

15 JUL	WK 3	16 DEC	WK 1
8 JUL	WK 2	9 DEC	WK 3
1 JUL	WK 1	2 DEC	WK 2
24 JUN	WK 3	25 NOV	WK 1
17 JUN	WK 2	18 NOV	WK 3
10 JUN	WK 1	11 NOV	WK 2
3 JUN	WK 3	4 NOV	WK 1
27 MAY - HALF TERM		28 OCT - HALF TERM	
20 MAY	WK 1	21 OCT	WK 2
13 MAY	WK 3	14 OCT	WK 1
6 MAY	WK 2	7 OCT	WK 3
29 APR	WK 1	30 SEPT	WK 2
22 APR	WK 3	23 SEPT	WK 1
15 APR	WK 2	16 SEPT	WK 3
8 APR	WK 1	9 SEPT	WK 2
Summer Term 2024		2 SEPT	WK 1
13 JAN	WK 2	6 JAN	WK 1
20 JAN	WK 3	Spring Term 2025	
27 JAN	WK 1		
3 FEB	WK 2		
10 FEB	WK 3		
17 FEB - HALF TERM			
24 FEB	WK 2		
3 MAR	WK 3		
10 MAR	WK 1		
17 MAR	WK 2		
24 MAR	WK 3		
31 MAR	WK 1		
7 APR	WK 2		

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 & 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.

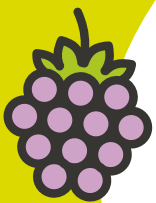
Yoghurt - supplied by Village Dairy, made from wholesome Welsh milk in the Vale of Clwyd, North Wales.

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.

our menus All the good stuff

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

- 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.



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

Monday

Pizza Bar – Cheese and Tomato Pizza with a Selection of Toppings on a Thin Crust Base **Ham, Pineapple V, Peppers V, Mushrooms V, Sliced Onions V**

Crispy Sliced Potatoes, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread Selection

Strawberry Mouse

Tuesday

Pork Sausage with a Rich and Tasty Gravy Farm Assured Pork Sausage

Vegetarian Sausage with a Rich and Tasty Gravy V

Creamed Potato, Farmhouse Vegetables, Seasonal Salad Selection, Bread Selection

Iced Sponge with Custard

Wednesday

Traditional Roast with a Rich and Tasty Gravy Farm Assured Sliced Meat

Vegetable and Mixed Bean Parcel Mixed Beans and Roasted Vegetables encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Broccoli, Carrots, Cabbage, Cauliflower, Seasonal Salad Selection, Bread Selection

Fruit Muffin Selection

Thursday

Chicken Dunkers Farm Assured Chicken Strips in Breadcrumbs served with a Chef's Curry or Tomato Sauce

Quorn Dunkers Quorn pieces in a Light Batter V

Boiled Rice, Sweetcorn, Broccoli, Seasonal Salad Bar, Bread Selection, Garlic Bread

Jam Tart with Custard

Friday

Battered Fillet of Fish Fillet of Fish Coated in a Crispy Batter or Salmon Fishcake

Vegetable Nuggets V

Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Bar, Bread Selection

Biscuit Selection

Week 2

Monday

Gluten Free Pork Meatballs Pork Meatballs served with a Rich Tomato Sauce or Gravy

Vegetable and Quorn Pasta Bake Roast Vegetables, Minced Quorn and Pasta Twists in a Rich Tomato Sauce topped with Cheese V

Spaghetti, Carrots, Broccoli, Seasonal Salad Selection, Bread Selection

Fruit Muffin Selection

Tuesday

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

Vegetarian Sausage, Free Range Scrambled Egg V

Potato Smiles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread Selection

Fruit Topped Cheesecake

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Vegetable and Mixed Bean Parcel Roast Vegetables and Mixed Beans encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Cabbage, Carrots, Cauliflower, Seasonal Salad Selection, Bread Selection

Chocolate Sponge and Chocolate Sauce

Thursday

Chicken Curry Farm Assured diced Chicken in a Chef's Curry Sauce

Crispy Garlic Bake Sliced potatoes layered with a Creamy Garlic Sauce V

Boiled Rice, Broccoli, Sweetcorn, Seasonal Salad Selection, Bread Selection, Naan Bread

Fruity Flapjack



eatwell

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

Friday

Battered Fillet of Fish White Fish Fillet coated in a light Batter or Salmon Fishcake

Cheese and Potato Pie Creamed Potato with grated Cheese in a Shortcrust Pastry base topped with sliced Tomatoes V

Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread Selection

Vanilla Ice Cream

Week 3

Monday

Beef Burger served with Onions in a Soft Bap

Quorn Burger served with Onions in a Soft Bap V

Diced Herby Potatoes, Sweetcorn, Peas, Seasonal Salad Selection, Bread Selection

Strawberry or Chocolate Mousse

Tuesday

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

Vegetarian Sausage, Free Range Scrambled Egg V

Potato Smiles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread Selection

Muffin Selection

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Quorn and Vegetable Parcel Diced Quorn and Roast Vegetables encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Cauliflower, Green Beans, Carrots, Seasonal Salad Selection, Bread Selection

Fruit Crumble and Custard

Thursday

Beef Bolognese Farm Assured Minced Beef in with a Rich Tomato Sauce

Macaroni Cheese Macaroni Pasta oven baked in a Cheesy Sauce topped with Grated Cheese V

Pasta Twists, Broccoli, Carrots, Seasonal Salad Selection, Bread Selection

Iced Chocolate Sponge

Friday

Battered Fillet of Fish White Fillet coated in a light Batter or Salmon Fishcake

Mixed Bean Pasta Bake Mixed Beans with Pasta Twists baked in a Rich Tomato Sauce V

Chips, Lemon Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection

Biscuit Selection

FUN FOOD FACT

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

FUN FOOD FACT

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.