

Spring Term 2026		Autumn Term 2025		Summer Term 2025	
5 JAN	WK 1	1 SEPT	WK 1	28 APR	WK 1
12 JAN	WK 2	8 SEPT	WK 2	5 MAY	WK 2
19 JAN	WK 3	15 SEPT	WK 3	12 MAY	WK 3
26 JAN	WK 1	22 SEPT	WK 1	19 MAY	WK 1
2 FEB	WK 2	29 SEPT	WK 2	26 MAY - HALF TERM	
9 FEB	WK 3	6 OCT	WK 3	2 JUN	WK 3
16 FEB - HALF TERM		13 OCT	WK 1	9 JUN	WK 1
23 FEB	WK 2	20 OCT	WK 2	16 JUN	WK 2
2 MAR	WK 3	27 OCT - HALF TERM		23 JUN	WK 3
9 MAR	WK 1	3 NOV	WK 1	30 JUN	WK 1
16 MAR	WK 2	10 NOV	WK 2	7 JUL	WK 2
23 MAR	WK 3	17 NOV	WK 3	14 JUL	WK 3
30 JUN	WK 1	24 NOV	WK 1	31 MAR	WK 1
7 JUL	WK 2	1 DEC	WK 2	7 APR	WK 2
14 JUL	WK 3	8 DEC	WK 3	14 APR	WK 3
		15 DEC	WK 1	21 APR	WK 1

## Menu calendar

**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. (This is currently being reviewed by department for education as this may be extended, but no decision has yet been made). 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

# Free School Meals

## DID YOU KNOW?

# Let's Dine

## Primary School Menu

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

# Our menus

- 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 biodiesel 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.

# 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

April 2025 to March 2026

V Vegetarian  
 Ve Vegan  
 H Halal

# Making Meadows Magnificent

## Week 1

## Week 2

## Week 3

### Sandwich Bar Monday

**Cheese and Tomato Pizza** *Thin and Crispy base with a selection of toppings*

**Vegetable Pasta Bake** V

New Potatoes, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

### Sandwich Bar Thursday

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

**Vegetarian Roll** V

Herby Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit topped Cheesecake

### Sandwich Bar Friday

Fish Fingers or Fish Cake

**Fishless Finger** V

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

Vanilla Ice Cream

### Sandwich Bar Tuesday

**Chicken Dippers** *served with BBQ or Curry Sauce*

**Quorn Dunkers** *served with BBQ or Curry Sauce* V

Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit Jelly

### Sandwich Bar Wednesday

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

**Seasonal Vegetable and Mixed Bean filled Yorkshire Pudding** V

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Sponge and Custard

### Sandwich Bar Monday

**Burger Bar – Handmade Beef Burger** *Farm Assured Minced Beef Burger*

**Vegetarian Burger** V

Potato Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit Salad

### Sandwich Bar Tuesday

**Taco Tuesday – Beef Chili Taco** *Farm Assured Minced Beef*

**Pulled Quorn Taco** V

Mixed Rice, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Vanilla Ice Cream

### Sandwich Bar Wednesday

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

**Roasted Vegetable Parcel** V

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Biscuit Selection

### Sandwich Bar Thursday

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

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

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

Jelly and Cream



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

### Sandwich Bar Friday

**Battered Fish** *White fillet of fish coated in a light batter or Fish Fingers*

**Fishless Fingers** V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Crunch

### Sandwich Bar Monday

**Cheese and Tomato Pizza** *Thin and Crispy base with a selection of toppings* V

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

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

### Sandwich Bar Tuesday

**Pork Sausage and Gravy** *Farm Assured Pork Sausage*

**Vegetarian Toad in the Hole** V

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

Crumble and Custard

### Sandwich Bar Wednesday

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

**Quorn Fillet** *Tender Quorn with a Rich and Tasty Gravy* V

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit or Plain Flapjack

### Sandwich Bar Thursday

**Lasagne** *Farm Assured Minced Beef, layered with Pasta Sheets and topped with a Chef's Bechamel Sauce*

**Mac and Cheese** *Macaroni Pasta in a Chef's Creamy Cheese Sauce* V

Garlic Bread, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Golden Shortbread



### Chip Shop Friday

Meadows Fish Bar – a selection of Fish Items

**Vegetarian Nuggets** V

Chips, Couscous, Baked Beans, Mushy Peas, Gravy, Seasonal Salad Selection, Bread

Vanilla Ice Cream

### Sandwich 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.