

# 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



# 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-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

[www.telford.gov.uk/freeschoolmeals](http://www.telford.gov.uk/freeschoolmeals)

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

Menu calendar

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

# HOLLINSWOOD PRIMARY SCHOOL

## SCHOOL MENU

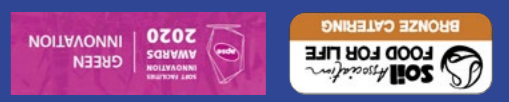
Let's Dine  
April 2024 to March 2025



Download your copy at [www.telford.gov.uk/schoolmeals](http://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.



V Vegetarian  
 Ve Vegan  
 H Halal

# WEEK 1

# WEEK 2

# WEEK 3

**MONDAY**

**Chicken Nuggets** *Chicken Pieces coated in a light Batter cooked in the Oven*

**Quorn Nuggets** *Quorn Pieces in a light Batter* **V**

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

**Assorted Shortbread Selection**

**WEDNESDAY**

**Pork Sausage** *Farm Assured Pork Sausage with a Rich and Tasty Gravy with a Yorkshire Pudding*

**Vegetarian Sausage** *served with a Yorkshire Pudding* **V**

**Creamed Potato, Cauliflower, Carrots, Seasonal Salad Selection, Bread**

**Strawberry and Vanilla Swirl Mousse**

**MONDAY**

**Chicken Enchiladas** *Farm Assured Chicken Pieces in a floured wrap topped with a Tomato Sauce or Chicken Korma*

**Quorn Tikka** *Pieces of Quorn served in a Chef's Tikka Sauce* **V**

**Boiled White Rice, Batton Carrots, Garden Peas, Seasonal Salad Selection, Bread, Naan Bread**

**Assorted Flapjack**

**THURSDAY**

**Hot Dog** *Farm Assured Pork Sausage served in a Soft Bread Roll*

**Vegetarian Sausage** *Vegetarian Sausage served in a Soft Bread Roll* **V**

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

**Carrot Cake**

**MONDAY**

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

**Mac 'N' Cheese** *Macaroni Pasta baked in a Chef's Creamy Cheese Sauce or Tomato Pasta Bake* *Pasta baked in a Chef's Tomato Sauce* **V**

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

**Assorted Cookies**

**THURSDAY**

**Chicken in Tomato Sauce** *Farm Assured Chicken in a Rich Tomato Sauce*

**Quorn Quesadilla** *Mixed Beans, Sweet Potato, Mixed Peppers, Red Onion and Sweetcorn in a Tortilla Wrap topped with Cheese* **V**

**Pasta Twist, Cauliflower, Carrots, Seasonal Salad Selection, Bread, Garlic Bread**

**Ginger Cake**

**TUESDAY**

**Nacho Tuesday – Beef Chili** *Farm Assured Minced Beef in a Chef's Tomato and Mild Chili Sauce*

**Quorn Chili** *Quorn Mince in a Chef's Chili Sauce* **V**

**White and Brown Mixed Rice, Couscous, Broccoli, Ringed Carrots, Seasonal Salad Selection, Bread**

**Jelly**

**THURSDAY**

**Cheese and Tomato Pizza** *Cheese and Tomato on a Thin crust base*

**Tomato Pasta Bake** **V**

**Magic Windows, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread**

**Cooks' Choice of Hot Pudding**

**TUESDAY**

**Hot Wrap – Chicken or Quorn** **V** *served with BBQ Sauce*

**Cold Wrap – Ham, Cheese** **V** *or Tuna Mayo*

**Herb Diced Potatoes, Couscous, Sweetcorn, Big Salad Selection, Bread**

**Assorted Muffin Selection**



**TUESDAY**

**Sausage Rolls** *Pork Sausage Meat encased in Puff Pastry served with a Rich and Tasty Gravy*

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

**Jacket Wedges, Broccoli, Ringed Carrots, Seasonal Salad Selection, Bread**

**Assorted Mousses**

**FRIDAY**

**Hollinswood Chip Shop – Battered Fish** *White Fillets coated in a light Batter or Pork Sausage* *Farm Assured Pork Sausage*

**Pulled Quorn Pitta** *Tender Quorn served in a Pitta Bread with BBQ Sauce* **V**

**Chipped Potatoes, Couscous, Baked Beans, Mushy Peas, Chip Shop Curry Sauce, Gravy, Seasonal Salad Selection, Bread**

**Vanilla Ice Cream**

**FRIDAY**

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

**Vegetable Finger** *Lightly Seasoned meat free Sausage* **V**

**Chipped Potatoes, Sweet Potato Mash, Baked Beans, Baton Carrots, Seasonal Salad Selection, Bread**

**Vanilla Ice Cream**

**WEDNESDAY**

**Beef and Tomato Meatball** *served with Rich and Tasty Tomato Sauce or Rich and Tasty Gravy*

**Quorn Balls** **V**

**Creamed Potato, Squeaky Beans, Cauliflower, Seasonal Salad Selection, Bread**

**Vanilla Ice Cream**

**FRIDAY**

**Battered Fish** *White Fish coated in a light Batter or Salmon Fish Cake*

**Pizza Roll** *Pizza dough with Tomato based Sauce and Grated Cheese rolled and cut into Pinwheels* **V**

**Chipped Potatoes, New Potatoes, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread**

**Chocolate and Vanilla Swirl Mousse**

**WEDNESDAY**

**Tradition Roast of the Day** *Farm Assured Sliced Meat with a Rich and Tasty Gravy*

**Vegetarian Cottage Pie** *Seasonal Vegetables and Mixed Beans in a Rich Tomato Sauce topped with Sweet Potato Mash* **V**

**Roast Potatoes plus a Cook's Carbohydrate Choice, Baton Carrots plus another Cook's Choice of Vegetable, Bread**

**Cook's Choice of Hot Pudding**

**RESPECTFUL**



**RESOURCEFUL**



**RESPONSIBLE**



**RESILIENT**

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