

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.

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



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.

Our menus



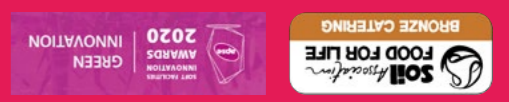
All the good stuff

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.



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

Pork Sausage Farm Assured Pork Sausages with Gravy
Vegetarian Sausage V H
Mashed Potatoes, Carrots, Garden Peas, Seasonal Salad Selection, Bread Selection
Lemon Shortbread

Tuesday

Ham, Cheese and Tomato Pizzas on a Deep Crust Base with a Cheese Topping
Cheese and Tomato Pizzas on a Deep Crust Base with a Cheese Topping V H
Fries, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread Selection
Chocolate Sponge Cake

Wednesday

Chicken Pie Farm Assured Chicken in a Chicken Gravy topped with Pastry
Quorn Roasted Fillet V
Mashed Potato, Carrots and Broccoli, Seasonal Salad Selection, Bread Selection
Banana Flapjack

Thursday

Red Tractor Beef Bolognaise Fresh Minced Beef cooked in a Rich Tomato based Sauce with Garlic Bread
Mac and Cheese Macaroni Pasta in a Chef's Cheese Sauce topped with Sliced Tomatoes V
Pasta, Carrots, Green Beans, Seasonal Salad Selection, Garlic Bread
Fruit Jelly

Friday

Beef Burger in Bap Farm Assured Minced Beef Beef Burger served with a Soft Bread Roll
Quorn Muffin V
Wedges, Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection
Ice Cream

Monday

Fish Finger Fillet of Fish Coated in a Crispy Breadcrumbs or Salmon Fishcake
Jacket Potatoes with Baked Beans and Cheese V H
Chipped Potatoes, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread Selection
Banana and Toffee Muffins

Tuesday

Chicken and Pasta Bake Red Tractor Diced Chicken in a Creamy Sauce
Vegetable and Bean Pasta Bake Roasted Vegetables with Mixed Beans in a Tomato Sauce topped with Cheese V H
Pasta, Salad Selection, Seasonal Salad Selection, Garlic Bread
Fruit Jelly

Wednesday

Traditional Roast Chicken Farm Assured Meat served with a Rich Roast Gravy
Cheese and Potato Pie V
Roast Potatoes, Mashed Potato, Broccoli, Carrots, Seasonal Salad Selection, Bread Selection
Cookie

Thursday

Big Breakfast Back Bacon, Farm Assured Pork Sausage, Free Range Scrambled Egg
Vegetarian Sausage, Free Range Scrambled Eggs V
Hash Brown, Baked Beans, Chopped Tomatoes, Seasonal Salad Selection, Bread Selection
Flapjack



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

Friday

Ham, Cheese and Tomato Pizzas on a Deep Crust Base with a Cheese Topping
Cheese and Tomato Pizzas on a Deep Crust Base with a Cheese Topping V H
Fries, Couscous, Sweetcorn, Baked Beans, Seasonal Salad Selection, Bread Selection
Ice Cream

Monday

Meatballs Farm Assured Red Tractor Pork Meat Balls served Tomato sauce
Vegetable Quorn Balls Roasted Vegetables and Tomato Sauce V
Pasta Twists, Carrots, Green Beans, Seasonal Salad Selection, Bread Selection
Shortbread Biscuit

Tuesday

Crispy Fillet of Fish Fillet of Fish Coated in a Crispy Batter
Cheese and Onion Quiche V
Chipped Potatoes, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread Selection
Strawberry Cake and Custard

Wednesday

Traditional Roast Beef with a Rich and Tasty Gravy and Yorkshire Pudding Farm Assured Sliced Meat
Vegetable Filled Yorkshire Pudding Roasted Vegetables and Beans with Gravy in a Yorkshire Pudding V H
Mashed Potato, Roast Potatoes, Broccoli, Carrots, Seasonal Salad Selection, Bread Selection
Fruit Cheesecake

Thursday

Breaded Chicken Wraps Farm Assured Chicken coated in a Natural Breadcrumbs served in a Tortilla Wrap with Mayonnaise or BBQ Sauce
Quorn Enchilada Tortilla Wrap rolled and filled with Roasted Vegetables and Quorn with Cheese and Tomato topping V
Savoury Rice, Mixed Salad Selection, Seasonal Salad Selection, Bread Selection
Chocolate Crunch and Mint Custard

Friday

Chicken Nuggets Farm Assured Chicken coated in a Light Batter
Cheese and Potato Puff Pastry Parcel V
Herby Diced Potatoes, Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection
Ice Cream



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

Sandwich Option
Cheese or Ham sandwich 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.