

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



www.telford.gov.uk/freeschoolmeals

Spring Term 2027		Autumn Term 2026		Summer Term 2026	
4 JAN	WK 1	1 SEPT	WK 1	13 APR	WK 1
11 JAN	WK 2	7 SEPT	WK 2	20 APR	WK 2
18 JAN	WK 3	14 SEPT	WK 3	27 APR	WK 3
25 JAN	WK 4	21 SEPT	WK 4	4 MAY	WK 4
1 FEB	WK 1	28 SEPT	WK 1	11 MAY	WK 1
8 FEB	WK 2	5 OCT	WK 2	18 MAY	WK 2
15 FEB	WK 3	12 OCT	WK 3	25 MAY	WK 3
22 FEB	WK 4	19 OCT	WK 4	1 JUN	WK 1
1 MAR	WK 1	26 OCT - HALF TERM		8 JUN	WK 2
8 MAR	WK 2			15 JUN	WK 3
15 MAR	WK 3			22 JUN	WK 4
22 MAR	WK 4			29 JUN	WK 1
				6 JUL	WK 2
				13 JUL	WK 3
				20 JUL	WK 4
				27 JUL	WK 1
				3 AUG	WK 2
				10 AUG	WK 3
				17 AUG	WK 4
				24 AUG	WK 1
				31 AUG	WK 2
				7 SEPT	WK 3
				14 SEPT	WK 4
				21 SEPT	WK 1
				28 SEPT	WK 2
				5 OCT	WK 3
				12 OCT	WK 4
				19 OCT	WK 1
				26 OCT - HALF TERM	
				2 NOV	WK 1
				9 NOV	WK 2
				16 NOV	WK 3
				23 NOV	WK 4
				30 NOV	WK 1
				7 DEC	WK 2
				14 DEC	WK 3

Menu calendar

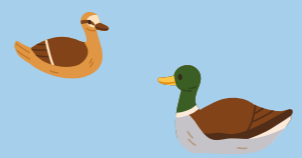
School Meals are FREE to all children in Reception, Year 1 and Year 2. Your child may also be entitled after Year 2!

FREE SCHOOL MEALS DID YOU KNOW?

- 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 until the end of the school year 2025/26, which is known as Transitional Protection. From the start of the 2026/27 this Transitional Protection is ending, and parents will need revert to the following eligibility criteria regardless of whether they were previously protected.
 - 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-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) until the end of 2025/26 school year, when the criteria will be extended to all children from households in receipt of Universal Credit from the start of 2026/27 regardless of income levels.
- All information correct at the time of going to print.

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

HOLMER LAKE SCHOOL MENU



Healthy Lunch AT HOLMER LAKE

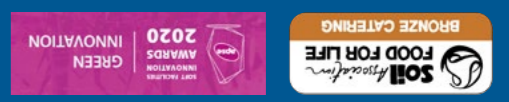
Let's Dine April 2026 to March 2027



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.
- The Eatwell project supports simple ingredients with the children.



- V** Vegetarian
- Ve** Vegan
- H** Halal
- Df** Dairy free

WEEK 1

WEEK 2



WEEK 3

MONDAY

Chicken Strips or Chicken Strips H served with **BBQ or Sweet and Sour Sauce**

Quorn Strips served with **BBQ or Sweet and Sour Sauce V**

Vegetable Rice, Sweetcorn, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread

Strawberry or Chocolate Swirl Mousse

Early Years options: Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

TUESDAY

Big Breakfast *Pork Sausage Pattie or Lamb Sausage H, Free Range Scrambled Egg, Baked Beans*

Vegetarian Sausage V

Hash Browns, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fruit Sponge and Custard

Early Years options: Banana Cake and Custard or Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

WEDNESDAY

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

Stuffed Yorkshire Pudding *Seasonal Vegetables and Mixed Beans served with a Yorkshire Pudding V*

Roast Potatoes, Creamed Potatoes, Cauliflower, Broccoli, Seasonal Salad Selection, Wholemeal Bread and White Bread

Cornflake Cake

Early Years options: Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

THURSDAY

Beef Burger *Farm Assured Minced Beef Burger or Lamb Burger H served in a Soft Bap*

Vegetable Burger *Vegetable Burger served in a Soft Bap V*

Herby Diced Potato, Baked Beans, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fruit Cookie Selection

Early Years options: Peach and Yoghurt Cake or Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

FRIDAY

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

Cheese and Potato Pie *Creamed Potatoes and Cheese in a Short Crust Pastry Flan with Sliced Tomatoes V*

Chips, Sweetcorn, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Ice Cream

Early Years options: Red Velvet Muffin or Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

MONDAY

Pizza Bar – Cheese and Tomato Pizza V with a selection of toppings **Ham, Pineapple V, Peppers V, Sliced Onions V, Sweetcorn V**

Potato Wedges, Garden Peas, Sweetcorn, Big Seasonal Salad, Wholemeal Bread and White Bread

Fruit Flapjack, Cheese and Crackers

Early Years options: Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

TUESDAY

Taco Tuesday – Crispy Taco Shell with a selection of fillings including **BBQ Chicken, Chicken H, Spicy Bean V, Cheese V, Vegetable Chilli V**

Savoury Rice, Broccoli, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread

Strawberry Jelly and Cream,

Early Years options: Carrot Cake Muffin or Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

WEDNESDAY

Big Breakfast *Pork Sausage Pattie, Free Range Scrambled Egg, Baked Beans, Lamb Sausage H*

Vegetarian Sausage, Free Range Scrambled Egg V

Potato Waffles, Plum Tomatoes, Baked Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fruit Cheesecake, Cheese and Crackers

Early Years options: Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Option
Packed lunch available

THURSDAY

Pasta Bar – Pasta Twists with a choice of **Beef Bolognese, Lamb Bolognese H, Tuna and Sweetcorn H V, Ham and Cheese**

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

Cauliflower, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread, Garlic Bread

Lemon Sponge and Custard, Fruit Yoghurt

Early Years options: Lemon and Mandarin Cake with Custard or Cheese and Crackers or Fruit Yoghurt or Fresh Fruit



FRIDAY

Battered Fish *White fillet of Fish coated in a Light Batter or Jumbo Fish Finger White Fillet of Fish coated in Breadcrumbs*

Quorn Dunkers V

Chips, Sweetcorn, Mushy Peas, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Ice Cream, Cheese and Crackers

Early Years options: Banana Muffin or Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

MONDAY

Pork Sausage Roll Farm Assured Pork Sausage Meat or Lamb Sausage H wrapped in **Puff Pastry**

Homemade Vegetable Roll *Vegetables and Mixed Beans in a Chefs Tomato Sauce wrapped in Puff Pastry V*

Herby Diced Potato, Baked Beans, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Shortbread Biscuit, Cheese and Crackers

Early Years options: Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

TUESDAY

Jacket Potato Bar with a selection of fillings **Beef Bolognese, Chicken in Tomato Sauce, Mixed Beans in Tomato Sauce V, Baked Beans V, Cheese V**

Jacket Potato, Broccoli, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread

Apple Crumble and Custard, Fruit Yoghurt

Early Years options: Lemon and Mandarin Cake and Custard or Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

WEDNESDAY

Pizza Bar – Cheese and Tomato Pizza V with a selection of toppings including **Ham, Chicken, Pineapple V, Peppers V, Sliced Onions V, Sweetcorn V, Mushrooms V**

Crispy Sliced Potatoes, Cauliflower, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Apple and Raisin Muffin, Cheese and Crackers

Early Years options: Apple and Raisin Muffin or Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

THURSDAY

Handmade Chicken Goujons *Chicken Strips or Chicken H in Natural Breadcrumbs*

Quorn Nuggets V

Savoury Rice, Green Beans, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread and White Bread

Chocolate Brownie, Fruit Yoghurt

Early Years options: Red Velvet Muffin or Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

FRIDAY

Salmon Fish Star *MSC Salmon and Creamed Potato seasoned in a Crispy Crumb or Battered Fish White fillet of Fish coated in a Light Batter*

Cheese and Potato Puff *Creamed Potato and Cheese wrapped in Puff Pastry V*

Chips, Couscous, Sweetcorn, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Orange Jelly and Cream, Cheese and Crackers

Early Years options: Cheese and Crackers or Fruit Yoghurt or Fresh Fruit



Broccoli contains more protein per calorie than steak, but you would have to eat a LOT more broccoli!



RIPE CRANBERRIES BOUNCE LIKE RUBBER BALLS

Nurturing / **GROWING** / Inspiring

Fresh Fruit available daily. All items subject to availability.