

# 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.

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.



**THANK YOU**  
to our suppliers for their continued support and helping us with our special event days



## Free School Meals

### Did you know?

## Menu calendar

Week	Start Date	End Date
13 APR	13 APR	19 APR
20 APR	20 APR	26 APR
27 APR	27 APR	3 APR
4 MAY	4 MAY	10 MAY
11 MAY	11 MAY	17 MAY
18 MAY	18 MAY	24 MAY
25 MAY - HALF TERM	25 MAY	31 MAY
1 JUN	1 JUN	7 JUN
8 JUN	8 JUN	14 JUN
15 JUN	15 JUN	21 JUN
22 JUN	22 JUN	28 JUN
29 JUN	29 JUN	5 JUL
6 JUL	6 JUL	12 JUL
13 JUL	13 JUL	19 JUL
20 JUL	20 JUL	26 JUL
27 JUL	27 JUL	2 AUG
3 AUG	3 AUG	9 AUG
10 AUG	10 AUG	16 AUG
17 AUG	17 AUG	23 AUG
24 AUG	24 AUG	30 AUG
31 AUG	31 AUG	6 SEP
7 SEP	7 SEP	13 SEP
14 SEP	14 SEP	20 SEP
21 SEP	21 SEP	27 SEP
28 SEP	28 SEP	4 OCT
5 OCT	5 OCT	11 OCT
12 OCT	12 OCT	18 OCT
19 OCT	19 OCT	25 OCT
26 OCT - HALF TERM	26 OCT	31 OCT
1 NOV	1 NOV	7 NOV
8 NOV	8 NOV	14 NOV
15 NOV	15 NOV	21 NOV
22 NOV	22 NOV	28 NOV
29 NOV	29 NOV	5 DEC
6 DEC	6 DEC	12 DEC
13 DEC	13 DEC	19 DEC
20 DEC	20 DEC	26 DEC
27 DEC	27 DEC	2 JAN
28 DEC	28 DEC	3 JAN
29 DEC	29 DEC	4 JAN
30 DEC	30 DEC	5 JAN
31 DEC	31 DEC	6 JAN

Spring Term 2027  
Autumn Term 2026

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

**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 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 a year (after tax and not including any benefits you get) until 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

## All the good stuff

- 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.

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

Telford & Wrekin Co-operative Council | Protect, care and invest to create a better borough

# Let's Dine

## Primary School Menu

APRIL 2026 TO MARCH 2027



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

# Week 2

# Week 3

## Monday

**Pasta Bar** – a selection of Sauces for Pasta to include **Spicy Chicken, Herby Tomato With Mixed Beans V, Creamy Cheese Sauce V, Baked Beans V, Grated Cheese V**

Pasta

Seasonal Vegetable Selection, Seasonal Salad Selection, Garlic Bread

Shortbread Selection

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Wednesday

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

**Cheese, Leek and Potato Pie** Creamed Potato, Cheese and Leek in a Short Crust Pastry Flan **V**

Roast Potatoes, Creamed Potato, Broccoli, Carrots, Wholemeal Bread

Jelly with a Swirl of Cream

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Monday

**Sausages and Creamed Potato with Rich and Tasty Gravy Farm Assured Pork Sausages served with a Creamed Potato and Rich and Tasty Gravy**

**Vegetarian Sausage** Served with a Creamed Potato and Rich and Tasty Gravy **V**

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

Flapjack

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Thursday

**Chicken Curry Farm Assured Chicken with a Chef's Curry Sauce**

**Chickpea, Spinach, Lentil and Cauliflower Curry Vegetables, Chickpeas and Lentils in a Chef's Curry sauce V**

Rice, Garden Beans, Cauliflower, Seasonal Salad Selection, Pitta Bread

Swiss Crumble and Custard

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Monday

**Pizza Bar – Chicken, Cheese and Tomato Pizza with selection of toppings**

**Jacket Potato** Served with Mixed Bean In a Tomato Sauce and topped with Grated Cheese **V**

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

Dark Forest Brownie

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Thursday

**Sweet 'n' Sour Chicken Farm Assured Chicken in a Sweet and Sour Sauce**

**Sweet 'n' Sour Quorn Quorn in a Sweet and Sour Sauce V**

White Boiled Rice, Garden Beans, Cauliflower, Seasonal Salad Selection, Pitta Bread

Sponge Cake and Custard

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Tuesday

**Pizza Bar – Chicken, Cheese and Tomato Pizza with selection of toppings**

**Jacket Potato** served with Mixed Bean In a Tomato sauce and topped with Grated Cheese **V**

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

Iced Cupcake

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Thursday

**Big Breakfast – Pork Sausage and Scrambled Egg, Farm Assured Sausage**

**Vegetable Sausage Savoury, meat-free sausage V**

Hash Browns, Seasonal Vegetable Selection, Seasonal Salad Selection, Wholemeal Garlic Bread, Bread

Eves pudding and Custard

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Tuesday

**Chicken Nuggets** Chicken pieces coated in a light batter served with Tomato Sauce

**Roasted Vegetables and Pasta Bean Bake** Roasted Vegetables and Pasta Twists in a Rich Tomato Sauce and topped with Cheese **V**

Pasta Twists, Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Garlic Bread, Bread

Jelly with a Swirl of Cream

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers



eatwell

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

## Friday

**Battered Fillet of Fish White Fillet** Coated in a Light Batter or Salmon Stars

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

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

Vanilla Ice Cream

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Tuesday

**Gluten Free Pork Meatballs** with a Rich Tomato Sauce

**Roasted Vegetables Pasta Bake** Roasted Vegetables, Beans and Pasta Twists in a Rich Tomato Sauce and topped with Cheese **V**

Pasta, Button Mushrooms, Baked Beans, Chopped Tomatoes, Seasonal Salad Selection, Bread

Shortbread Selection

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Friday

**Battered Fillet of Fish White Fillet** Coated in a Light Batter or Jumbo Fish Finger

**Cauliflower and Broccoli Bake** Cauliflower and Broccoli in a Rich Cheese and Chickpea Sauce **V**

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

Vanilla Ice Cream

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Friday

**Battered Fillet of Fish White Fillet** Coated in a Light Batter or Jumbo Fish Finger

**Roasted Vegetables and Pasta Bean Bake** Roasted Vegetables and Pasta Twists in a Rich Tomato Sauce and topped with Cheese **V**

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

Vanilla Ice Cream

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

## Wednesday

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

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

Roast Potatoes, Creamed Potato, Broccoli, Baby Carrots, Bread

Iced Sponge Cake

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

Fresh Fruit available daily. All items subject to availability.

## Wednesday

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

**Cheese, Leek and Potato Pie** Creamed Potato, Cheese and Leek in a Short Crust Pastry Flan **V**

Roast Potatoes, Creamed Potato, Broccoli, Baby Carrots, Wholemeal Bread

Jelly with a Swirl of Cream

**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

**FUN FOOD FACT**

Ripe cranberries bounce like rubber balls.

**FUN FOOD FACT**

Broccoli contains more protein per calorie than steak, but you would have to eat a LOT more broccoli!