

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		
14 APR	WK 3		

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 a year (after tax and not including any benefits you get)
 - Universal Credit – your household income must be less than £7,400
- 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.

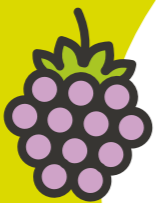
Yoghurt - supplied by Village Dairy, made from wholesome Welsh milk in the Vale of Clwyd, North Wales.

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

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.



- 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.



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

Week 2

Week 3

Monday

Pizza – Cheese and Tomato Pizza V topped Pizza with a Deep Crust Base – Ham, Pineapple V, Peppers V, Sweetcorn V

Diced Potatoes, Big Seasonal Salad Selection to include Potato Salad, Pasta Salad, Bread Selection

Shortbread

Tuesday

Jacket Potato Bar – Jacket Potato with a choice of filling Bolognese, Tuna, Cheese and Onion V, Cheese and Baked Beans V, Vegetable Curry V

Jacket Potato, Baked Beans, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection

Strawberry or Chocolate Mousse

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Shepherdess Pie Quorn Mince and Roasted Vegetables in a Tasty Gravy topped with Creamed Potato V

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

Chocolate Brownie

Thursday

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

Vegetarian Sausage, Free Range Scrambled Egg V

Potato Waffles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Naan Bread, Selection Bread

Fruit Jelly and Cream

Friday

Battered Fillet of Fish White Fillet coated in a light Batter or **Fish Finger** Fillet of Fish Coated in Crispy Breadcrumbs

Quorn Dippers V

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

Vanilla Ice Cream

Monday

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

Vegetable Pasta Bake Mixed Beans, Pasta and Roast Vegetables in a Rich Tomato Sauce V

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

Shortbread Biscuit Selection

Tuesday

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

Quorn Curry Quorn pieces in a Chef's Curry Sauce V

Boiled Rice, Broccoli, Carrots, Seasonal Salad Selection, Bread Selection

Chocolate Orange Muffin

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Shepherdess Pie Quorn Mince and Roasted Vegetables in a Tasty Gravy topped with Creamed Potato V

Roast Potatoes, Creamed Potato, Green Beans, Cauliflower, Broccoli, Bread Selection

Homemade Apple Crumble and Custard

Thursday

Beef Burger Farm Assured Beef Burger served in a Soft Burger Bun

Vegetable Burger V

Jacket Wedges, Sweetcorn, Carrots, Seasonal Salad Selection, Bread Selection

Fruity Flapjack

Friday

Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb or **Battered Fillet of Fish** White Fillet coated in a light Batter

Quorn Dunkers Quorn pieces coated in a light batter and oven baked V

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

Vanilla Ice Cream

Monday

Pork Sausage Roll served with a **Tasty Gravy** Farm Assured Pork Sausage encased in Puff Pastry

Vegetarian Sausage Roll served with a Tasty Gravy V

Creamed Potato, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection

Shortbread Selection

Tuesday

Pizza – Cheese and Tomato Pizza V topped Pizza with a Thin Crust Base – Ham, Pineapple V, Peppers V, Sweetcorn V

Jacket Potato Wedges, Sweetcorn, Broccoli, Big Seasonal Salad Selection, Bread Selection

Muffin Selection

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Oven Roasted Vegetables served in a Yorkshire Pudding and topped with Mature Cheese V

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

Chocolate Brownie

Thursday

Beef Bolognese Farm Assured Minced Beef in a Rich Tomato Sauce

Quorn Bolognese Minced Quorn in a Rich Tomato Sauce Sauce V

Pasta Twists, Sweetcorn, Seasonal Salad Selection, Bread Selection

Fruit Jelly

Friday

Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb or **Battered Fillet of Fish** White Fillet coated in a light Batter

Vegetable Enchiladas Mixed Beans and Roast Vegetables in a Rich Tomato Sauce V Ve

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

Iced Fruit Sponge and Custard



eatwell

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

FUN FOOD FACT

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

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

Sandwich Option
Cheese or Tuna sandwich packed lunch available

FUN FOOD FACT

RHUBARB GROWS SO QUICKLY THAT YOU CAN HEAR IT.