

# 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



Protect, care and invest to create a better borough

# Let's Dine Primary School Menu

April 2025 to March 2026

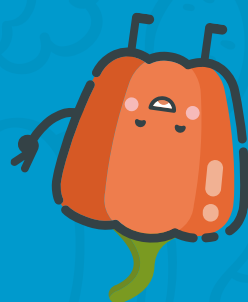
Download your copy at [www.telford.gov.uk/schoolmeals](http://www.telford.gov.uk/schoolmeals)

Designed by the School Council

Ladygrove Primary School



# 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.



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



**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
- 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

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

Menu calendar

# Free School Meals DID YOU KNOW?

[www.telford.gov.uk/treeschoolmeals](http://www.telford.gov.uk/treeschoolmeals)



V Vegetarian  
Ve Vegan  
H Halal



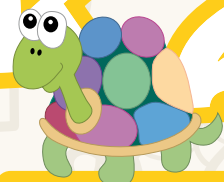
Every day counts, every minute matters



# Week 1

# Week 2

# Week 3



Sandwich Bar

## Monday

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

**Cauliflower and Broccoli Bake** Cauliflower and Broccoli Florets in a Chef's Creamy Cheese Sauce V

**Garlic Bread, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Cookie Selection

Sandwich Bar

## Tuesday

**Pizza Bar – Cheese and Tomato** Pizza with a selection of toppings or Pasta with Pork Meatballs

**Veggie Burger** V

**Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Vanilla Ice Cream

Sandwich Bar

## Wednesday

**Traditional Roast with Rich and Tasty Gravy** Farm Assured Sliced Meat or Chicken Italiano with Pasta

**Savoury Vegetarian Muffin** V

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

Apple Crumble and Custard

Sandwich Bar

## Thursday

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

**Quorn Sausage, Free Range Scrambled Egg** V

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

Chocolate Crunch

Sandwich Bar

## Friday

**Battered Fish** White fillet of fish coated in a light batter or Fishcake

**Quorn and Macaroni Cheese** Quorn Pieced and Macaroni Pasta in a Chef's Creamy Cheese Sauce V

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

Muffin Selection



Sandwich Bar

## Monday

**Gluten Free Pork Meatballs** Farm Assured Pork Meatballs served with a Rich and Tasty Tomato Sauce or Gravy

**Vegetarian Meat Free Balls** served with a Rich and Tasty Tomato Sauce or Gravy V

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

Shortbread

Sandwich Bar

## Tuesday

**Chicken Curry** Farm Assured Chicken with a Chef's Curry Sauce or Pasta with Beef Bolognese

**Vegetable Curry** V

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

Muffin Selection

Sandwich Bar

## Wednesday

**Traditional Cottage Pie** Farm Assured Minced Beef cooked in a Rich Gravy and topped with Creamed Potato

**Shepherdess Pie or Pasta with Tomato Mascarpone** V

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

Chocolate Sponge and Custard

Sandwich Bar

## Thursday

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

**Quorn Sausage, Free Range Scrambled Egg** V

**Hash Browns, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse**



Sandwich Bar

## Friday

**Battered Fish** White fillet of Fish coated in a light batter

**Cauliflower and Broccoli Bake** Cauliflower and Broccoli Florets in a Chef's Creamy Cheese Sauce V

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

Vanilla Ice Cream

Sandwich Bar

## Monday

**Pork Sausage** Farm Assured Pork Sausage served with a Tasty Gravy

**Vegetarian Sausage** served with a Tasty Gravy V

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

Cookie Selection

Sandwich Bar

## Tuesday

**Taco Tuesday – Mild Chili Beef** with Cheese Farm Assured Minced Beef Chili

**Quorn Veggie Chili** V

**Tacos, Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse**

Sandwich Bar

## Wednesday

**Traditional Roast with Rich and Tasty Gravy** Farm Assured Sliced Meat or Pasta with Tomato and Basil Sauce

**Vegetable and Bean Pasta Bake** Seasonal Vegetables, Mixed Beans and Pasta in a Chef's Tomato Sauce V

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

Fruit Cheesecake

Sandwich Bar

## Thursday

**Chicken Goujons** Farm Assured Chicken Strips coated in Breadcrumbs served with BBQ, Sweet and Sour Sauce or Katsu Curry Sauce

**Quorn and Roasted Vegetable Parcel** Seasonal Roasted Vegetables and Quorn encased in a Pastry Parcel V

**Boiled Rice, Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Fruit Pie and Custard

## Chip Shop Friday

**Battered Fish** White fillet of fish coated in a light batter

**Fishless Finger** V

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

Vanilla Ice Cream

Sandwich Bar



### FUN FOOD FACTS

Potatoes were the first vegetable to be grown in space.

### Sandwich Bar

Available daily by pre order

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

### FUN FOOD FACTS

A pomegranate can hold up to 1400 seeds.