

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)

- 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.



Protect, care and invest to create a better borough

## Let's Dine

# Primary School Menu

APRIL

2024

to

MARCH

2025

V Vegetarian  
Ve Vegan  
H Halal

# Week 1

## Monday

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

**Vegetarian Curry** *Seasonal Vegetables and Lentils in a Chef's Curry Sauce* V

**Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Vanilla Ice Cream**

## Wednesday

**Beef Bolognaise** *Farm Assured Minced Beef cooked in a Chef's Rich Tomato Sauce*

**Margherita Pizza** V

**Pasta, Mini Jacket Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Cookie Selection**

## Tuesday

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

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

**Hash Browns, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Chocolate Brownie**

## Thursday

**Toad in the Hole** *Farm Assured Pork Sausage with Gravy and Yorkshire Pudding*

**Quorn Nuggets** *Quorn pieces coated in a light batter and baked* V

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

**Cheesecake or Shortbread**

## Friday

**Battered Fillet of Fish** *White Fillet coated in a light batter or Jumbo Fish Finger*

**Cheese Pastie** *Cheese and Creamed Potato encased in Puff Pastry* V

**Chips, Couscous, Seasonal Salad Selection, Bread**

**Muffin Selection**

# Week 2

## Monday

**Sausage Roll** *Pork Sausage Meat encased in Puff Pastry*

**Vegetarian Roll** V

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

**Vanilla Ice Cream**

## Tuesday

**Wrap Day** – *selection of filled wraps, Ham, Tuna, Cheese* V, **Chicken**

**Pasta, Smiley Faces, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Brownies**

## Wednesday

**Cottage Pie** *Farm Assured Minced Beef and Gravy topped with Creamed Potato or Fish Cake*

**Macaroni Cheese** *Pasta with a Chef's Creamy Cheese Sauce* V

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

**Shortbread**

## Thursday

**Chicken Dunkers** *Farm Assured Chicken in Natural Breadcrumbs*

**Quorn Nuggets** *Quorn pieces coated in a light batter and baked* V

**Sliced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Iced Sponge**



**eatwell**

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

## Friday

**Beef Burger** *Farm Assured Minced Beef Pattie or Pork Sausage in a Soft Roll*

**Pasta Bake** V

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

**Biscuit Selection**

# Week 3

## Monday

**Pizza Day** – *a choice of Hawaiian or Margherita* V

**Pasta, Big Seasonal Salad Selection, Bread**

**Vanilla Ice Cream**

## Tuesday

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

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

**Smiley Faces, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Iced Sponge**

## Wednesday

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

**Roasted Vegetable Parcel** V

**Roast Potatoes, Boiled Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Jelly or Shortbread**

## Thursday

**Pork Meatballs** *served with Tomato Sauce or Gravy*

**Quorn Nuggets** *Quorn pieces coated in a light batter and baked* V

**Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Flapjack**

## Friday

**Battered Fillet of Fish** *White Fillet coated in a light batter or Jumbo Fish Finger*

**Cheese Pastie** *Cheese and Creamed Potato encased in Puff Pastry* V

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

**Muffin Selection**

**FUN FOOD FACT**

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

**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.