

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

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. (This is currently being reviewed by department for education as this may be extended, but no decision has yet been made).

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
- 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

Menu calendar

Summer Term 2025			Autumn Term 2025			Spring Term 2026		
28 APR	WK 1	5 MAY	1 SEPT	WK 1	5 JAN	16 FEB	WK 2	23 FEB
5 MAY	WK 2	8 SEPT	WK 2	12 JAN	23 FEB	23 FEB	WK 2	23 FEB
12 MAY	WK 3	15 SEPT	WK 3	19 JAN	26 JAN	26 JAN	WK 3	26 JAN
19 MAY	WK 1	22 SEPT	WK 1	26 JAN	29 SEPT	29 SEPT	WK 1	29 SEPT
26 MAY - HALF TERM		29 SEPT	WK 2	2 FEB	6 OCT	6 OCT	WK 2	6 OCT
2 JUN	WK 3	13 OCT	WK 3	9 FEB	13 OCT	13 OCT	WK 3	13 OCT
9 JUN	WK 1	20 OCT	WK 1	16 FEB - HALF TERM	20 OCT	20 OCT	WK 1	20 OCT
16 JUN	WK 2	27 OCT - HALF TERM		23 FEB	27 OCT - HALF TERM	27 OCT - HALF TERM		23 FEB
23 JUN	WK 3	3 NOV	WK 1	2 MAR	3 NOV	3 NOV	WK 1	2 MAR
30 JUN	WK 1	10 NOV	WK 2	9 MAR	10 NOV	10 NOV	WK 2	9 MAR
7 JUL	WK 2	17 NOV	WK 3	16 MAR	17 NOV	17 NOV	WK 3	16 MAR
14 JUL	WK 3	24 NOV	WK 1	23 MAR	24 NOV	24 NOV	WK 1	23 MAR
		1 DEC	WK 2		1 DEC	1 DEC	WK 2	
		8 DEC	WK 3		8 DEC	8 DEC	WK 3	
		15 DEC	WK 1		15 DEC	15 DEC	WK 1	

Menu calendar

www.telford.gov.uk/freeschoolmeals

Telford & Wrekin Co-operative Council

Protect, care and invest to create a better borough

Let's Dine Primary School Menu

April 2025 to March 2026

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

Our menus

- All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 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.
- Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- 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.

Our Wallace and Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.

V Vegetarian
Ve Vegan
H Halal

LEARN ENCOURAGE ACHIEVE RESPECT NURTURE

Week 1

Week 2

Week 3

Monday

Pork Sausages *Farm Assured Pork Sausages*

Vegetarian Sausage V

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

Carrot Cake or Muffin

Tuesday

Cheese and Tomato Pizza with a selection of toppings V

Pasta Twists with a Tomato Sauce, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Wednesday

Beef Bolognese *Farm Assured Minced Beef in a Chef's Rich Tomato Sauce*

Roasted Vegetables with Pasta Twists V

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate and Oat Cookie

Thursday

Chicken Curry *Farm Assured Diced Chicken in a Chef's Curry Sauce or BBQ Chicken* *Farm Assured Chicken in a Chef's BBQ Sauce*

Cheese Puffs V

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

Jam and Coconut Sponge

Friday

Captain Webb Chip Shop Friday

Fish, Sausage or Quorn Nuggets V

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

Apple Flapjack

Monday

Meatballs served with a sauce

Quorn Balls served with a sauce V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Muffin Selection

Tuesday

Big Breakfast *Farm Assured Sausage, Bacon*

Quorn Sausage V

Potato Smiles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

Wednesday

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

Pulled Quorn Bake *Pulled Quorn with a Chef's BBQ Sauce on a bed of Potato Wedges* V

Baby Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Cookie Selection

Thursday

Cheese and Tomato Pizza with a selection of toppings V

Pasta Twists with a Tomato Sauce, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Cheesecake

Monday

Big Breakfast *Farm Assured Sausage, Bacon*

Quorn Sausage V

Potato Smiles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Jelly and Ice Cream

Tuesday

Chinese Chicken *Farm Assured Chicken in a Chef's Chinese Sauce with Vegetables*

Quorn Bolognese *Chef's Rich Tomato Bolognese Sauce with Quorn* V

Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Rice Crispy Cakes

Wednesday

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*

Roasted Vegetables and Beans served with a Yorkshire Pudding V

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

Marble Sponge

Thursday

Beef Bolognese *Farm Assured Minced Beef in a Chef's Rich Tomato Sauce*

Cheese Flan V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Brownie

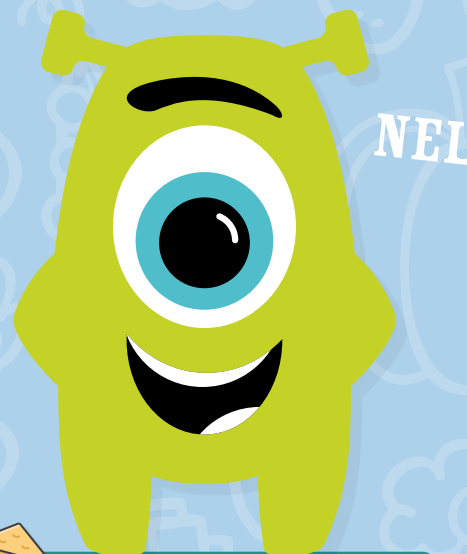
Friday

Captain Webb Chip Shop Friday

Fish, Sausage or Quorn Nuggets V

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

Lemon Muffin



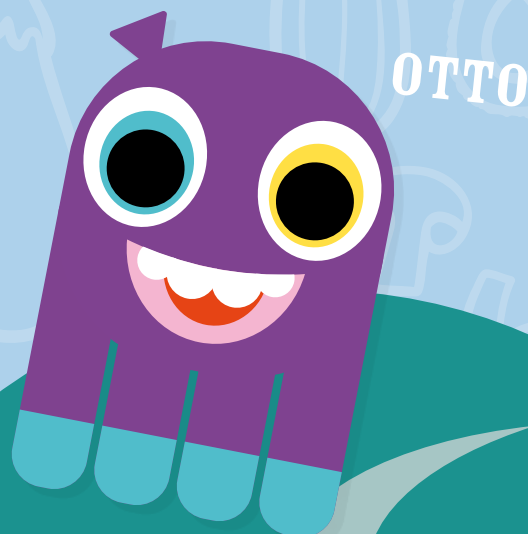
Friday

Captain Webb Chip Shop Friday

Fish, Sausage or Vegetable Puff V

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

Red Velvet Muffin



OTTO



ZIGGY

Designed by the
School Council

Sandwich Option
Packed lunch available

FUN FOOD FACTS
Potatoes were the first vegetable to be grown in space.

FUN FOOD FACTS
A pomegranate can hold up to 1400 seeds.

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

Captain Webb

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