

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

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-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.

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.

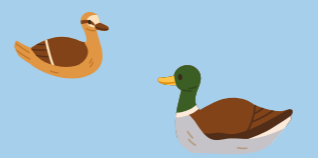
THANK YOU to our suppliers for their continued support and helping us with our special event days



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



HOLMER LAKE SCHOOL MENU



Healthy Lunch AT HOLMER LAKE

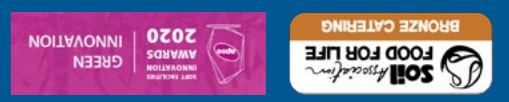
Let's Dine September 2024 to March 2025



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



- 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.
- All of our suppliers ensure full traceability of our Food.
- Some of our menu choices are developed with children through the Eatwell Project.
- The Eatwell project supports the Let's Dine ethos by cooking healthy, simple ingredients with the children.



- V Vegetarian
- Vs Vegan
- H Halal

WEEK 1

WEEK 2



WEEK 3

MONDAY

Gluten Free Meatballs served in a Rich Tomato Sauce

Vegetarian Balls V

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

Golden Shortbread

WEDNESDAY

Chicken Curry

Quorn Bolognese Minced Quorn in a Rich Tomato Sauce V

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

Flapjack

MONDAY

Cheese and Tomato Pizza V

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

Muffins

THURSDAY

Chicken Dunkers

Quorn Sausage Roll V

Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Sponge and Custard

MONDAY

Spaghetti Bolognese

Mac 'n' Cheese V

Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate and Vanilla Swirl Mousse

THURSDAY

Traditional Roast sliced Meat served with a Rich and Tasty Gravy

Sliced Quorn fillet served with a Rich and Tasty Gravy V

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Jelly with a Swirl of Cream

TUESDAY

Handmade Beef Burgers

Vegetable and Bean Pasta Bake V

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

Sponge and Custard

THURSDAY

Cheese and Tomato Pizza V

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

Muffin

TUESDAY

Sausage Rolls

Pasta Neapolitan V

Herby Diced Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Handmade Cookies



TUESDAY

Big Breakfast - Farm Assured Pork Sausage, Bacon

Vegetarian Sausage V

Hash Browns, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Flapjack

FRIDAY

Jumbo Fish Finger

Cheese and Potato Twists V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Vanilla Ice Cream

FRIDAY

Jumbo Fish Finger

Quorn Dunkers V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Vanilla Ice Cream

WEDNESDAY

Traditional Roast Sliced Meat served with a Rich and Tasty Gravy

Sliced Quorn fillet served with a Rich and Tasty Gravy V

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fresh Fruit Salad

FRIDAY

Battered Fillet of Fish or Fish Cake

Vegetable Fingers V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Strawberry and Vanilla Swirl Mousse

WEDNESDAY

Hot Chicken Wraps Lightly Spiced Chicken in a Floured Wrap

Pasta Neapolitan V

Herby Diced Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Sponge and Custard



Lemons float, but limes sink... and ripe cranberries bounce like rubber balls.



RHUBARB GROWS SO QUICKLY THAT YOU CAN HEAR IT.

Sandwich Option
Packed lunch available

Nurturing / **GROWING** / Inspiring

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