

Free School Meals

Free school meals are available to pupils in receipt of, or whose parents are in receipt of, one or more of the following benefits:

- Universal credit (provided you have an annual net earned income of no more than £7,400, as assessed by earnings from up to three of your most recent assessment periods)
- 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 pension credit
- Child tax credit (provided you're not also entitled to working tax credit and have an annual gross income of no more than £16,190)

• Working tax credit run-on – paid for four weeks after you stop qualifying for working tax credit
In addition, the following pupils will be protected against losing their free school meals as follows:

• From 1 April 2018, all existing free school meals claimants will continue to receive free school meals whilst universal credit is rolled out. This will apply even if their earnings rise above the new threshold during that time

• In addition, any child gaining eligibility for free school meals after 1 April 2018 will be protected against losing free school meals during the universal credit rollout period

• Once universal credit is fully rolled out, any existing claimants that no longer meet the eligibility criteria at that point (because they are earning above the threshold or are no longer a recipient of universal credit) will continue to receive free school meals until the end of their current phase of education (i.e. primary or secondary). The universal credit rollout is currently expected to complete in March 2023.

Infant free School Meals

All children in key stage 1 (reception class, year 1 and year 2) are automatically entitled to have a free school meal. You don't have to apply for universal infant free school meals. However in order for your child's school to recognise who is eligible for universal meals, and who qualifies for government free school meals for funding purposes, we encourage all parents who meet the eligibility criteria for government free school meals to apply.

www.gov.uk/apply-free-school-meals

Daily Deli Bar Options

**Deli Bar will be open to all children in KS2
(Year 3—Year 6)**

Every day children in KS2 will be able to choose from the following options:

- Jacket Potatoes with a choice of Cheese/Beans/Tuna Mayo all served with a side salad
- Sandwiches with a choice of Ham, Tuna or Cheese filling, crisps and Cucumber & Carrot Sticks
- Mini Baguette with a choice of Ham, Cheese or Tuna Mayo filling, side salad and Tortilla Chips.

Universal Free School Meals & Free School Meals

Sandwiches with a choice Ham, Tuna or Cheese filling will be available daily.

Food Allergen & Intolerance Information:

Before ordering please speak to our staff about your requirements. The menu may vary on promotional days.

St Laurence CE Primary School



Menu



FreshFood

Spring 2023

Telephone: 01584 872766
Email: admin@st-laurenceprimary.com
Book meals via: www.eduspot.co.uk

**Week
Commencing**

School Menu - Balanced, nutritious and freshly prepared tasty meals

16.01.2023 13.02.2023 20.03.2023	Week 1	MONDAY Fish & Chips Vegan Fish & Chips (V) <i>Served with Peas & Beans</i> <i>Cupcakes, Yoghurts & Fruit</i>	TUESDAY Pork Sausages Quorn Sausages (V) Vegan Sausage <i>Served with Mash, Peas, Cabbage & Gravy</i> <i>Cookies, Yoghurts, Fruit</i>	WEDNESDAY Roast Beef / Vegan Sausage <i>Served with Roast Potatoes, Yorkshire Puddings, cauliflower Carrots & Gravy</i> <i>Mini Donuts Yoghurts, Fruit</i>	THURSDAY Mac & Cheese Pasta Neapolitan <i>Served with Pasta, Beans Broccoli and Bread</i> <i>Sponge Cake, Yoghurts, Fruit</i>	FRIDAY Pizza - Choose from Hawaiian, Pepperoni or Margarita (V) <i>Served with Pasta, Beans & Sweetcorn</i> <i>'Fruity Friday'</i>
23.01.2023 27.02.2023 27.03.2023	Week 2	MONDAY Meatballs & Pasta Quorn Balls & Pasta <i>Served with Broccoli & Carrots.</i> <i>Chocolate Sponge & Custard, Yoghurts, Fruit</i>	TUESDAY Beef Lasagne/ Vegetable Lasagne Fish Burger in a Bun <i>Served with Peas & Green Beans.</i> <i>Ice-cream Yoghurts, Fruit</i>	WEDNESDAY Roast Chicken / Quorn Fillet Vegan Sausage <i>Served with Mash Potato, Carrots, Peas, Stuffing & Gravy</i> <i>Cookies, Yoghurts, Fruit</i>	THURSDAY Bacon & Cheese Melt Chicken Tikka & Naan Bread Quorn Tikka & Naan Bread <i>Served with sweetcorn & Beans</i> <i>Cupcakes, Yoghurts, Fruit</i>	FRIDAY Pizza -Choose from Hawaiian, Pepperoni or Margarita (V) <i>Served with Chips, Coleslaw & Beans</i> <i>Fruity Friday'</i>
02.01.2023 30.01.2023 06.03.2023	Week 3	MONDAY Breaded Chicken Nuggets / Quorn Ball, BBQ chicken, Quorn Fillet <i>With Noodles, Beans & Sweetcorn</i> <i>Mousse, Yoghurts, Fruit</i>	TUESDAY Selection Fish Vegan Fish <i>Served with Pasta, Peas & Beans</i> <i>Fruit Crumble, Yoghurts, Fruit</i>	WEDNESDAY Roast Beef/ Vegan Sausage <i>Served with Roast Potatoes, Cauliflower, Broccoli, Carrots, Yorkshire Puddings & Gravy</i> <i>Cheese & Crackers, Ice-cream, Yoghurts, Fruit</i>	THURSDAY Hot Dogs/ Quorn Dogs <i>Served with Chips, Sweetcorn & Beans</i> <i>Cupcakes, Fruit, yoghurts</i>	FRIDAY Pizza -Choose from Hawaiian, Pepperoni or Margarita (V) <i>Served with Pomme Noisettes Sweetcorn & Coleslaw</i> <i>'Fruity Friday'</i>
09.01.2023 06.02.2023 13.03.2023	Week 4	MONDAY Beef/Cheeseburger Falafel Burger (V) <i>Served with Potato Wedges, Beans & Sweetcorn</i> <i>Cookies, Yoghurt, Fruit</i>	TUESDAY Meatballs & Pasta Meatball Sub Quorn Balls & Pasta Quorn Ball Sub <i>Served with Peas & sweetcorn</i> <i>Rice Pudding, Yoghurt, Fruit</i>	WEDNESDAY Roast Chicken/ Quorn Fillet/Vegan Sausage <i>Served with Mashed Potato, Peas, Carrots, stuffing & Gravy.</i> <i>Mini Donuts, Yoghurt, Fruit</i>	THURSDAY Bacon, Sausage,/ Vegan Sausage, (V) Scrambled Egg, Hash Browns, Beans & Tomatoes <i>Pancakes, Yoghurts, Fruit</i>	FRIDAY Pizza - Choose from Hawaiian, Pepperoni or Margarita (V) <i>Served with Chips, Beans & Sweetcorn</i> <i>'Fruity Friday'</i>

'Fruity Friday' : A selection of Fruit platter, Fruit Salad, Fruit Jelly, Yoghurt & Mango Sorbet. **Selection of Fish:** Will be a combination of Battered Pollock, Fish Cake, Fish Fingers, Seaside Fish Fillet, Pollock Bites, Bubble Crisp Pollock