

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

Every day children 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
- Wraps with a choice of Ham, Tuna, Cheese filling, salad and a choice of crisps.
- Fresh fruit, Salad bar and fresh bread 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 2024

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

01.01.24 29.01.24 04.03.24	Week 1	MONDAY Battered Fish Fillet or Breaded Cod Fish Fingers Breaded Salmon Fish Fingers Quorn Fishless Fingers Gluten Free Fish Fingers <i>Served with Chips, Peas & Sweetcorn</i> <i>Sponge Cake, Yoghurts & Fruit</i>	TUESDAY Macaroni Cheese or Pasta Neapolitan <i>Served with Wholemeal Bread, Beans & Broccoli</i> <i>Shortbread, Yoghurts, Fruit</i>	WEDNESDAY Roast Beef / Vegan Sausage <i>Served with Roast Potatoes, Yorkshire Puddings, Cauliflower Cheese Carrots ,Green Beans & Gravy</i> <i>Mini Donuts Yoghurts, Fruit</i>	THURSDAY Sausage & Mash Vegan sausage & Mash <i>Served with Cabbage & Peas</i> <i>Apple and Raspberry Muffins, Yoghurts, Fruit</i>	FRIDAY Wholemeal Base Pizza - Choose from Hawaiian, Pepperoni or Margarita (V) Vegan Pizza Gluten Free Pizza <i>Served with Pasta, Veg Sticks & Sweetcorn</i> <i>'Fruity Friday'</i>
08.01.24 05.02.24 11.03.24	Week 2	MONDAY Meatballs & Pasta Quorn Balls & Pasta <i>Served with Broccoli , Carrots & Garlic Bread</i> <i>Chocolate Sponge & Custard, Yoghurts, Fruit</i>	TUESDAY Bacon, Sausage, Hash Browns, Beans & Tomatoes Veggie Breakfast—Omelette, Hash Browns, Beans & Tomatoes <i>Pancakes, Yoghurts, Fruit</i>	WEDNESDAY Roast Chicken / Quorn Fillet <i>Served with Mash Potato, Carrots, Peas, Stuffing & Gravy</i> <i>Cookies, Yoghurts, Fruit</i>	THURSDAY Chicken Tikka & Naan Bread Pasta Bolognaise <i>Served with sweetcorn & Broccoli</i> <i>Blueberry Muffins, Yoghurts, Fruit</i>	FRIDAY Wholemeal Base Pizza—Choose from Hawaiian, Pepperoni or Margarita (V) Vegan Pizza Gluten Free Pizza <i>Served with Chips, Coleslaw & Beans</i> <i>Fruity Friday'</i>
15.01.24 19.02.24 18.03.24	Week 3	MONDAY Breaded Chicken Nuggets Vegan Nuggets BBQ Chicken <i>With Noodles, Beans & Sweetcorn</i> <i>Mousse, Yoghurts, Fruit/ Fruit Salad</i>	TUESDAY Breaded Cod Fish fingers Breaded Salmon Fish Fingers or Fishcake Quorn Fishless Fingers Gluten Free Fish Fingers <i>Served with Pasta, Peas & Sweetcorn</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 Vegan Sausage Dogs Quorn Dogs <i>Served with Fried Onions, Chips, Sweetcorn & Carrot Sticks, Ketchup & Mustard</i> <i>Cupcakes, Fruit, yoghurts</i>	FRIDAY Wholemeal Base Pizza - Choose from Hawaiian, Pepperoni or Margarita (V) Vegan Pizza Gluten Free Pizza <i>Served with Pomme Noisettes Sweetcorn & Coleslaw</i> <i>'Fruity Friday' Assorted Fruit Jellies, Fruit Platter & Fruit Pots</i>
22.01.24 26.02.24	Week 4	MONDAY Build Your own Beef Burger Build Your own Veggie Burger Cheese Slice, Lettuce, Tomato, Ketchup and Mayo <i>Served with Curly Fries, Peas & Sweetcorn</i> <i>Oat & Raisin Cookies, Yoghurt, Fruit/ Fruit Salad</i>	TUESDAY Roast Chicken/ Quorn Fillet <i>Served with Mashed Potato, Carrots, Broccoli, Yorkshire Pudding & Gravy.</i> <i>Mini Donuts, Yoghurt, Fruit</i>	WEDNESDAY Pork & Carrot Meatballs & Pasta Quorn Balls & Pasta <i>Served with Peas & Green Beans</i> <i>Sponge & Custard, Yoghurt, Fruit</i>	THURSDAY Roast Beef/ Vegan Sausage <i>Served with Roast Potatoes, Cauliflower, Broccoli, Carrots, Yorkshire Puddings & Gravy</i> Shortbread, Yoghurts, Fruit	FRIDAY Wholemeal Base Pizza—Choose from Hawaiian, Pepperoni or Margarita (V) Vegan Pizza Gluten Free Pizza <i>Served with Chips, Veg Sticks & Sweetcorn</i> <i>'Fruity Friday'</i>