonal Salad Selection, Homemade Mixed Bread Selection
Fruit Jelly with a Swirl of Cream

Sandwich Bar
Thursday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base V
Sweetcorn, Green Beans, Big Seasonal Salad Bar, Homemade Mixed Bread Selection
Chocolate Cake with Mint Custard

Sandwich Bar
Friday

Battered Fillet of Fish White Fillet coated in a light batter or Salmon Fishcake
Vegetable Paella Cooked Rice with a Selection of Seasonal vegetables V
Chips, Baby Jacket Potato, Baked Beans, Swede, Farmhouse Mixed Vegetables, Seasonal Salad Selection, Homemade Mixed Bread Selection
Strawberry Muffin



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



Week 2



Sandwich Bar
Monday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base V
Pasta, Baked Beans, Seasonal Big Salad Bar Selection, Homemade Mixed Bread Selection
Carrot Cake

Sandwich Bar
Tuesday

Homemade Fish Pie Flaked fish in a cheese sauce topped with creamed potato
Vegetarian Burger V
Pasta with Pesto, Garden Peas, Sweetcorn, Seasonal Salad Selection, Homemade Mixed Bread Selection
Pineapple & Apricot Flapjack

Sandwich Bar
Wednesday

Traditional Roast with a Rich & Tasty Gravy
Quorn Parcels Diced Quorn & Roast Vegetables encased in Puff Pastry V
Roast Potatoes, Creamed Potatoes, Carrots, Cauliflower, Garden Peas, Homemade Mixed Bread Selection
Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar
Available daily by pre order

Sandwich Bar
Thursday

Chicken Curry Tender pieces of Farm Assured Chicken in a Chefs Curry Sauce With added peppers and lentils
Quorn Wrap with Salad Floured Wrap filled with diced Quorn & Salad V
Yellow Rice, Sambals, Seasonal Salad Selection, Homemade Mixed Bread Selection
Raspberry & Coconut Slice



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
Friday

Jumbo Fish Finger Fillet of Fish coated in a Crispy Breadcrumbs or **Battered Fillet of Fish** White Fillet coated in a light batter
Cauliflower & Leek Cheese V
Chips or Couscous, Baked Beans, Garden Peas, Sweetcorn, Seasonal Salad Selection, Homemade Mixed Bread Selection
Chocolate Muffins

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

Week 3



Sandwich Bar
Monday

Big Breakfast Back Bacon, Pork Sausage
Vegetarian Sausage, Free Range Scrambled Egg V
Mini Potato Waffles, Baked Beans, Mushrooms, Tomatoes, Seasonal Salad Selection, Homemade Mixed Bread Selection
Fruit Salad topped with Yoghurt

Sandwich Bar
Tuesday

Chicken Curry Tender pieces of Farm Assured Chicken in a Chefs Curry Sauce
Lentil Dhal Red Lentils cooked in a Vegetable stock and seasoning with a variety of Spices V
Mixed Rice, Sweetcorn, Cauliflower, Seasonal Salad Selection, Homemade Mixed Bread Selection
Lemon Sponge & Custard

Sandwich Bar
Wednesday

Traditional Roast with a Rich & Tasty Gravy
Oven Roast Vegetables Served in a Yorkshire pudding topped with Mature Cheese V
Roast Potatoes, Creamed Potatoes, Cauliflower, Garden Peas, Cabbage, Seasonal Salad Selection, Homemade Mixed Bread Selection
Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Sandwich Bar
Thursday

Lasagne Red Tractor Fresh Minced Beef cooked in a Rich Tomato based Sauce layered with pasta & topped with Cheese Sauce
Crispy Quorn Dippers & Tomato Sauce Quorn pieces Coated in a light Batter & Baked V
Pasta Twists, Broccoli, Carrots, Seasonal Salad Selection, Homemade Mixed Bread Selection
Tropical Sponge

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
Vegetable Korma Selection of seasonal vegetables in a Chefs Curry Sauce V
Chips, Rice, Mushy Peas, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Mixed Bread Selection
Homemade Cookie Selection



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