

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

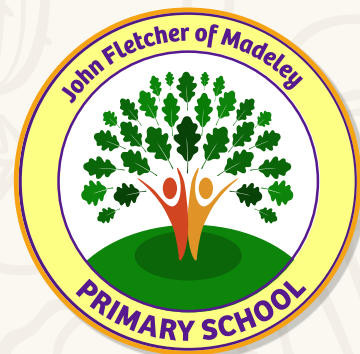


Protect, care and invest
to create a better borough

Let's Dine Primary School Menu

April 2024 to
March 2025

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

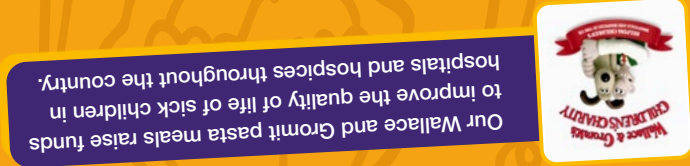


Our menus



- 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, altered 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.



Our Wallace and Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.

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 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

Menu calendar

Summer Term 2024		Autumn Term 2024		Spring Term 2025	
8 APR	WK 1	2 SEPT	WK 1	6 JAN	WK 1
15 APR	WK 2	9 SEPT	WK 2	13 JAN	WK 2
22 APR	WK 3	16 SEPT	WK 3	20 JAN	WK 3
29 APR	WK 1	23 SEPT	WK 1	27 JAN	WK 1
6 MAY	WK 2	30 SEPT	WK 2	3 FEB	WK 2
13 MAY	WK 3	7 OCT	WK 3	10 FEB	WK 3
20 MAY	WK 1	14 OCT	WK 1	17 FEB - HALF TERM	
27 MAY - HALF TERM		21 OCT	WK 2	24 FEB	WK 2
3 JUN	WK 3	28 OCT - HALF TERM		3 MAR	WK 3
10 JUN	WK 1	4 NOV	WK 1	10 MAR	WK 1
17 JUN	WK 2	11 NOV	WK 2	17 MAR	WK 2
24 JUN	WK 3	18 NOV	WK 3	24 MAR	WK 3
1 JUL	WK 1	25 NOV	WK 1	31 MAR	WK 1
8 JUL	WK 2	2 DEC	WK 2	7 APR	WK 2
15 JUL	WK 3	9 DEC	WK 3		
		16 DEC	WK 1		

www.telford.gov.uk/freeschoolmeals

V Vegetarian
Ve Vegan
H Halal

1968-2018

Whatever you do,

work at it with all your heart

Week 1

Week 2

Week 3

Sandwich Bar

Monday

Pork Meatballs served with a Rich Gravy

Quorn Balls served with a Tasty Gravy **V**

Pasta Twists, Carrots, Garden Peas, Seasonal Salad Selection, Bread Selection

Chocolate and Vanilla Swirl Mousse

Sandwich Bar

Tuesday

Chicken Pieces served in a Sweet and Sour Sauce

Quorn Pieces Served in a Sweet and Sour Sauce **V**

Boiled Rice, Green Beans, Cauliflower, Seasonal Salad Selection, Bread Selection

Fruit Jelly with a Swirl of Cream

Sandwich Bar

Wednesday

Roast of the Day Farm Assured Sliced Meat

Vegetable and Bean Bake Seasonal Vegetables and Mixed Beans Pasta Baked in a Rich Tomato Sauce **V**

Roast Potatoes, Creamed Potatoes, Broccoli, Carrots, Seasonal Salad Selection, Bread Selection

Arctic Roll

Sandwich Bar

Thursday

Beef Burger served with Onions in a Soft Roll

Vegetable Burger served with Onions in a Soft Roll

Potato Wedges, Sweetcorn, Green Beans, Seasonal Salad Selection, Bread Selection

Chocolate Sponge and Custard

Sandwich Bar

Friday

Jumbo Fish Finger White fillet of Fish coated in Breadcrumbs

Macaroni Cheese **V**

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

Cookie Selection

Sandwich Bar

Monday

Beef Bolognese Farm Assured Minced Beef in a Rich Tomato Sauce

Vegetarian Bolognese **V**

Pasta Twists, Garden Peas, Carrots, Seasonal Salad Selection, Garlic Bread

Arctic Roll

Sandwich Bar

Tuesday

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

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

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

Selection of Muffins – Cherry, Chocolate, Lemon

Sandwich Bar

Wednesday

Roast of the Day Farm Assured Sliced Meat served with a Tasty Gravy

Vegetable and Mixed Bean Crumble **V Ve**

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

Iced Sponge Cake or Rice Pudding

Sandwich Bar

Available daily by pre order

Jacket Potato Bar

Available daily by pre order

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

Sandwich Bar

Thursday

Chicken Tikka Curry

Quorn Tikka Curry **V Ve**

Boiled Rice, Sweetcorn, Farmhouse Mixed Vegetables, Seasonal Salad Selection, Bread

Fruit Crumble and Custard



Sandwich Bar

Friday

Battered fillet of Fish White fillet of Fish coated in a Light Batter

Vegetarian Fingers **V**

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

Fruit Topped Cheesecake

Sandwich Bar

Monday

Mild Beef Chilli Farm Assured Minced Beef in a Rich and Mild Chili Sauce

Vegetable and Bean Mild Chili Seasonal Vegetables and Mixed Beans in a Mild Chili Sauce **V**

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

Arctic Roll

Sandwich Bar

Tuesday

Chicken Strips Farm Assured Chicken with a Sweet and Sour Sauce

Quorn Nuggets served with a Sweet and Sour Sauce **V**

Baby New Potatoes, Green Beans, Sweetcorn, Seasonal Salad Selection, Bread Selection

Chocolate Brownie

Sandwich Bar

Wednesday

Pork Sausage Farm Assured Pork Sausage served with a Tasty Gravy

Vegetable Sausage **V**

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

Eves Pudding and Custard

Sandwich Bar

Thursday

Beef Lasagne Farm Assured Minced Beef in a Rich Tomato Sauce

Vegetarian Lasagne Seasonal Vegetables in a Rich Tomato Sauce **V**

Sweetcorn, Farmhouse Vegetables, Seasonal Salad Selection, Garlic Bread, Bread Selection

Selection of Cookies

Chip Shop Friday

Jumbo Fish Finger White fillet of Fish coated in Breadcrumbs or Fishcake

Cheese and Potato Bake Creamed Potato, Grated Cheese topped with Sliced Tomato **V**

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

Chocolate and Vanilla Swirl Mousse

Sandwich Bar

Chips Fish

FUN FOOD FACTS

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

FUN FOOD FACTS

Rhubarb grows so quickly that you can hear it.

