

12 DEC	WK 3	18 JUL	WK 1
5 DEC	WK 2	11 JUL	WK 3
28 NOV	WK 1	4 JUL	WK 2
21 NOV	WK 3	27 JUN	WK 1
14 NOV	WK 2	20 JUN	WK 3
7 NOV	WK 1	13 JUN	WK 2
31 OCT	WK 3	6 JUN	WK 1
24 OCT - HALF TERM		27 FEB	WK 3
17 OCT	WK 1	20 FEB - HALF TERM	
10 OCT	WK 3	13 FEB	WK 1
3 OCT	WK 2	6 FEB	WK 3
26 SEPT	WK 1	30 JAN	WK 2
19 SEPT	WK 3	23 JAN	WK 1
12 SEPT	WK 2	16 JAN	WK 3
5 SEPT	WK 1	9 JAN	WK 2
Autumn Term 2022		3 JAN	WK 1
Spring Term 2023			

Menu calendar

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 2023.

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 year (after tax and not including any benefits you get)
- 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

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



through the Eatwell Project.

are developed with children

Some of our menu choices

traceability of our food.

All of our suppliers ensure full

requirements, medical or cultural.

endeavour to cater for special dietary

and a Vegan option where possible. We

We offer a Vegetarian option as standard

We only use fresh Milk in our recipes.

We Oven Bake in preference to Frying.

You can pay in cash too!

Pay for your child's school meals at www.telford.gov.uk/payforit

School Meal Price

£2.45

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.

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 2022 to March 2023

V Vegetarian
Ve Vegan
H Halal

Week 1

Week 2

Week 3

Monday

Pork Sausages Farm Assured Pork Sausages or **Sausage** **H** served with Gravy or Tomato Sauce

Vegetarian Sausage **V**

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

Flapjack Selection

Tuesday

Homemade Burger or Homemade Halal Burger **H** Served with Mayonnaise & Tomato Ketchup

Vegetarian Burger **V**

Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Soft White Bread Roll

Bakewell Muffins



Wednesday

Traditional Roast with a Rich & Tasty Gravy Farm Assured Sliced meat or **Roast Chicken** **H**

Oven Roasted Vegetables Served in a Yorkshire Pudding with Vegetables & Mixed Beans **V**

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

Iced Sponge

Thursday

Chicken Enchilada's Farm Assured Chicken in a Floured Wrap with Tomato Sauce & topped with Cheese or **Chicken Enchilada's** **H**

Vegetable Enchilada's Seasonal Vegetables & Mixed Beans in a Floured Wrap with Tomato Sauce & topped with Cheese **V H**

Jacket Wedges, Savoury Rice, Big Salad Bar, Homemade Bread Selection

Jelly with a Swirl of Cream

Friday

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

Pasta Neapolitan Roasted Seasonal Vegetables & Pasta in a Tomato based Sauce **V H**

Chips, Mixed Pepper Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Monday

Pizza Bar Selection of Topped Pizzas with a Thin & Crispy Base including Ham, Cheese & Tomato, Vegetable **V H**

Diced Potatoes, Baked Beans, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Shortbread & Custard

Tuesday

Hot Dog Farm Assured Pork Sausage or **Halal Sausage** **H** served with a Soft Finger Roll & Ketchup

Vegetarian Sausage served with a Soft Finger Roll & Ketchup **V**

Mini Waffles, Seasonal Vegetable Selection, Seasonal Salad Selection, Soft Bread Roll

Fresh Fruit

Wednesday

Traditional Roast with a Rich & Tasty Gravy Farm Assured Sliced meat or **Roast Chicken** **H**

Oven Roasted Vegetables Served in a Yorkshire Pudding & topped with Mature Cheese **V**

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

Let's Dine Fresh from the Farm Ice Cream



Sandwich Bar

Available daily by pre order

Thursday

Chicken & Bacon Tri Colour Pasta Bake or Chicken & Sweetcorn Pasta Bake **H**

Vegetable Pasta Bake **V**

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Garlic Bread

Jam filled Danish Pastry



eatwell

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

Friday

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

Cheese & Potato Bake Creamed Potato & Mature Cheese topped with Tomatoes **V**

Chips, Lemon & Sultana Couscous, Baked Beans, Garden Peas, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Chocolate Brownie

Monday

Pork Meatballs Farm Assured Pork Meatballs served with a Rich & Tasty Tomato Sauce or Gravy or Halal Meatballs **H**

Pasta Neapolitan Seasonal Vegetables in a Rich Tomato Sauce Topped with Cheese **V**

Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Garlic Bread

Tiger Sponge & Custard

Tuesday

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

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

Potato Waffles, Mushrooms, Plum Tomatoes, Baked Beans, Homemade Bread Selection

Jelly with a Swirl of Cream

Wednesday

Traditional Roast with a Rich & Tasty Gravy Farm Assured Sliced meat or **Roast Chicken** **H**

Vegetable & Bean Parcel Seasonal Roasted Vegetables & Mixed Beans encased in Puff Pastry **V**

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

Let's Dine Fresh from the Farm Ice Cream

Thursday

Jacket Potato fillings to include Grated Cheese **H V**, Baked Beans **H V**, Tuna Mayonnaise **H**

Big Salad Bar to Include Pasta Salad, Rice Salad, Couscous, Coleslaw, Beetroot, Seasonal Salad Selection, Homemade Bread Selection

Sticky Toffee Pudding & Custard

Chip Shop Friday

Build your own Fish Burger - Fish Finger **H** Fillet of Fish Coated in a Crispy Breadcrumb or Salmon Fishcake **H**

Cheese Puff Creamed Potato & Cheese encased in Puff Pastry **V**

Chips, Savoury Rice, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Raspberry Buns

FUN FOOD FACTS

Egg yolk and the whites have the same amount of protein! So while we traditionally associate egg whites with protein, they don't really have an advantage over their yellow counterpart.

FUN FOOD FACTS

Avocados are fruit! Avocados are classified as a berry with a large seed. In Spain and Mexico, avocados are called "alligator pears" due to their shape and bumpy, green skin.

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