

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



Our menus

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

All the good stuff



- 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.
- 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.



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

V Vegetarian
 Ve Vegan
 H Halal

Week 1

Week 2

Week 3

Monday

Chicken Dunkers *Farm Assured Chicken in Natural Breadcrumbs served with Sweet and Sour Sauce*

Pasta Bake **V**

Noodles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Chocolate Sponge and Chocolate Sauce

Wednesday

Traditional Roast with Rich and Tasty Gravy *Farm Assured Sliced Meat or Pork Sausage*

Quorn Fillet with Rich and Tasty Gravy **V**

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

Danish Pastry

Tuesday

Battered Fillet of Fish *White Fillet coated in a light batter* or Jumbo Fish Finger

Cheese and Potato Bake **V**

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

Cookie

Thursday

Hunters Chicken *Farm Assured Chicken in a Chef's BBQ Sauce*

Savoury Muffin **V**

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

Chocolate and Vanilla Swirl Mousse

Friday

Pizza Day – Margherita **V** or Ham and Pineapple

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Lemon Cupcake

Monday

Lasagne *Farm Assured Minced Beef in Tomato Sauce layered with Pasta and Cheese Sauce*

Tomato and Cheese Pasta Bake **V**

Potato Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread, Garlic Bread

Vanilla Iced Sponge Cake

Thursday

Beef Burger *Farm Assured Minced Beef Pattie*

Vegetarian Chili **V**

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

Fruit Crumble and Custard

Tuesday

Salmon Fish Cake or Jumbo Fish Finger

Cauliflower Cheese **V**

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

Cookie



eatwell

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

Wednesday

Traditional Roast with Rich and Tasty Gravy *Farm Assured Sliced Meat or Meatballs*

Vegetarian Sausage **V**

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

Chocolate and Orange Cupcake

Friday

Pizza Day – Margherita **V** or Tuna and Sweetcorn

Noodles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Monday

Taco Bar – Beef Chili, BBQ Beans **V**, Roasted Vegetables **V**

Noodles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Lemon Drizzle Cake

Tuesday

Salmon Fish Cake or Battered Fillet of Fish *White Fillet coated in a light batter*

Cheese Puff **V**

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

Vanilla Iced Sponge and Custard

Wednesday

Traditional Roast with Rich and Tasty Gravy *Farm Assured Sliced Meat or Pork Sausage*

Quorn Fillet *with Rich and Tasty Gravy* **V**

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

Cookie

Thursday

Spicy Chicken *Farm Assured Chicken*

Carrot and Parsnip Bake **V**

Couscous, New Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Strawberry and Vanilla Swirl Mousse

Friday

Pizza Day – Margherita **V** or Ham and Bacon

Chips, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Banana Muffin

FUN FOOD FACT

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

FUN FOOD FACT

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.