

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

## Menu calendar

# Free School Meals

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 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.



- Some of our menu choices are developed with children through the Eatwell Project.
- 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 only use Fresh Milk in our recipes.
  - 8 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
  - 9 All of our suppliers ensure full traceability of our Food.
  - 10 Some of our menu choices are developed with children through the Eatwell Project.

# Our menus

# Let's Dine

## Primary School Menu

April 2022 to March 2023

V Vegetarian  
Ve Vegan  
H Halal

# Week 1

# Week 2

# Week 3

## Monday

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

**Vegetarian Bolognaise** Seasonal Vegetables & Mixed Beans in a Rich Tomato Sauce **V Ve**

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

Homemade Muffin selection including Fruit, Cherry & Chocolate Orange

## Tuesday

**Chicken Nuggets** Battered Chicken Fillets oven baked served with **BBQ Sauce**, Sweet & Sour Sauce, Red Sauce

**Quorn Dippers** Quorn pieces coated in a light batter & baked **V**

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

Homemade Jam & Coconut Sponge with Custard



### 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.

## Wednesday

**Traditional Roast with Rich & Tasty Gravy** Farm Assured Meat

**Roasted Vegetable & Mixed Bean Tart** Seasonal Vegetables, Mixed Peppers & Cheese Baked in a Shortcrust Pastry Case **V**

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

Let's Dine Fresh From the Farm Ice Cream

## Thursday

**Pork Sausage** Farm Assured Pork Sausage served with Tasty Gravy

**Vegetarian Sausage** served with Tasty Gravy **V**

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

Homemade Cookie Selection

## Friday

**Fish Finger** Fillets of Fish Coated in a Crispy Breadcrumb or Battered Fillet of Fish White Fillets coated in a light batter

**Vegetable & Bean Chilli** Seasonal Vegetables, Mushrooms, Peppers & Mixed Beans in a Mild Chilli Sauce **V Ve**

**Chips or Couscous**, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Fruit Jelly with a Swirl of Cream

## Monday

**Beef & Tomato Meatballs** Farm Assured Beef Meatballs served with a Rich Tomato Sauce

**Vegetarian Meatless Balls** served in a Rich Tomato Sauce **V**

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

Homemade Flapjack Selection

## Tuesday

**Chicken Curry** Tender pieces of farm Assured Chicken in a Chefs Curry Sauce or Chicken in Tomato & Basil Sauce

**Vegetable Curry** Mixed Beans & Vegetables in a Chef's Sauce **V**

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

Homemade Iced Lemon Sponge

## Wednesday

**Traditional Roast with Rich & Tasty Gravy** Farm Assured Meat

**Stuffed Peppers** Roasted Pepper filled with Seasonal Vegetables & Rice with a Cheese & Crumb Top **V**

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

Let's Dine Fresh from the Farm Ice Cream

## Thursday

**Hot Dog** Farm Assured Pork Sausage with Onions or **Beef Burger** Farm Assured Beef Burger with Onions

**Vegetable Dog** Vegetarian Sausage with Onions **V**

**Jacket Wedges**, Seasonal Vegetable Selection, Seasonal Salad Selection, Finger Roll or Soft Burger Bap

Homemade Fruit Crumble & Custard



**eatwell**

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

## Friday

**Battered Fish Fillet** White Fillet coated in a light Batter or **Fish Cake**

**Pasta & Bean Neapolitan** Pasta & Mixed Beans served in a Tomato Sauce topped with Cheese **V**

**Chips or Creamed Potatoes**, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Strawberry Mousse

## Monday

**Pork Sausage** Farm Assured Pork Sausage served with a Tasty Gravy

**Vegetable Sausage & Tasty Gravy** **V**

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

Homemade Short Bread Selection

## Tuesday

**Lasagne** Farm Assured Minced Beef topped with Lasagne Sheets & a Chef's white Sauce

**Macaroni Cheese** Macaroni Pasta in a Chef's Cheese Sauce topped with Sliced Tomato's **V**

**Seasonal Vegetable Selection**, Seasonal Salad Selection, Homemade Chunky Garlic

Homemade Apple Danish

## Wednesday

**Traditional Roast With Rich & Tasty Gravy** Farm Assured Meat

**Shepherdess Cottage pie** Topped with Sweet Potato Mash **V**

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

Chocolate Mousse

## Thursday

**BBQ Chicken** Tender pieces of Farm Assured Chicken in a Chef's BBQ Sauce

**Vegetable & Bean Stew** Seasonal Vegetables, Mixed Beans & Lentils in a Tasty Gravy **V Ve**

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

Homemade Eve's Pudding & Custard

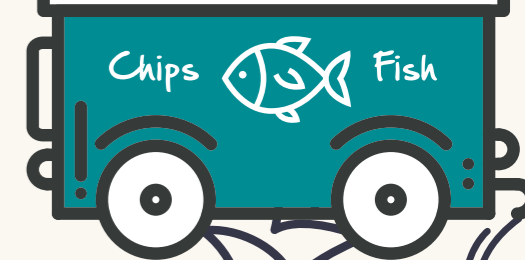
### Chip Shop Friday

**Fish Finger** Fillets of Fish Coated in a Crispy Breadcrumb or Battered Fillet of Fish White Fillets coated in a light batter

**Vegetarian Fingers** **V**

**Chips or Boiled Potatoes**, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Homemade Iced Sponge



### 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.