

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.

Free School Meals

DID YOU KNOW?

Menu calendar

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

Menu calendar

Free 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

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.
- We Oven Bake in preference to Frying.
- We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- All of our suppliers ensure full traceability of our Food.
- 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

'Aiming high, growing dreams'

Week 1



Week 2



Week 3



Sandwich Bar

Monday

Cheese and Tomato Pizza with Ham or Halal Sausage **H**
Cheese and Tomato Pizza **V H**
Potato Waffles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Chocolate Shortbread

Sandwich Bar

Thursday

Hot Dog Sausage served in a Soft Finger Roll with Onions
Vegetarian Sausage Hot Dog **V H**
Hash Browns, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Lemon Drizzle Cake

Sandwich Bar

Monday

Big Breakfast Farm Assured Pork Sausage, Bacon
Vegetarian Sausage **V H**
Potato Waffles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread
Krispie Cornflake Cakes

Sandwich Bar

Thursday

Chicken Goujons Farm Assured Chicken Strips coated in Breadcrumbs served with BBQ or Chili Sauce or Chicken Goujons **H**
Quorn Dunkers **V H**
Savoury Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Fruit Cheesecake

Sandwich Bar

Monday

Lasagne Farm Assured Minced Beef, layered with Pasta Sheets and topped with a Chef's Bechamel Sauce or Lasagne **H**
Quorn Lasagne **V**
Garlic Bread, Pasta, Sweetcorn, Green Beans, Seasonal Salad Selection, Bread
Raspberry Buns

Sandwich Bar

Thursday

Cottage Pie Farm Assured Minced Beef in Gravy topped with Creamed Potato or Cottage Pie **H**
Vegetarian Pie **V**
Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Golden Shortbread

Sandwich Bar

Tuesday

Chicken Tikka Masala Farm Assured Chicken or Chicken Tikka Masala Tender pieces of Chicken in a Chef's Masala Sauce **H**
Macaroni Cheese Macaroni Pasta in a Chef's Creamy Cheese Sauce **V H**
Savoury Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Naan Bread
Jelly with a Swirl of Cream

Sandwich Bar

Friday

Fish Finger White fillet of fish coated in breadcrumbs **H** or Fishcake **H**
Quorn Dunkers **V H**
Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Chocolate Brownie

Sandwich Bar

Tuesday

Taco Day A Taco with a choice of filling including Creamy Chicken **H**, Chili Beef **H**, BBQ Mixed Beans **V H**, Cheese and Beans **V**
Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Shortbread and Milkshake

Designed by



We hope you enjoy our new menu!

Sandwich Bar

Tuesday

Chicken Nuggets Farm Assured Chicken Strips coated in Breadcrumbs served with BBQ or Chili Sauce or Chicken Nuggets **H**
Quorn Dunkers **V H**
Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Chocolate Sponge and Custard

Sandwich Bar

Friday

Fish Finger White fillet of fish coated in breadcrumbs **H** or Battered Fish White fillet of fish coated in a light batter **H**
Cheese Flan **V H**
Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread
Vanilla Ice Cream

Sandwich Bar

Wednesday

Roast Beef and Yorkshire Pudding with a Rich and Tasty Gravy Farm Assured Sliced Meat or Roast Chicken and Yorkshire Pudding with a Rich and Tasty Gravy **H**
Quorn Fillet **V**
Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Cabbage, Seasonal Salad Selection, Bread
Strawberry Mousse



Sandwich Bar

Wednesday

Traditional Roast of the Day with a Rich and Tasty Gravy Farm Assured Sliced Meat
Quorn and Vegetable Parcel Diced Quorn and Roasted Seasonal Vegetables encased in Puff Pastry **V H**
Creamed Potato, Roast Potatoes, Carrots, Garden Peas, Broccoli, Seasonal Salad Selection, Bread
Vanilla Ice Cream

Sandwich Bar

Friday

Fish Finger White fillet of fish coated in breadcrumbs **H** or Battered Fish White fillet of fish coated in a light batter **H**
Cheese Flan **V H**
Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread
Fruit Muffins

Sandwich Bar

Wednesday

Toad in the Hole Sausage or Sausage **H** served with a Yorkshire Pudding and Rich and Tasty Gravy
Vegetarian Sausage served with a Yorkshire Pudding and a Rich and Tasty Gravy **V**
Creamed Potato, Roast Potatoes, Cabbage, Broccoli, Carrots, Seasonal Salad Selection, Bread
Jelly with a Swirl of Cream



FUN FOOD FACTS

Potatoes were the first vegetable to be grown in space.

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.