

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.



Free School Meals

DID YOU KNOW?



Menu calendar

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

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 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 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)

All information correct at the time of going to print



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

Let's Dine Primary School Menu

April 2024 to
March 2025

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



DESIGNED
by the
children for
the children



Our menus

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.

Our Wallace and Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.



V Vegetarian
Ve Vegan
H Halal

A school where we **IGNITE** something inside children which will grow and flourish

Week 1



Week 2



Week 3



Sandwich Bar

Monday

Chicken Dunkers *Farm Assured Chicken*

Quorn Dunkers *Quorn pieces coated in a light Batter and baked* **V**

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

Selection of Mousse Desserts

Sandwich Bar

Wednesday

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

Tender Quorn Pieces in Gravy **V**

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Assorted Muffins

Sandwich Bar

Monday

Pork Sausages *Farm Assured*

Vegetarian Sausage **V**

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

Selection of Shortbread

Sandwich Bar

Thursday

Chili Beef with Taco

Quorn Chili **V**

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

Iced Sponge with Sprinkles

Sandwich Bar

Monday

Beef and Tomato Meatballs *served with a Sauce*

Quorn Meatballs *served with a Sauce* **V**

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Cookie Selection

Sandwich Bar

Thursday

Big Breakfast *Farm Assured Pork Sausage, Bacon*

Vegetarian Sausage **V**

Hash Browns, Mushrooms, Baked Beans, Plum Tomatoes, Seasonal Salad Selection, Bread

Chef's Choice of Dessert

Sandwich Bar

Tuesday

Pasta Day – Lasagne or Beef Bolognaise

Roasted Vegetable, Mixed Bean and Couscous Bake **V**

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Fudge Cake

Sandwich Bar

Thursday

Sausage Roll *Pork Sausage Meat encased in Puff Pastry*

Cheese Puffs *Grated Cheese and Creamed Potato encased in Puff Pastry* **V**

Magic Potato Windows, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chefs' Choice of Dessert

Sandwich Bar

Tuesday

Cheese and Tomato Pizza

Tomato Pasta Bake **V**

Magic Potato Windows, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Jelly

Sandwich Bar

Friday

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

Stuffed Peppers **V**

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

Chefs' Choice of Dessert

Sandwich Bar

Tuesday

Chicken in Tomato Sauce

Mac 'n' Cheese **V**

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Brownie

Sandwich Bar

Friday

Windmill Chippy Day – Fish or Sausage

Vegetarian Burger **V**

Chips, Couscous, Curry Sauce, Gravy, Baked Beans, Mushy Peas, Seasonal Salad Selection, Bread

Vanilla Ice Cream



Sandwich Bar

Friday

Salmon Fishcake or Jumbo Fish Finger *Fillet of Fish coated in Crispy Breadcrumbs or Battered Fillet of Fish White Fillet coated in a light Batter*

Stuffed Jacket Potato **V**

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

Vanilla Ice Cream

Sandwich Bar

Wednesday

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

Tender Quorn Fillet and Gravy **V**

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Sandwich Bar

Available daily by pre order

Sandwich Bar

Wednesday

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

Quorn Mince in a Roasted Pepper **V**

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Selection of Shortbread



FUN FOOD FACTS

Rhubarb grows so quickly that you can hear it.

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.

