

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 and have an annual income (as assessed by HM Revenue and Customs) 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.



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

Be Ready

Be Respectful

Be Safe

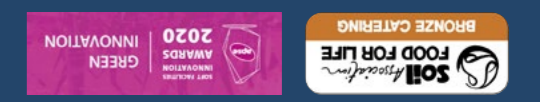


# OUR MENUS

- 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 biofuel 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.



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



V Vegetarian  
 Ve Vegan  
 H Halal

# WEEK 1

# WEEK 2

# WEEK 3

## Monday

Pork Sausages served with a Rich and Tasty Gravy  
 Vegetarian Sausage **V**  
 Creamed Potato and a Mini Yorkshire Pudding, Green Beans, Cauliflower, Seasonal Salad Selection, Bread  
 Golden Shortbread

## Tuesday

Chicken in a Tomato and Herb Sauce *Farm Assured Chicken*  
 Vegetarian Curry **V**  
 Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread  
 Muffin Selection

## Wednesday

Traditional Roast Chicken served with Rich and Tasty Gravy *Farm Assured Sliced Meat*  
 Crispy Garlic Bake *Seasonal Vegetables topped with French Bread* **V**  
 Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Bread  
 Fruit topped Cheesecake

## Thursday

Beef Bolognese *Farm Assured Minced Beef in a Rich Tomato Sauce*  
 Cheese and Potato Bake **V**  
 Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Garlic Bread  
 Fruit Crumble and Custard

## Friday

Fish Friday – Jumbo Fish Finger  
 Quorn Dunkers **V**  
 Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread  
 Vanilla Ice Cream

## Monday

Big Breakfast *Pork Sausage, Bacon*  
 Vegetarian Sausage **V**  
 Hash Browns, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread  
 Strawberry and Vanilla Swirl Mousse

## Tuesday

Chicken Curry *Farm Assured Chicken*  
 Pasta Neapolitan **V**  
 Boiled Rice, Sweetcorn, Garden Peas, Seasonal Salad Selection, Pitta Bread  
 Chocolate Sponge and Sauce

## Wednesday

Traditional Roast Beef served with Rich and Tasty Gravy *Farm Assured Sliced Meat*  
 Oven Roasted Vegetables and Beans served with a Yorkshire Pudding **V**  
 Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Bread  
 Flapjack

## Thursday

Chicken Dunkers  
 Cheese and Tomato Pizza **V**  
 Diced Potatoes, Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread  
 Iced Sponge Finger with Sprinkles

## Friday

Jumbo Fish Finger or Salmon Fishcake  
 Quorn Nuggets **V**  
 Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread  
 Jelly with a Swirl of Cream

## Monday

Beef Burger *Farm Assured Minced Beef Shaped Pattie*  
 Macaroni Cheese **V**  
 Potato Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread  
 Chocolate and Vanilla Swirl Mousse

## Tuesday

Meatballs in Gravy or Tomato Sauce  
 Vegetarian Bolognese **V**  
 Boiled Rice, Pasta Twists, Carrots, Green Beans, Seasonal Salad Selection, Garlic Bread  
 Sponge and Custard

## Wednesday

Traditional Chicken served with Rich and Tasty Gravy *Farm Assured Sliced Meat*  
 Vegetarian Hotpot **V**  
 Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Bread  
 Cookie Selection

## Thursday

Chicken Dunkers  
 Cheese and Tomato Pizza **V**  
 Herby Diced Potatoes, Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread  
 Muffin Selection

## Friday

Jumbo Fish Finger  
 Quorn Nuggets **V**  
 Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread  
 Vanilla Ice Cream



How many smiley faces can you find?

Be Ready

Be Safe

Be Respectful



**SANDWICH OPTION**  
 Packed lunch available by preorder

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

