

# 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



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

Spring Term 2027		Autumn Term 2026	
4 JAN	WK 1	1 SEPT	WK 1
11 JAN	WK 2	7 SEPT	WK 2
18 JAN	WK 3	14 SEPT	WK 3
25 JAN	WK 1	21 SEPT	WK 1
1 FEB	WK 2	28 SEPT	WK 2
8 FEB	WK 3	5 OCT	WK 3
15 FEB - HALF TERM		12 OCT	WK 1
22 FEB	WK 2	19 OCT	WK 2
1 MAR	WK 3	26 OCT - HALF TERM	
8 MAR	WK 1	2 NOV	WK 1
15 MAR	WK 2	9 NOV	WK 2
22 MAR	WK 3	16 NOV	WK 3
		23 NOV	WK 1
		30 NOV	WK 2
		7 DEC	WK 3
		14 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 until the end of the school year 2025/26, which is known as Transitional Protection. From the start of the 2026/27 this Transitional Protection is ending, and parents will need to revert to the following eligibility criteria regardless of whether they were previously protected.

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) until the end of 2025/26 school year, when the criteria will be extended to all children from households in receipt of Universal Credit from the start of 2026/27 regardless of income levels.

All information correct at the time of going to print.

# Our menus



- We Oven Bake in preference to Frying.
- 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 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.



Protect, care and invest to create a better borough

# Let's Dine Primary School Menu

April 2026 to March 2027

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



V Vegetarian  
 Ve Vegan  
 H Halal

1968-2018

# Week 1



Whatever you do,

# Week 2



work at it with all your heart

# Week 3



Sandwich Bar  
**Monday**

**Pork Meatballs** *Farm Assured served with Gravy or Tomato Sauce*

**Quorn Balls** *served with Gravy or Tomato Sauce* V

**Pasta, Carrots, Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Ice Cream or Cheese and Crackers**

**Early Years options:** Peach and Yoghurt Cake or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Sandwich Bar  
**Tuesday**

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

**Vegetarian Curry** *Seasonal Vegetables and Mixed Beans in a Chef's Curry Sauce* V

**Boiled Rice, Sweetcorn, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Fruit Jelly with a Swirl of Cream or Fruit Yoghurt**

**Early Years options:** Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Sandwich Bar  
**Wednesday**

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

**Vegetable Crumble** *Roasted Seasonal Vegetables and Beans in a Chef's Tomato Sauce with a Crumble topping* V

**Roast Potatoes, New Potatoes, Broccoli, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Chocolate Cake and Custard or Cheese and Crackers**

**Early Years options:** Chocolate and Pear Cake and Custard or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Sandwich Bar  
**Thursday**

**Beef Burger** *Farm Assured Minced Beef Burger or Hot Dog* *Farm Assured Pork Sausage with Onions*

**Pasta Neapolitan** *Pasta Twists and Seasonal Vegetables in a Tomato Sauce* V

**Diced Potatoes, Big Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Lemon Short Bread or Fruit Yoghurt**

**Early Years options:** Banana Cake or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Sandwich Bar  
**Friday**

**Jumbo Fish Finger** *White fillet of Fish coated in Breadcrumbs or Salmon Fish Star MSC Salmon and Mash potato seasoned within a Crispy Crumb*

**Cheese and Tomato Pasta Bake** *Pasta Twists in a Chef's Tomato Sauce topped with Grated Cheese* V

**Chips, Couscous, Baked Beans, Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Chocolate or Strawberry Swirl Mousse or Cheese and Crackers**

**Early Years options:** Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Sandwich Bar  
**Monday**

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

**Vegetarian Bolognese** *Seasonal Vegetables and Mixed Beans in a Chef's Rich Tomato Sauce* V

**Pasta Twists, Carrots, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Ice Cream or Cheese and Crackers**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

Sandwich Bar  
**Tuesday**

**Big Breakfast** *Farm Assured Sausage, Free Range Scrambled Egg, Baked Beans*

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

**Hash Browns, Tomatoes, Mushrooms, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Fruit Flap Jack or Fruit Yoghurt**

**Early Years options:** Lemon and Mandarin Cake or Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

Sandwich Bar  
**Wednesday**

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

**Vegetable Pie** *Seasonal Vegetables and Mixed Beans topped with Puff Pastry* V

**Roast Potatoes, New Potatoes, Broccoli, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Fresh Fruit or Cheese and Crackers**

**Early Years options:** Red Velvet Muffin or Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

**Jacket Potato Bar**

Available daily by pre order

Sandwich Bar  
**Thursday**

**Pizza Bar – Cheese and Tomato Pizza** V *with a Selection of toppings including Ham, Sliced Peppers V, Pineapple V, Mushrooms V, Sliced Onions V, Sweetcorn V*

**Diced Potatoes, Big Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Short Bread or Fruit Yoghurt**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

**eatwell**

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

Sandwich Bar  
**Friday**

**Battered Fish** *White fillet of Fish coated in a Light Batter or Salmon Fish Star MSC Salmon and Mash potato seasoned within a Crispy Crumb*

**Fishless Fingers** V

**Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Chocolate or Strawberry Swirl Mousse or Cheese and Crackers**

**Early Years options:** Apple and Raisin Muffin or Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

Fresh Fruit available daily. All items subject to availability.



Sandwich Bar  
**Monday**

**Beef Chili Taco's** *Farm Assured Minced Beef in a Chef's Mild Spiced Tomato Sauce served with a Taco Shell*

**Vegetable Chili** *Seasonal Vegetables and Mixed Beans in a Chef's Mild Spiced Tomato Sauce* V

**Boiled Rice, Garden Peas, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Vanilla Ice Cream or Cheese and Crackers**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

Sandwich Bar  
**Tuesday**

**Chicken Goujons** *Farm Assured Chicken coated in Golden Crumbs*

**Quorn Dunkers** V

**Diced Potatoes, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Carrot Cake or Fruit Yoghurt**

**Early Years options:** Carrot Cake or Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

Sandwich Bar  
**Wednesday**

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

**Vegetable Hot Pot** *Seasonal Vegetables and Mixed Beans in a Rich and Tasty Gravy topped with Sliced Potato* V

**Creamed Potato, Broccoli, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Fresh Fruit Salad or Cheese and Crackers**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

Sandwich Bar  
**Thursday**

**Jacket Potato Bar** *with a choice of fillings Cheese and Beans V, Beef Bolognese, Tuna Mayonnaise*

**Sweetcorn, Big Salad Selection, Wholemeal Bread and White Bread**

**Peach Yoghurt Cake and Custard or Fruit Yoghurt**

**Early Years options:** Peach Yoghurt or Cake and Custard or Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

**Chip Shop Friday**

**Jumbo Fish Finger** *White fillet of Fish coated in Breadcrumbs*

**Cheese and Potato Bake** *Creamed Potato and Cheddar Cheese topped with Sliced Tomato* V

**Chips, Couscous, Baked Beans, Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Banana Muffin or Cheese and Crackers**

**Early Years options:** Banana Muffin or Cheese and Crackers or Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

