

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.

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.



THANK YOU
to our suppliers for their continued support and helping us with our special event days

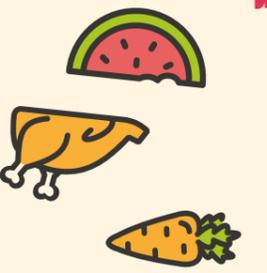


Free School Meals

Did you know?

Menu calendar

14 DEC	WK 1	13 JUL	WK 2
7 DEC	WK 3	6 JUL	WK 1
30 NOV	WK 2	29 JUN	WK 3
23 NOV	WK 1	22 JUN	WK 2
16 NOV	WK 3	15 JUN	WK 1
9 NOV	WK 2	8 JUN	WK 3
2 NOV	WK 1	1 JUN	WK 2
26 OCT - HALF TERM		25 MAY - HALF TERM	19 OCT
22 FEB	WK 2	12 OCT	WK 1
15 FEB - HALF TERM		5 OCT	WK 3
8 FEB	WK 3	28 SEPT	WK 2
1 FEB	WK 2	21 SEPT	WK 1
25 JAN	WK 1	14 SEPT	WK 3
18 JAN	WK 3	7 SEPT	WK 2
11 JAN	WK 2	1 SEPT	WK 1
4 JAN	WK 1	Autumn Term 2026	
Spring Term 2027		Summer Term 2026	



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 the end of the school year 2025/26, which is known as Transitional Protection. From the start of the 2026/27 this Transitional Protection is ending, and parents will need revert to the following eligibility criteria regardless of whether they were previously protected.

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
- Universal Credit - your household income must be less than £7,400 a year (after tax and not including any benefits you get) until end of 2025/26 school year, when the criteria will be extended to all children from households in receipt of Universal Credit from the start of 2026/27 regardless of income levels.

All information correct at the time of going to print.

www.telford.gov.uk/freeschoolmeals

Telford & Wrekin Co-operative Council | Protect, care and invest to create a better borough

Let's Dine

Primary School Menu

APRIL 2026 TO MARCH 2027

OUR MENUS

All the good stuff

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

- 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 biofuel for use as vehicle fuel or for power and energy generation.

- We Oven Bake in preference to Frying.
- We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- All of our suppliers ensure full traceability of our Food.
- Some of our menu choices are developed with children through the Eatwell Project.



V Vegetarian
Ve Vegan
H Halal

Week 1

Week 2

Week 3

Monday

Beef Burgers *Farm Assured Minced Beef Burger served in a Soft Burger Bap*
Vegetarian Burger *served in a soft Burger Bap* V
 Diced Potatoes, Garden Peas, Baked Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Ice Cream
Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Tuesday

Chicken Curry *Farm Assured Diced Chicken in a Chef's Curry Sauce*
Vegetarian Curry *Seasonal Vegetables and Mixed Beans in a Chef's Curry Sauce* V
 Boiled Rice, Broccoli, Cauliflower, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Fruit Jelly
Early Years options: Banana Muffin or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Wednesday

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*
Vegetable Pie *Seasonal Vegetables and Mixed Beans in a Rich and Tasty Gravy topped with a Short Crust Lid* V
 Roast Potatoes, Creamed Potato, Batton Carrots, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Chocolate and Cherry Sponge
Early Years options: Chocolate and Pear Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Thursday

Homemade Meatballs *Farm Assured Minced Beef served with a Chef's Tomato Sauce or a Rich and Tasty Gravy*
Tomato Pasta Bake *Seasonal Vegetables, Lentils and Pasta Twists in a Chef's Tomato Sauce topped with Cheese* V
 Pasta Twists, Sliced Carrots, Broccoli, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Lemon Shortbread
Early Years options: Lemon and Mandarin Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Friday

Battered Fish *White fillet of Fish coated in a Light Batter* or **Salmon Star Fish** *MSC Salmon and Creamed Potato seasoned with a Crispy Crumb*
Roasted Vegetables and Mixed Bean Parcels *Seasonal oven Roasted Vegetables and Mixed Beans in a Puff Pastry Parcel* V
 Chips, Couscous, Garden Peas, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Chocolate or Strawberry Mousse
Early Years options: Peach Yoghurt Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Monday

Beef Bolognese *Farm Assured Minced Beef in a Chef's Rich Tomato Sauce*
Vegetarian Bolognese *Seasonal Vegetables and Mixed Beans in a Chef's Tomato Sauce* V
 Pasta Twists, Garden Peas, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Ice Cream
Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Tuesday

Big Breakfast *Farm Assured Sausage, Bacon, Free Range Scrambled Egg, Baked Beans*
Vegetarian Sausages V
 Hash Browns, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Fruit Flapjack
Early Years options: Peach and Yoghurt Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Wednesday

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*
Filled Yorkshire Pudding *Roasted Seasonal Vegetables and Mixed Beans in a Yorkshire Pudding* V
 Roast Potatoes, Creamed Potato, Broccoli, Carrots, Cabbage, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Fresh Fruit Salad
Early Years options: Fresh Fruit Salad or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Thursday

Pizza Bar – Cheese and Tomato Pizza V *with a selection of toppings including Ham, Sliced Peppers V, Pineapple V, Mushrooms V, Sliced Onions V, Sweetcorn V, Gerkins V*
 Diced Potatoes, BIG Salad Selection, Wholemeal Bread and White Bread
 Shortbread
Early Years options: Red Velvet Muffins or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Friday

Battered Fish *White fillet of Fish coated in a Light Batter* or **Jumbo Fish Finger** *White fillet of Fish coated in Breadcrumbs*
Fishless Fingers V
 Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Chocolate or Strawberry Mousse
Early Years options: Scones – Fruit or Cheese, or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Fresh Fruit available daily.
All items subject to availability.

Monday

Beef Chili *Farm Assured Minced Beef in a Mild Chilli Sauce*
Vegetarian Chilli *Seasonal Vegetable and Mixed Beans in a Mild Chilli Sauce* V
 Boiled Rice, Carrots, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Ice Cream
Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Tuesday

Jacket Potato Bar V *Jacket Potato served with a choice of Beef Bolognese, Baked Beans V, Grated Cheese V, Vegetable Curry V, Tuna and Sweetcorn V*
 BIG Salad Selection inc Coleslaw, Potato Salad, Pasta Salad, Wholemeal Bread and White Bread
 Carrot Cake
Early Years options: Carrot Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Wednesday

Pork Sausage *Farm Assured Pork Sausage served with Rich and Tasty Gravy*
Filled Yorkshire Pudding *Roasted Seasonal Vegetables and Mixed Beans in a Yorkshire Pudding* V
 Roast Potatoes, Creamed Potato, Broccoli, Carrots, Cabbage, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Fresh Fruit Salad
Early Years options: Fresh Fruit Salad or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Thursday

Handmade Chicken Goujons *Farm Assured Chicken in Natural Breadcrumbs*
Quorn Nuggets V
 Diced Potatoes, Sweetcorn, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Banana Muffin
Early Years options: Banana Muffin or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Friday

Battered Fish *White fillet of Fish coated in a Light Batter* or **Jumbo Fish Finger** *White fillet of Fish coated in Breadcrumbs*
Cheese and Potato Bake *Sliced Potatoes and Grated Cheese in a Creamy Bechamel Sauce* V
 Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread
 Chocolate or Strawberry Mousse
Early Years options: Fruit Cake and Custard or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit



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

FUN FOOD FACT
 Ripe cranberries bounce like rubber balls

FUN FOOD FACT
 Broccoli contains more protein per calorie than steak, but you would have to eat a LOT more broccoli!