

V Vegetarian
Ve Vegan
H Halal

WEEK 1

MONDAY

Tomato Pasta *Pasta in a Chef's Tomato Sauce*

Mac and Cheese *Macaroni Pasta in a Chef's Creamy Cheese Sauce* V

Baton Carrots, Sweetcorn, Seasonal Salad Selection, Bread, Garlic Bread

Assorted Yoghurt, Fresh Fruit Salad, Fresh Fruit Bowl

TUESDAY

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

Vegetarian Lasagne V

Boiled Rice, Jacket Potato, Garden Peas, Ringed Carrots, Seasonal Salad Selection, Bread

Old School Cake

WEDNESDAY

Sausage Roll *Sausage meat encased in Puff Pastry served with a Rich Gravy*

Vegetarian Sausage Roll *Vegetarian Sausage encased in Puff Pastry* V

Herb Diced Potatoes, Squeaky Beans, Cauliflower, Seasonal Salad Selection, Bread

Strawberry Mousse or Chocolate Mousse

THURSDAY

Chicken Nuggets *Chicken pieces coated in a light batter cooked in the oven*

Quorn Nuggets *Quorn pieces in a light batter* V

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

Chocolate Crunch

FRIDAY

Battered Fish *White fillet of fish coated in a light batter* or **Jumbo Fish Finger** *White fillet of fish coated in breadcrumbs*

Fishless Fish Fingers V

Chipped Potatoes, New Potatoes, Baked Beans, Seasonal Vegetable, Seasonal Salad Selection, Bread

Vanilla Ice Cream

WEEK 2

MONDAY

Cheese and Tomato Pizza *Cheese and Tomato on a Thin based Crust* V

Tomato Pasta *Pasta in a Chef's Tomato Sauce* V

Smiley Faces, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread

Assorted Flapjacks

TUESDAY

Taco Tuesday – Beef Chili *Farm Assured Minced Beef in a Chef's Mild Chili Sauce*

Quorn Chili *Quorn pieces in a Chef's Mild Chili Sauce* V

White and Brown Rice, Carrots, Broccoli, Seasonal Salad Selection, Bread

Cheesecake Selection

WEDNESDAY

Hot Dog *Farm Assured Pork Sausage served in a Soft Bread Roll* or **Beef Burger** *Farm Assured Beef Burger served in a floured Bap with a Cheese Slice*

Vegetarian Burger V or **Vegetarian Hot Dog** V

Potato Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit Jelly

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

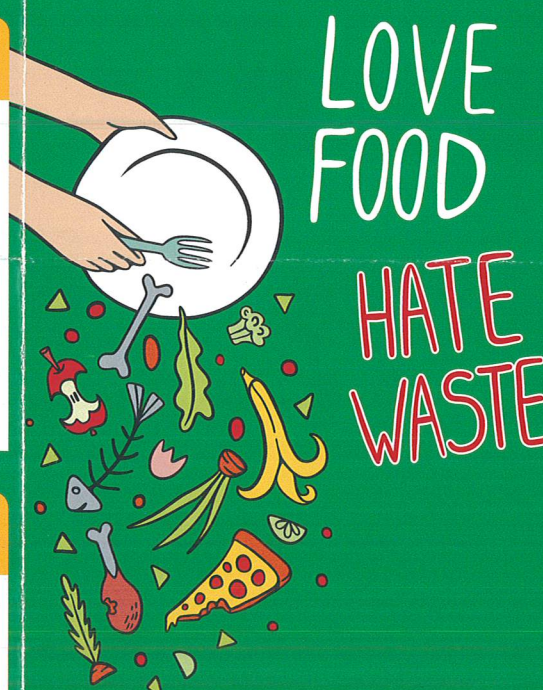
THURSDAY

Hot Wraps – Chicken or Quorn V *served with a BBQ Sauce*

Cold Wraps – Ham, Cheese V, **Tuna**

Herb Diced Potatoes, Big Seasonal Salad Selection, Bread

Ginger Cake



FRIDAY

Battered Fish *White fillet of fish coated in a light batter* or **Jumbo Fish Finger** *White fillet of fish coated in breadcrumbs*

Cheese and Potato Bake V

Chipped Potatoes, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread

Assorted Yoghurt, Fresh Fruit Salad, Fresh Fruit Bowl

WEEK 3

MONDAY

Pasta Day – Beef Bolognese *Farm Assured Minced Beef in a Rich Tomato Sauce*

Quorn Bolognese *Quorn pieces in a Rich Tomato Sauce* V

Spaghetti Pasta, Squeaky Beans, Sweetcorn, Seasonal Salad Selection, Bread

Chocolate Brownie

TUESDAY

Build a Pizza Day – Cheese and Tomato V, **Ham, BBQ Chicken, BBQ Quorn** V

Tomato Pasta, Couscous, Big Seasonal Salad Selection, Bread

Carrot Cake

WEDNESDAY

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*

Quorn Parcels *Quorn pieces and Mixed Vegetables encased in Puff Pastry* V

Roast Potatoes plus a cook's carbohydrate choice, Baton Carrots plus, another cook's choice of Vegetable, Seasonal Salad Selection, Bread

Cook's Choice of Hot Pudding

THURSDAY

Chicken Enchiladas *Farm Assured Chicken encased in a floured wrap, topped with a Tomato Sauce*

Quorn Enchiladas *Quorn pieces encased in a floured wrap, topped with Tomato Sauce* V

White Rice, Roasted Vegetable Couscous, Garden Peas, Carrots, Seasonal Salad Selection, Bread, Garlic Bread

Assorted Cakes and Biscuits

FRIDAY

Battered Fish *White fillet of fish coated in a light batter* or **Salmon Fish Cake**

Pizza Roll V

Chipped Potatoes, Mashed Potato, Baked Beans, Mushy Peas, Seasonal Salad Selection, Bread

Assorted Yoghurt, Fresh Fruit Salad, Fresh Fruit Bowl

RESPECTFUL

ZERO
FOOD
WASTE

RESOURCEFUL

ALL SAUCES ARE SERVED SEPARATELY

RESPONSIBLE



RESILIENT



14 JUL	WK 3	15 DEC	WK 1
7 JUL	WK 2	8 DEC	WK 3
30 JUN	WK 1	1 DEC	WK 2
23 JUN	WK 3	24 NOV	WK 1
16 JUN	WK 2	17 NOV	WK 3
9 JUN	WK 1	10 NOV	WK 2
2 JUN	WK 3	3 NOV	WK 1
26 MAY - HALF TERM		27 OCT - HALF TERM	
19 MAY	WK 1	20 OCT	WK 2
12 MAY	WK 3	13 OCT	WK 1
5 MAY	WK 2	6 OCT	WK 3
28 APR	WK 1	29 SEPT	WK 2
		22 SEPT	WK 1
		15 SEPT	WK 3
		8 SEPT	WK 2
		1 SEPT	WK 1
Summer Term 2025		Autumn Term 2025	
		Spring Term 2026	
		5 JAN	WK 1
		12 JAN	WK 2
		19 JAN	WK 3
		26 JAN	WK 1
		2 FEB	WK 2
		9 FEB	WK 3
		16 FEB - HALF TERM	
		23 FEB	WK 2
		2 MAR	WK 3
		9 MAR	WK 1
		16 MAR	WK 2
		23 MAR	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!

- 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. (This is currently being reviewed by department for education as this may be extended, but no decision has yet been made).
- 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-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)

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, 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



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.

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



- 1 All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- 2 We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 3 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.
- 4 Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- 5 We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.
- 6 We Oven Bake in preference to Frying.
- 7 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 8 All of our suppliers ensure full traceability of our Food.
- 9 Some of our menu choices are developed with children through the Eatwell Project.



OUR MENUS



Protect, care and invest to create a better borough



HOLLINSWOOD PRIMARY SCHOOL

SCHOOL MENU

Let's Dine
April 2025 to March 2026