

Summer Term 2023		Autumn Term 2023		Spring Term 2024	
17 APR	WK 1	4 SEPT	WK 1	8 JAN	WK 1
24 MAY	WK 2	11 SEPT	WK 2	15 JAN	WK 2
1 MAY	WK 3	18 SEPT	WK 3	22 JAN	WK 3
8 MAY	WK 1	25 SEPT	WK 1	29 JAN	WK 1
15 MAY	WK 2	2 OCT	WK 2	5 FEB	WK 2
22 MAY	WK 3	9 OCT	WK 3	12 FEB - HALF TERM	
29 MAY - HALF TERM		16 OCT	WK 1	19 FEB	WK 1
5 JUN	WK 2	23 OCT	WK 2	26 FEB	WK 2
12 JUN	WK 3	30 OCT - HALF TERM		4 MAR	WK 3
19 JUN	WK 1	6 NOV	WK 1	11 MAR	WK 1
26 JUN	WK 2	13 NOV	WK 2	18 MAR	WK 2
3 JUL	WK 3	20 NOV	WK 3		
10 JUL	WK 1	27 NOV	WK 1		
17 JUN	WK 2	4 DEC	WK 2		
		11 DEC	WK 3		
		18 DEC	WK 1		

Menu calendar

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-on' - 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

FREE SCHOOL MEALS
DID YOU KNOW?

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

eatwell

Some of our menu choices are developed with children through the Eatwell Project.

All of our suppliers ensure full traceability of our Food.

We only use fresh Milk in our recipes.

We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.

We Oven Bake in preference to Frying.



HOLLINSWOOD PRIMARY SCHOOL

SCHOOL MENU

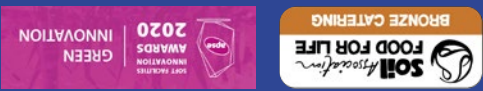
Let's Dine
April 2023 to March 2024

PLASTIC FREE
PLASTIC FREE
ZERO FOOD WASTE

Telford & Wrekin Co-operative Council

Protect, care and invest to create a better borough

- 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 biofuel for use as vehicle fuel or for power and energy generation.



V Vegetarian
Ve Vegan
H Halal

WEEK 1

WEEK 2

WEEK 3

MONDAY

Beef Meatballs *Served in a Rich Tomato Sauce*
Quorn Balls *Served in a Rich Tomato Sauce* **V**
Spaghetti Pasta, Squeaky Beans, Cauliflower, Seasonal Salad Selection, Homemade Bread, Garlic Bread
Selection of Homemade Cookie

WEDNESDAY

Toad in the Hole *Farm Assured Pork Sausage with a Rich and Tasty Gravy*
Vegetarian Toad in the Hole **V**
Creamed Potato, Garden Peas, Sliced Carrots, Seasonal Salad Selection, Homemade Bread
Cooks Choice of Hot Pudding

TUESDAY

Pizza Bar *Selection of Topped Pizzas on a Thin Crust Base*
Tomato Pasta Bake **V**
Magic Windows, Baton Carrots, Sweetcorn, Seasonal Salad Selection, Homemade Bread
Let's Dine Fresh from the Farm Ice Cream

THURSDAY

Wrap Bar
Hot Option – BBQ Chicken or Chicken, BBQ Quorn **V** or Quorn **V**
Cold Option – Ham or Cheese **V**
Herby Diced Potato, Big Seasonal Salad Selection, Homemade Bread
Chocolate Fudge Cake

FRIDAY

Battered Fillet of Fish *White Fillet coated in a light batter* or **Jumbo Fish Finger** *Fillet of Fish coated in Crispy Breadcrumbs*
Stuffed Jacket Potato **V**
Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Homemade Bread
Strawberry and Vanilla Swirl Mousse

MONDAY

Pasta Bar *Chicken in Tomato and Herb Sauce or Chef's Creamy Ham Carbonara*
Roasted Vegetable Couscous Bake **V**
Pasta Twists, Squeaky Beans, Baton Carrots, Seasonal Salad Selection, Homemade Bread, Garlic Bread
Assorted Fruit Muffins

THURSDAY

Nacho Thursday – Beef Chilli or Chicken Enchiladas
Quorn Chilli *Quorn Mince in a Chef's Chilli Sauce* **V**
Mixed Brown and White Boiled Rice, Sweetcorn, Roasted Peppers, Seasonal Salad Selection, Homemade Bread
Assorted Shortbread

TUESDAY

Fusion Tuesday – Chicken served with either **Sweet and Sour** or **Curry Sauce** (sauces served separately)
Vegetarian Frittata *Seasonal Vegetables, Cheese and Potatoes baked with Eggs* **V**
White Boiled Rice, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread, Naan Bread
Assorted Mousses

WEDNESDAY

Pork Sausage Roll *Pork Sausage Meat encased in Puff Pastry with Rich and Tasty Gravy*
Cheese and Onion Flan **V**
Jacket Wedges, Broccoli, Ringed Carrots, Seasonal Salad Selection, Homemade Bread
Cooks Choice of Hot Pudding

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

LOVE
FOOD
HATE
WASTE

FRIDAY

Battered fillet of Fish *White Fillet coated in a light batter* or **Salmon Fishcake**
Stuffed Peppers **V**
Chips, Creamed Potato, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread
Let's Dine Fresh from the Farm Ice Cream

MONDAY

Chicken Nuggets *Chicken Pieces coated in a Light Batter and Oven Baked*
Quorn Nuggets *Quorn pieces coated in a Light Batter* **V**
Potato Wedges, BBQ Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread
Iced Sponge with Sprinkles

TUESDAY

Pasta Day – Beef Bolognese *Farm Assured Minced Beef in a Rich Tomato Sauce* or **Lasagne** *Farm Assured Minced Beef in a Rich Tomato Sauce, layered with Pasta and topped with Bechamel Sauce*
Mac 'n' Cheese *Macaroni Pasta baked in a Chef's Cheese Sauce* **V**
Pasta Twists, Sweetcorn, Squeaky Beans, Seasonal Salad Selection, Homemade Bread
Fruit Jelly with a Swirl of Cream

WEDNESDAY

Traditional Roast of the Day *Farm Assured Sliced Meat with a Rich and Tasty Gravy*
Vegetarian Hotpot *Seasonal Vegetables and Mixed Beans in a Tomato Sauce topped with Potato* **V**
Roast Potato **with another Cooks Choice Carbohydrate**, Baton Carrots, **with another Cooks Choice of Vegetable**, Homemade Bread
Cooks Choice of Hot Pudding

THURSDAY

Hot Dog *Pork Sausage served in a Bread Roll*
Vegan Hot Dog *Vegan Sausage served in a Bread Roll* **Ve**
Potato Wedges, Sweetcorn, Ringed Carrots, Seasonal Salad Selection, Homemade Bread
Carrot Cake

FRIDAY

Jumbo Fish Finger or Battered fillet of Fish *White Fillet coated in a light batter*
Pizza Roll *Pizza dough with Tomato based Sauce and Grated Cheese rolled and cut into Pinwheels* **V**
Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread
Chocolate and Vanilla Swirl Mousse

RESPECTFUL

ZERO
FOOD
WASTE

RESOURCEFUL

RESPONSIBLE



RESILIENT