



11 APR	WK 1	11 APR	WK 1	11 APR	WK 1
18 APR	WK 2	18 APR	WK 2	18 APR	WK 2
25 APR	WK 3	25 APR	WK 3	25 APR	WK 3
2 MAY	WK 1	2 MAY	WK 1	2 MAY	WK 1
9 MAY	WK 2	9 MAY	WK 2	9 MAY	WK 2
16 MAY	WK 3	16 MAY	WK 3	16 MAY	WK 3
23 MAY	WK 1	23 MAY	WK 1	23 MAY	WK 1
30 MAY	WK 2	30 MAY	WK 2	30 MAY	WK 2
6 JUN	WK 3	6 JUN	WK 3	6 JUN	WK 3
13 JUN	WK 1	13 JUN	WK 1	13 JUN	WK 1
20 JUN	WK 2	20 JUN	WK 2	20 JUN	WK 2
27 JUN	WK 3	27 JUN	WK 3	27 JUN	WK 3
4 JUL	WK 1	4 JUL	WK 1	4 JUL	WK 1
11 JUL	WK 2	11 JUL	WK 2	11 JUL	WK 2
18 JUL	WK 3	18 JUL	WK 3	18 JUL	WK 3
Autumn Term		Autumn Term		Autumn Term	
5 SEPT	WK 1	5 SEPT	WK 1	5 SEPT	WK 1
12 SEPT	WK 2	12 SEPT	WK 2	12 SEPT	WK 2
19 SEPT	WK 3	19 SEPT	WK 3	19 SEPT	WK 3
26 SEPT	WK 1	26 SEPT	WK 1	26 SEPT	WK 1
30 OCT	WK 2	30 OCT	WK 2	30 OCT	WK 2
6 FEB	WK 3	6 FEB	WK 3	6 FEB	WK 3
13 FEB	WK 1	13 FEB	WK 1	13 FEB	WK 1
20 FEB - HALF TERM		20 FEB - HALF TERM		20 FEB - HALF TERM	
27 FEB	WK 3	27 FEB	WK 3	27 FEB	WK 3
6 MAR	WK 1	6 MAR	WK 1	6 MAR	WK 1
13 MAR	WK 2	13 MAR	WK 2	13 MAR	WK 2
20 MAR	WK 3	20 MAR	WK 3	20 MAR	WK 3
27 MAR	WK 1	27 MAR	WK 1	27 MAR	WK 1
3 APR	WK 2	3 APR	WK 2	3 APR	WK 2
Spring Term		Spring Term		Spring Term	
2 JAN	WK 1	2 JAN	WK 1	2 JAN	WK 1
9 JAN	WK 2	9 JAN	WK 2	9 JAN	WK 2
16 JAN	WK 3	16 JAN	WK 3	16 JAN	WK 3
23 JAN	WK 1	23 JAN	WK 1	23 JAN	WK 1
30 JAN	WK 2	30 JAN	WK 2	30 JAN	WK 2
6 FEB	WK 3	6 FEB	WK 3	6 FEB	WK 3
13 FEB	WK 1	13 FEB	WK 1	13 FEB	WK 1
20 FEB - HALF TERM		20 FEB - HALF TERM		20 FEB - HALF TERM	
27 FEB	WK 3	27 FEB	WK 3	27 FEB	WK 3
6 MAR	WK 1	6 MAR	WK 1	6 MAR	WK 1
13 MAR	WK 2	13 MAR	WK 2	13 MAR	WK 2
20 MAR	WK 3	20 MAR	WK 3	20 MAR	WK 3
27 MAR	WK 1	27 MAR	WK 1	27 MAR	WK 1
5 DEC	WK 2	5 DEC	WK 2	5 DEC	WK 2
12 DEC	WK 3	12 DEC	WK 3	12 DEC	WK 3

Menu calendar

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!

- 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
 - 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

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 100% 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 - Yeo Valley 100% Organic Yogurt produced in the UK, with milk from award winning Friesian cows.

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 footprint.

UK Food Hall Products - based in Shrewsbury and supply healthy food products to schools, all their meat is British farm assured and Red tractor

Working in conjunction with



Primary School Menu

April 2016 to March 2017

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



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

School Meal Price **£2**

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.

Week 1

Monday

Thin & Crispy Cheese & Tomato Pizza Using a Rich 5 a day Tomato Sauce & low fat Mature Cheese on a thin & crispy base V

Vegetarian Parcel Roasted Vegetables and Mixed Beans in a Herby Tomato Sauce wrapped in Puff Pastry V

Herby Diced Potatoes, Big Salad Bar - Fresh Green Salad, Pasta Salad, Mixed Bean Salad, Coleslaw, Homemade Bread Selection

Homemade Feather Iced Fruit Sponge

Tuesday

Big Breakfast - Bacon, Sausage, Scrambled Egg, Vegetarian Sausage & Scrambled Egg V

Oven Baked Potato Smiles, Mushrooms, Plum Tomato, Baked Beans, Seasonal Salad Bar, Homemade Bread Selection

Mini Cookie Selection with Milkshake

Wednesday

Roast Chicken Roast Chicken Breast, Sage & Onion Stuffing Served with a Rich & Tasty Gravy

Roasted Vegetable Pasta Bake Roasted Mixed Vegetables & Pasta combined with a Garlic & Herb Sauce V

Crisp Roast Potatoes, Creamed Sweet Potato Mash, Oven Roast Parsnips, Fresh Broccoli/Cauliflower, Garden Peas, Homemade Bread Selection including Granary

Fruit Jelly topped with a Swirl of Cream



Thursday

Italian Bolognese Fresh Mince Beef cooked in a Rich Tomato based Sauce

Vegetarian Bolognese Quorn Mince cooked in a Rich Tomato based sauce V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Bar, Garlic Bread

Fruit Crumble Served with Custard

Friday

Jumbo Cod Fish Finger Fillet of Fish Coated in a Crispy Breadcrumbs or Salmon Fishcake

Homemade Vegetable Croquettes Creamed Potato mixed with Vegetables & Cheese, coated in Light Breadcrumbs V

French Fries or Lemon Couscous, Mushy Peas, Baked Beans, Garden Peas, Seasonal Salad Bar, Homemade Bread Selection

Whipped Chocolate & Banana Mousse

Week 2

Monday

Beef Burgers Lean Mince Beef Pattie served with a Soft White Bap

Quorn Burger Served in a Soft White Bap V

Homemade Potato Wedges, Garden Peas, Golden Sweetcorn, Homemade Coleslaw, Seasonal Salad Bar, Soft White Burger Bap

Homemade Raspberry Buns

Tuesday

Chicken Curry Tender Pieces of Chicken in a Light Curry Sauce

Tomato & Quorn Bake Tender Quorn Pieces in a Roasted Vegetable & Tomato Sauce V

Mixed Brown & White Boiled Rice, Sambals - Tomato Wedges, Sliced Banana, Onion & Cucumber, Mint Yoghurt Dip, Seasonal Salad Bar, Naan Bread, Poppadum

Homemade Fruit Ripple Ice Cream

Wednesday

Roast Beef & Yorkshire Pudding Served with a Rich & Tasty Gravy

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

Crisp Roast Potatoes, Light & Fluffy Mash, Roast Parsnips, Fresh Baton Carrots, Fresh Broccoli, Garden Peas, Homemade Bread Selection

Oaty Apple Flapjack

Week 3

Thursday

Go Large Cheese & Tomato Pizza Rich 5 a day Sauce, low fat Mature Cheese on a Wholemeal Base V

Mixed Bean Mushroom & Tomato Pasta Bake V

Big Salad Bar - Fresh Green Salad, Pasta Salad, Coleslaw, Homemade Bread Selection

Citrus Lemon Sponge served with a Lemon Sauce

Monday

Traditional Cornish Pasty Served with a Rich & Tasty Gravy

Handmade Vegetable Pasty V Served with a Tasty Vegetarian Gravy

Creamed Potatoes, Seasonal Vegetable Selection, Seasonal Salad Bar, Homemade Bread Selection including Granary

Fresh Fruit Salad with a Shortbread Mini Biscuit

Tuesday

Homemade Breaded Chicken Fillet with Tomato Relish

BBQ Bake Tender pieces of Quorn served in a BBQ sauce topped with Cheese V

Golden Oven Baked Sliced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Bar, Homemade Bread Selection

Homemade Apple Whirl & Custard

Wednesday

Roast Pork Served with Sage & Onion Stuffing and Apple Sauce with a Rich & Tasty Gravy

Vegetarian Loaf Fresh sliced/diced vegetables mixed with mixed beans & lentils V

Oven Roast Potatoes, Light & Fluffy Swede & Potato Mash, Oven Roast Parsnips, Fresh Baton Carrots, Fresh Broccoli/Cauliflower, Garden Peas, Homemade Bread Selection

Strawberry & Chocolate Mousse with a Swirl of Cream

Thursday

Beef Bolognese Lean Minced Beef is cooked in a Rich Italian Tomato Sauce

Cheese & Egg Flan V

Pasta Twists or Baby New Potatoes, Seasonal Vegetable Selection, Seasonal Salad Bar, Homemade Bread Selection including Granary

Homemade Chocolate Fudge Cake & Green Mint Custard

Friday

Whitby Battered Fillet of Fish White Fillet coated in a light Batter or **Jumbo Cod Fish Finger** Fillet of Fish Coated in a Crispy Breadcrumbs

Crispy Garlic Bake V

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

Homemade Fruit Danish Selection



Sandwich Bar

Available daily

Come dine with us

Friday

Whitby Battered Fillet of Fish White Fillet coated in a light Batter or **Breaded Salmon Fishcake** with Tomato Sauce

Pasta Neapolitan V

Chips, Mixed Pepper Couscous, Mushy Peas, Baked Beans, Garden Peas, Seasonal Salad Bar, Homemade Bread Selection including Granary

Homemade Iced Fruit Muffin