

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

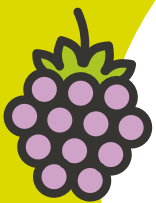
**Yoghurt** - supplied by Village Dairy, made from wholesome Welsh milk in the Vale of Clwyd, North Wales.

**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](http://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.



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

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

**Vegetable Sausage, Free Range Scrambled Egg** **V H**

**Hash Browns, Baked Beans, Chopped tomatoes, Mushrooms, Seasonal Salad Selection, Bread Selection**

**Iced Sponge**

## Tuesday

**Beef Bolognese** *Farm Assured Minced Beef cooked in a Rich Italian Tomato based Sauce*

**Cheese and Tomato Pizza** *Cheese and Tomato Pizzas on a Deep Crust Base with a Cheese Topping* **V H**

**Wholegrain Pasta, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread Selection**

**Selection of Shortbread**

## Wednesday

**Traditional Roast Pork with Apple Sauce** *Farm Assured Sliced Meat served with a Rich Roast Gravy*

**Vegetable Filo Pastry Parcels** *Roast Vegetables and Mixed Beans in a rich Gravy encased in Filo Pastry* **V H**

**Mashed Potato, Roast Potatoes, Baton Carrots, Broccoli and Cauliflower, Bread Selection**

**Oaty Flapjack**

## Thursday

**Handmade Breaded Chicken Dunkers** *Farm Assured Chicken coated in a Natural Breadcrumb served with BBQ Sauce*

**Cheese Pastry Puffs** *Puff pastry slice Filled with Cheese Mashed Potatoes and Sauted Onion* **V H**

**Rice, Baked Beans, Green Beans, Seasonal Salad Selection, Bread Selection**

**Strawberry Vanilla Mousse**

## Friday

**Chip Shop Friday** *Crispy Coated Fish or Sausage with Curry Sauce*

**Quorn Nuggets** *Individual Shaped Pattie coated in Crispy Batter* **V H**

**Chips, Baked Beans, Seasonal Salad Selection, Bread Selection**

**Cupcake**

**Sandwich Option**  
Packed lunch available  
by preorder

**FUN  
FOOD  
FACT**

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

# Week 2

## Monday

**Beef Bolognese Lasagne** *Farm Assured Minced Beef cooked in a Rich Italian Tomato based Sauce layered with Pasta and Cheese Sauce*

**Jacket Potato with Cheese and Beans** **V**

**Jacket Potato, Baked Beans, Seasonal Salad Selection, Bread Selection**

**Sweet Muffin**

## Tuesday

**Handmade Beef Burger or Chicken Burger** *Red Tractor beef Pattie or breaded Chicken in a Soft White Bap*

**Vegetarian Sausage** **V H**

**Wedges, Country Style Mixed Vegetables, Green Beans, Seasonal Salad Selection, Bread Selection**

**Sponge with Custard**

## Wednesday

**Traditional Roast Chicken** *with Seasoning Farm Assured Sliced Meat served with a Rich Roast Gravy*

**Cauliflower and Broccoli Bake** *Steamed Cauliflower and Broccoli in a creamy Cheese Sauce and topped with Grated Cheese* **V H**

**Mashed Potato, Roast Potatoes, Baton Carrots, Parsnips, Broccoli Florets, Bread Selection**

**Chocolate Fudge Cake**

## Thursday

**Meatballs** *Farm Assured Red Tractor Pork Meat Balls served in gravy or tomato sauce*

**Mixed Bean and Vegetable and Tomato** *Seasonal Vegetables and Tomatoes with a Trio of Beans in a Tomato Sauce and Pasta Twists baked with Mozzarella cheese* **V H**

**Spaghetti/Rice, Sweetcorn, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread Selection**

**Cookie Selection**



**eatwell**

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

## Friday

**Chip Shop Friday** *Crispy Coated Fish or Sausage With Curry Sauce*

**Stuffed Pepper** *A baked Pepper filled with wholemeal Rice and Sauted Vegetables topped with a savoury Cheese Crumb* **V H**

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

**Let's Dine Fresh from the Farm Ice Cream**

# Week 3

## Monday

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

**Vegetable Sausage, Free Range Scrambled Egg** **V H**

**Hash Browns, Baked Beans, Chopped Tomatoes, Mushrooms, Seasonal Salad Selection, Bread Selection**

**Selection of Shortbread**

## Tuesday

**Pizza Bar** *Selection of Toppings*

**Cheese and Tomato Pizza** *Cheese and Tomato Pizzas on a Deep Crust Base with a Cheese Topping* **V H**

**Potato Wedges, Baked Beans, Seasonal Salad Selection, Bread Selection**

**Chocolate Sponge and Chocolate Sauce**

## Wednesday

**Traditional Roast Beef with Yorkshire pudding** *Farm Assured Sliced Meat served with a Rich Roast Gravy*

**Cheese Flan** *Pastry Tart filled with a savoury Egg Custard with Cheese and Onion* **V H**

**Mashed Potato, Roast Potatoes, Baton Carrots, Broccoli and Cauliflower, Seasonal Salad Selection, Bread Selection**

**Seasonal Fruit Jelly topped with a Swirl of Cream**

## Thursday

**Chicken Curry** *Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce*

**Vegetable and Bean Pasta Bake** *Roasted Vegetables and Mixed Beans in a Tomato Sauce topped with a Savoury Crumb* **V H**

**Boiled Rice, Poppadums, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread Selection**

**Cookie Selection**

## Friday

**Chicken Nuggets** *Crispy Coated Chicken Nuggets or Pork Sausage or Salmon Fishcake* **H**

**Quorn Nuggets** *Individual Shaped Pattie coated in Crispy Batter* **V H**

**Chips, Cous Cous, Garden Peas, Seasonal Salad Selection, Bread Selection**

**Strawberry or Chocolate Mousse**

**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. •