

14 JUL	WK 3	17 NOV	WK 3	15 DEC	WK 1
7 JUL	WK 2	10 NOV	WK 2	8 DEC	WK 3
30 JUN	WK 1	3 NOV	WK 1	1 DEC	WK 2
23 JUN	WK 3	27 OCT - HALF TERM		24 NOV	WK 1
16 JUN	WK 2	20 OCT	WK 2		
9 JUN	WK 1	13 OCT	WK 1	16 FEB - HALF TERM	
2 JUN	WK 3	6 OCT	WK 3	9 FEB	WK 3
26 MAY - HALF TERM		29 SEPT	WK 2	2 FEB	WK 2
19 MAY	WK 1	22 SEPT	WK 1	26 JAN	WK 1
12 MAY	WK 3	15 SEPT	WK 3	19 JAN	WK 3
5 MAY	WK 2	8 SEPT	WK 2	12 JAN	WK 2
28 APR	WK 1	1 SEPT	WK 1	5 JAN	WK 1
Summer Term 2025		Autumn Term 2025		Spring Term 2026	

## 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. (This is currently being reviewed by department for education as this may be extended, but no decision has yet been made).
- 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)
- 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.

**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



Protect, care and invest to create a better borough

# Let's Dine

## Primary School Menu

APRIL

2025

TO

MARCH

2026

# Our menus



## All the good stuff

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

- 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.



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

## Monday

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

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

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

## Tuesday

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

Cheese and Tomato Pizza **V**

Spaghetti, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread

Golden Shortbread

## Wednesday

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

**Vegetarian Filo Pastry Parcel** Roasted Vegetables and Mixed Beans in a Gravy encased in Filo Pastry **V**

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

## Thursday

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

**Cheese Puff** Puff Pastry filled with Cheese, Creamed Potato and Onion **V**

Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Strawberry and Vanilla Swirl Mousse

## Friday

**Chip Shop Friday** – Battered Fish or Pork Sausage

Quorn Nuggets **V**

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

Chocolate Brownie

# Week 2

## Monday

**Beef Burger** Farm Assured Minced Beef Burger

Vegetarian Sausage **V**

Potato Wedges, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread

Selection of Muffins

## Tuesday

**Cottage Pie** Farm Assured Mince Beef in a Rich and tasty Gravy topped with Creamed Potato

**Cheese Puff** Puff Pastry filled with Cheese, Creamed Potato and Onion **V**

**Creamed Potato, Mixed Farmhouse Vegetables, Seasonal Salad Selection, Bread**

Sponge and Custard

## Wednesday

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

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

Roast Potatoes, Creamed Potato, Broccoli, Carrot Batons, Seasonal Salad Selection, Bread

Chocolate Fudge Cake

**Sandwich Option**  
Packed lunch available

## Thursday

**Meatballs** Gluten Free Pork Meatballs served in Gravy or Tomato Sauce

**Mixed Beans and Vegetable Pasta Bake** Seasonal Vegetables, Mixed Beans and Pasta Twists in a Tomato Sauce **V**

Spaghetti, Pasta, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread

Cookie Selection



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

## Friday

**Chip Shop Friday** – Battered Fish or Pork Sausage

**Stuffed Pepper** A baked Pepper filled with wholemeal Rice and Sautéed Vegetables topped with a Savoury Cheese Crumb **V**

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

Vanilla Ice Cream

# Week 3

## Monday

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

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

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

## Tuesday

**Beef Lasagne** Farm Assured Minced Beef, layered with Pasta Sheets and topped with a Chef's Bechamel Sauce

**Pizza Bar** Cheese and Tomato Pizza with a selection of Vegetarian toppings **V**

Potato Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Sponge and Chocolate Sauce

## Wednesday

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

Cheese Flan **V**

Roast Potatoes, Creamed Potato, Broccoli, Cauliflower, Carrot Batons, Seasonal Salad Selection, Bread

Jelly topped with a Swirl of Cream

## Thursday

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

**Vegetable Pasta Bake** Seasonal Vegetables, Mixed Beans and Pasta Twists in a Tomato Sauce **V**

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

Cookie Selection

## Friday

**Chicken Nuggets** Crispy coated Chicken Nuggets or **Pork Sausage** Farm Assured Pork Sausage or **Salmon Fishcake**

Quorn Nuggets **V**

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

Strawberry or Chocolate Mousse

**FUN FOOD FACT**

Potatoes were the first vegetable to be grown in space.

**FUN FOOD FACT**

A POMEGRANATE CAN HOLD UP TO 1400 SEEDS.

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