

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

## 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 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

# 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.



Telford & Wrekin  
Co-operative Council

Protect, care and invest  
to create a better borough

# Let's Dine

# Primary School

# Menu

Designed by the School Council

April 2024 to March 2025

# Our menus

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

- All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 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.
- Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- 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 Wallace and Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.

through the Eatwell Project.

are developed with children

Some of our menu choices

All of our suppliers ensure full traceability of our Food.

We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.

We Oven Bake in preference to Frying.

V Vegetarian  
Ve Vegan  
H Halal

# PLANTING THE SEEDS, GROWING THE FUTURE

## Week 1

## Week 2

## Week 3

Sandwich Bar

### Monday

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

**Quorn Balls** *served in a Rich Tomato Sauce or Gravy* V

**Boiled Rice, Spaghetti, Sweetcorn, Green Beans, Seasonal Salad Selection, Bread Selection**

**Farm Ice Cream**

Sandwich Bar

### Tuesday

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

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

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

**Homemade Muffin Selection**

Sandwich Bar

### Wednesday

**Traditional Roast with a Rich and Tasty Gravy** *Farm Assured Sliced Meat*

**Savoury Vegetable and Cheese Puff** *Seasonal Vegetables in a creamy cheese sauce encased in Puff Pastry* V

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

**Homemade Shortbread**

Sandwich Bar

### Thursday

**Beef Burger in a Soft Bap**

**Vegetable Burger in a Soft Bap** V

**Herby Diced Potatoes, Mushy Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection**

**Homemade Iced Sponge and Custard**

Sandwich Bar

### Friday

**Battered Fillet of Fish** *White Fillet coated in a light Batter or Salmon Fishcake*

**Pasta Neapolitan** *Pasta Twists in a Rich Tomato Sauce topped with Grated Cheese* V

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

**Homemade Red Velvet Cake**



Sandwich Bar

### Monday

**Build your own pizza – Cheese and Tomato Pizza** *Cheese topped Pizza then add your own topping including Ham, Peppers, Pineapple*

**Build your own pizza** *Cheese and Tomato Pizza* V

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

**Oaty Flapjack**

Sandwich Bar

### Tuesday

**Chicken Nuggets** *Chicken pieces coated in a light batter served with BBQ or sweet 'n' sour sauce*

**Quorn Dunkers** *Why not try a pitta pocket with your Nuggets* V

**Pasta Twists, Sweetcorn, Broccoli, Seasonal Salad Selection, Bread Selection**

**Homemade Muffin Selection**

Sandwich Bar

### Wednesday

**Toad in the Hole** *Pork sausage Served in a Yorkshire Pudding with a Rich and Tasty Gravy*

**No Meat Toad in the Hole** *No meat sausage Served in a Yorkshire Pudding with a Rich and Tasty Gravy* V

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

**Golden Shortbread**

Sandwich Bar

### Thursday

**Chicken Curry** *Farm Assured Diced Chicken in a Chef's Curry Sauce or Beef Chilli* *Farm Assured Minced Beef in a Rich and Spicy Tomato Sauce encased in a Wrap*

**Vegetable and Quorn Curry** *Seasonal Vegetables and Quorn in a mild Curry sauce* V

**Boiled Rice, Jacket Potato, Carrots, Sweetcorn, Seasonal Salad Selection, Bread Selection**

**Farm Ice Cream**



**eatwell**

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

Sandwich Bar

### Friday

**Battered Fillet of Fish** *White Fillet coated in a light Batter or Salmon Fishcake*

**Cheese Pasty** *Creamed Potato and Mature Cheese encased in Puff Pastry* V

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

**Fruit Jelly with a Swirl of Cream**

Sandwich Bar

### Monday

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

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

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

**Farm Ice Cream**

Sandwich Bar

### Tuesday

**Hunters Chicken BBQ Bake** *Farm Assured Diced chicken in BBQ Sauce topped with Cheese*

**Vegetarian Enchilada** *Roasted Vegetables in a Tomato Sauce wrapped in a flour Tortilla and topped with Cheese* V

**Jacket Potato, Jacket Wedges, Carrots, Garden Peas, Seasonal Salad Selection, Bread Selection**

**Homemade Fruit Flapjack**

Sandwich Bar

### Wednesday

**Traditional Roast with a Rich and Tasty Gravy** *Farm Assured Sliced Meat*

**Vegetarian Quorn Fillet with a Rich Tasty Gravy** V

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

**Golden Shortbread**

Sandwich Bar

### Thursday

**Beef Bolognese** *Farm Assured Minced Beef in a Rich Tomato Sauce*

**No Meat Bolognese** *Seasonal Vegetables and Quorn Mince cooked in a Rich Italian Tomato based Sauce*

**Pasta Twists or Boiled Rice, Green Beans, Sweetcorn, Seasonal Salad Selection, Garlic Bread**

**Cookie selection**

### Chip Shop Friday

**Battered Fillet of Fish** *White Fillet coated in a light Batter or Salmon Fishcake*

**Mac and Cheese Bake** *Macaroni Pasta in a Creamy Cheese Sauce* V

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

**Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse**

Sandwich Bar

Chips Fish

### Sandwich Bar

Available daily by preorder

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