

Summer Term 2024		Autumn Term 2024		Spring Term 2025	
8 APR	WK 1	2 SEPT	WK 1	6 JAN	WK 1
15 APR	WK 2	9 SEPT	WK 2	13 JAN	WK 2
22 APR	WK 3	16 SEPT	WK 3	20 JAN	WK 3
29 APR	WK 4	23 SEPT	WK 4	27 JAN	WK 4
6 MAY	WK 1	30 SEPT	WK 1	3 FEB	WK 1
13 MAY	WK 2	7 OCT	WK 2	10 FEB	WK 2
20 MAY	WK 3	14 OCT	WK 3	17 FEB	WK 3
27 MAY - HALF TERM	WK 4	21 OCT	WK 4	24 FEB	WK 4
3 JUN	WK 1	28 OCT - HALF TERM	WK 1	3 MAR	WK 1
10 JUN	WK 2	4 NOV	WK 2	10 MAR	WK 2
17 JUN	WK 3	11 NOV	WK 3	17 MAR	WK 3
24 JUN	WK 4	18 NOV	WK 4	24 MAR	WK 4
1 JUL	WK 1	25 NOV	WK 1	31 MAR	WK 1
8 JUL	WK 2	2 DEC	WK 2	7 APR	WK 2
15 JUL	WK 3	9 DEC	WK 3	14 APR	WK 3
22 JUL	WK 4	16 DEC	WK 4	21 APR	WK 4

**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!

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 and Customs) that does not exceed £16,190
- Working Tax Credit 'run-or' - the payment someone may receive for a further four weeks after they stop qualifying for Working Tax Credit a year (after tax and not including any benefits you get)
- Universal Credit - your household income must be less than £7,400

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.

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, Cheshire.

**Dried, frozen and chilled goods** - sourced locally from Bikold in Ludlow from a network of local producers.

**THANK YOU** to our suppliers for their continued support and helping us with our special event days



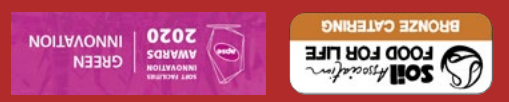
Telford & Wrekin Co-operative Council | Protect, care and invest to create a better borough

# Let's Dine HAUGHTON SCHOOL MENU

April 2024 TO March 2025

# 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 biodiesel for use as vehicle fuel or for power and energy generation.
- We Oven Bake in preference to Frying.
- 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.



V Vegetarian  
 Ve Vegan  
 H Halal

# WEEK 1

# WEEK 2



# WEEK 3

**Monday**

Pork Sausages served with a Rich and Tasty Gravy

Vegetarian Sausage Creamed Potato and a Mini Yorkshire Pudding **V**

Green Beans, Cauliflower, Seasonal Salad Selection, Bread

Golden Shortbread

**Wednesday**

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

Crispy Garlic Bake Seasonal Vegetables topped with French Bread **V**

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Bread

Fruit topped Cheesecake

**Tuesday**

Chicken in a Tomato and Herb Sauce Farm Assured Chicken

Vegetarian Curry **V**

Boiled Rice, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Muffin Selection

**Thursday**

Beef Bolognese Farm Assured Minced Beef in a Rich Tomato Sauce

Cheese and Potato Bake **V**

Pasta Twists, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Garlic Bread

Fruit Crumble and Custard

**Friday**

Fish Friday – Jumbo Fish Finger

Quorn Dunkers **V**

Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread

Ice Cream

**Monday**

Big Breakfast Pork Sausage, Bacon, Free Range Scrambled Egg

Vegetarian Sausage, Free Range Scrambled Egg **V**

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

Strawberry and Vanilla Swirl Mousse

**Tuesday**

Chicken Curry Farm Assured Chicken

Neapolitan Sauce **V**

Boiled Rice, Pasta Twists, Sweetcorn, Garden Peas, Seasonal Salad Selection, Pitta Bread

Chocolate Sponge and Sauce

**Wednesday**

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

Oven Roasted Vegetables and Beans served with a Yorkshire Pudding **V**

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Bread

Flapjack

**Thursday**

Chicken Dunkers

Cheese and Tomato Pizza **V**

Diced Potatoes, Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Sponge Finger with Sprinkles

**Friday**

Jumbo Fish Finger or Salmon Fishcake

Quorn Nuggets **V**

Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread

Jelly with a Swirl of Cream



**Monday**

Beef Burger Farm Assured Minced Beef Pattie

Macaroni Cheese **V**

Potato Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread

Chocolate and Vanilla Swirl Mousse

**Tuesday**

Meatballs in Gravy or Tomato Sauce

Vegetarian Bolognese **V**

Boiled Rice, Pasta Twists, Carrots, Green Beans, Seasonal Salad Selection, Garlic Bread

Sponge and Custard

**Wednesday**

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

Vegetarian Hotpot **V**

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Bread

Cookie Selection

**Thursday**

Chicken Dunkers

Cheese and Tomato Pizza **V**

Herby Diced Potatoes, Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Muffin Selection

**Friday**

Jumbo Fish Finger or Battered Fillet of Fish

Quorn Nuggets **V**

Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread

Ice Cream



## Meeting individual needs

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