

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

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 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

Let's Dine

Primary School Menu

APRIL 2024 TO MARCH 2025

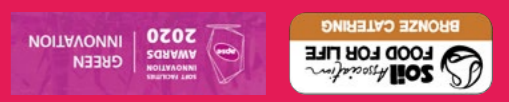
Our menus

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



- 1 We Oven Bake in preference to Frying.
- 2 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 3 All of our suppliers ensure full traceability of our Food.
- 4 Some of our menu choices are developed with children through the Eatwell Project.

- 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 biodiesel for use as vehicle fuel or for power and energy generation.



V Vegetarian
Ve Vegan
H Halal

Week 1

Week 2

Week 3

Monday

Chicken Wrap *Farm Assured Chicken in a BBQ sauce in a Tortilla Wrap*

Fishless Fingers *Quorn Vegan fishless fingers* **V H**

Tuna or Cheese Sandwich Packed Lunch

Diced Potatoes, Vegetable Cous Cous, Baked Beans, Seasonal Salad Selection, Bread Selection

Chocolate Sponge and Chocolate Sauce

Wednesday

Roast Turkey with Yorkshire Pudding *Farm Assured Sliced Pork*

Vegetable and Bean Bake served in Yorkshire Pudding **V H**

Roast Potatoes, Mashed Potato, Carrots, Broccoli, Seasonal Salad Selection, Bread Selection

Orange and Chocolate Flapjack

Monday

Quorn Dippers with BBQ Sauce **V H**

Vegetable Lasagne **V H**

Tuna or Cheese Sandwich Packed Lunch

Pasta Twists, Peas and Sweetcorn, Seasonal Salad Selection, Bread Selection

Iced Bun

Thursday

Big Breakfast *Farm Assured Back Bacon, Pork Sausage, Free Range Scrambled Egg*

Vegetarian Sausage, Free Range Scrambled Egg **V H**

Hash Browns, Baked Beans, Plum Tomatoes, Seasonal Salad Selection, Bread Selection

Chocolate Crunch

Monday

Quorn Sausage Muffins **V H**

Quorn Bolognese **V H**

Tuna or Cheese Sandwich Packed Lunch

Pasta Twists, Carrots, Seasonal Salad Selection, Bread Selection

Shortbread Biscuit

Thursday

Breaded Chicken Dunkers *Farm Assured Chicken coated in a Natural Breadcrumbs served with BBQ Sauce*

Quorn Nuggets *Individual Shaped Pattie coated in Crispy Batter* **V H**

Potato Wedges, Baked Beans, Seasonal Salad Selection, Bread Selection

Brownie with Chocolate Sauce

Tuesday

Pork Sausages *Farm Assured Pork Sausages served with a Rich and Tasty Gravy*

Quorn Sausage **V H**

Tuna or Cheese Sandwich Packed Lunch

Mashed Potatoes, Carrots, Garden Peas, Seasonal Salad Selection, Bread Selection

Jam Tart Biscuit

Thursday

Meatballs *Farm Assured Red Tractor Pork Meatballs served in Gravy or Tomato Sauce*

Vegetable and Bean Pasta Bake *Roasted Vegetables and Mixed Beans in a Tomato Sauce* **V H**

Pasta Twists, Seasonal Vegetables, Seasonal Salad Selection, Garlic Bread

Marbled Sponge and Custard

Tuesday

Crispy Fillet of Fish *Fillet of Fish Coated in a Crispy Batter or Salmon Fishcake* **H**

Cheese Flan *Pastry Tart filled with a savoury Egg Custard with Cheese and Onion* **V H**

Tuna or Cheese Sandwich Packed Lunch

Chipped Potatoes, Couscous, Garden Peas, Seasonal Salad Selection, Bread Selection

Cherry Cookie



eatwell

The Eatwell project supports the Let's Dine ethos by cooking healthy, simple ingredients with the children.

Tuesday

Chicken Curry *Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce*

Vegetarian Meatballs **V H**

Tuna or Cheese Sandwich Packed Lunch

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

Apple Crumble and Custard

Friday

Pizza with Ham Topping *Cheese and Tomato Pizzas Crust Base with a Cheese and Ham Topping*

Cheese and Tomato Pizza *Cheese and Tomato Pizzas Crust Base with a Cheese Topping* **V H**

Chipped Potatoes, Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection

Ice Cream

Friday

Pizza with Ham Topping *Cheese and Tomato Pizzas Crust Base with a Cheese and Ham Topping*

Cheese and Tomato Pizza *Cheese and Tomato Pizzas Crust Base with a Cheese Topping* **V H**

Chipped Potatoes, Sweetcorn, Peas, Seasonal Salad Selection, Bread Selection

Ice Cream

Wednesday

Traditional Roast Pork *Farm Assured Sliced Meat served with a Rich Roast Gravy*

Quorn Fillet with Yorkshire Pudding **V H**

Roast Potatoes, Mashed Potato, Baton Carrots, Broccoli, Seasonal Salad Selection, Bread Selection

Lemon Iced Sponge

Friday

Beef Burger in Bap *A Beef Pattie served in a Floured Bap*

Southern Fried Quorn Burger **V H**

Potato Wedges, Sweetcorn, Seasonal Salad Selection, Bread Selection

Cupcake Selection

Wednesday

Toad in the Hole *Yorkshire Pudding served with Pork Sausages*

Cheese and Potato Pie **V H**

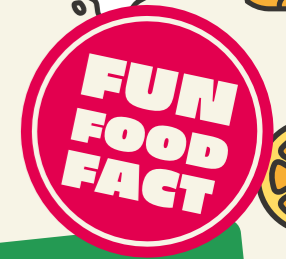
Mashed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Shrewsbury Biscuit



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

Sandwich Option
Packed lunch available



RHUBARB GROWS SO QUICKLY THAT YOU CAN HEAR IT.

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