

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

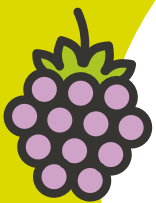
**Yoghurt** - supplied by Village Dairy, made from wholesome Welsh milk in the Vale of Clwyd, North Wales.

**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)



Protect, care and invest to create a better borough

## Let's Dine

# Primary School Menu

APRIL

2024

to

MARCH

2025



V

Ve

H

Vegetarian

Vegan

Halal

Week

1

Week

2

Week

3

<div><div>Monday</div><div><div>Pizza Bar</div><div>Selection of Topped Pizzas with a Deep Crust Base</div></div><div><div>Vegetarian Burger</div><div>served in a Soft Roll <b>V</b></div></div><div><div>Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread</div></div><div><div>Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse</div></div></div>	<div><div>Wednesday</div><div><div>Traditional Roast with Rich and Tasty Gravy</div><div>Farm Assured Sliced Meat</div></div><div><div>Tender Quorn Fillet with a Tasty Gravy <b>V</b></div></div><div><div>Roasted Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread</div></div><div><div>Fruit Crumble with Custard</div></div></div>	<div><div>Monday</div><div><div>Pizza Bar</div><div>Selection of Topped Pizzas with a Deep Crust Base including Cheese and Tomato <b>V</b>, Ham and Pineapple, Diced Peppers <b>V</b></div></div><div><div>Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread</div></div><div><div>Chocolate Crunch and Sauce</div></div></div>	<div><div>Thursday</div><div><div>Toad in the Hole</div><div>Farm Assured Pork Sausage with a Yorkshire Pudding and Gravy</div></div><div><div>Vegetarian Toad in the Hole <b>V</b></div></div><div><div>Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread</div></div><div><div>Muffin Selection</div></div></div>	<div><div>Monday</div><div><div>Chicken Dunkers</div><div>Farm Assured Chicken</div></div><div><div>Quorn Dunkers</div><div>Quorn pieces coated in a light batter and baked <b>V</b></div></div><div><div>Pasta Twists, Diced Potatoes, Golden Sweetcorn, Seasonal Salad Selection, Bread</div></div><div><div>Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse</div></div></div>	<div><div>Thursday</div><div><div>Big Breakfast</div><div>Farm Assured Pork Sausage, Bacon, Free Range Scrambled Egg</div></div><div><div>Vegetarian Sausage, Free Range Scrambled Egg <b>V</b></div></div><div><div>Potato Waffles, Baked Beans, Chopped Tomatoes, Mushrooms, Seasonal Salad Selection, Bread</div></div><div><div>Cookie Selection</div></div></div>
<div><div>Tuesday</div><div><div>Sausage Roll</div><div>Sausage encased in Puff Pastry</div></div><div><div>Mixed Bean and Vegetable Hotpot</div><div>Seasonal Vegetables and Mixed Beans topped with Sliced Potato <b>V</b></div></div><div><div>Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread</div></div><div><div>Chocolate Sponge and Custard</div></div></div>	<div><div>Thursday</div><div><div>Big Breakfast</div><div>Farm Assured Pork Sausage, Bacon, Free Range Scrambled Egg</div></div><div><div>Vegetarian Sausage, Free Range Scrambled Egg <b>V</b></div></div><div><div>Hash Browns, Baked Beans, Mushrooms, Plum Tomatoes, Seasonal Salad Selection, Bread</div></div><div><div>Iced Muffin</div></div></div>	<div><div>Tuesday</div><div><div>Handmade Beef Burger</div><div>Farm Assured Minced Beef</div></div><div><div>Quorn Dunkers</div><div>Quorn pieces coated in a light batter and baked <b>V</b></div></div><div><div>Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread</div></div><div><div>Rice Crispy Cakes</div></div></div>	<div><div>eatwell</div><div>The Eatwell project supports the Let's Dine ethos by cooking healthy, simple ingredients with the children.</div></div>	<div><div>Tuesday</div><div><div>Gluten Free Meatballs with Gravy</div></div><div><div>Vegetarian Sausage Roll <b>V</b></div></div><div><div>Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread</div></div><div><div>Jam Sponge and Custard</div></div></div>	<div><div>Friday</div><div><div>Jumbo Fish Finger</div><div>Fillet of Fish coated in a Crispy Breadcrumb or Battered Fillet of Fish White Fillet coated in a light batter</div></div><div><div>Cheese Puff</div><div>Creamed Potato with Cheese encased in Puff Pastry <b>V</b></div></div><div><div>Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread</div></div><div><div>Vanilla Ice Cream</div></div></div>
<div><div>Friday</div><div><div>Battered Fillet of Fish</div><div>White Fillet coated in a light batter or Jumbo Fish Finger or Fish Cake</div></div><div><div>Cheese Puff</div><div>Creamed Potato with Cheese encased in Puff Pastry <b>V</b></div></div><div><div>Chips, Couscous, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread</div></div><div><div>Vanilla Ice Cream</div></div></div>	<div><div>Wednesday</div><div><div>Traditional Roast with Rich and Tasty Gravy</div><div>Farm Assured Sliced Meat</div></div><div><div>Shepherdess Pie</div><div>Quorn Mince with Seasonal Vegetables and Lentils in a Rich Tasty Gravy topped with Creamed Potato <b>V</b></div></div><div><div>Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread</div></div><div><div>Fruit Crumble and Custard</div></div></div>	<div><div>Friday</div><div><div>Jumbo Fish Finger</div><div>Fillet of Fish coated in a Crispy Breadcrumb or Battered Fillet of Fish White Fillet coated in a light batter or Fish Cake</div></div><div><div>Mac and Cheese</div><div>Tender Macaroni Pasta in a Chef's Creamy Cheese Sauce <b>V</b></div></div><div><div>Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread</div></div><div><div>Vanilla Ice Cream</div></div></div>	<div><div>Wednesday</div><div><div>Traditional Roast with Rich and Tasty Gravy</div><div>Farm Assured Sliced Meat</div></div><div><div>Oven Roasted Vegetables and Mixed Beans</div><div>Served in a Yorkshire Pudding <b>V</b></div></div><div><div>Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread</div></div><div><div>Fruit Crumble and Custard</div></div></div>		

FUN FOOD FACT

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

Sandwich Option

Packed lunch available by preorder

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.