

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



Menu calendar

Week	Start Date	End Date
13 APR	13 APR	19 APR
20 APR	20 APR	26 APR
27 APR	27 APR	3 APR
4 MAY	4 MAY	10 MAY
11 MAY	11 MAY	17 MAY
18 MAY	18 MAY	24 MAY
25 MAY - HALF TERM	25 MAY	31 MAY
1 JUN	1 JUN	7 JUN
8 JUN	8 JUN	14 JUN
15 JUN	15 JUN	21 JUN
22 JUN	22 JUN	28 JUN
29 JUN	29 JUN	5 JUL
6 JUL	6 JUL	12 JUL
13 JUL	13 JUL	19 JUL
26 OCT - HALF TERM	26 OCT	31 OCT
1 NOV	1 NOV	7 NOV
8 NOV	8 NOV	14 NOV
15 NOV	15 NOV	21 NOV
22 NOV	22 NOV	28 NOV
29 NOV	29 NOV	5 DEC
6 DEC	6 DEC	12 DEC
13 DEC	13 DEC	19 DEC
20 DEC	20 DEC	26 DEC
27 DEC	27 DEC	3 JAN
3 JAN	3 JAN	9 JAN
10 JAN	10 JAN	16 JAN
17 JAN	17 JAN	23 JAN
24 JAN	24 JAN	30 JAN
31 JAN	31 JAN	6 FEB
7 FEB	7 FEB	13 FEB
14 FEB	14 FEB	20 FEB
21 FEB	21 FEB	27 FEB
28 FEB	28 FEB	6 MAR
7 MAR	7 MAR	13 MAR
14 MAR	14 MAR	20 MAR
21 MAR	21 MAR	27 MAR
28 MAR	28 MAR	4 APR
4 APR	4 APR	10 APR
11 APR	11 APR	17 APR
18 APR	18 APR	24 APR
25 APR	25 APR	1 MAY
2 MAY	2 MAY	8 MAY
9 MAY	9 MAY	15 MAY
16 MAY	16 MAY	22 MAY
23 MAY	23 MAY	29 MAY
30 MAY	30 MAY	5 JUN
6 JUN	6 JUN	12 JUN
13 JUN	13 JUN	19 JUN
20 JUN	20 JUN	26 JUN
27 JUN	27 JUN	3 JUL
28 JUN	28 JUN	4 JUL
5 JUL	5 JUL	11 JUL
12 JUL	12 JUL	18 JUL
19 JUL	19 JUL	25 JUL
26 JUL	26 JUL	1 AUG
27 JUL	27 JUL	2 AUG
28 JUL	28 JUL	4 AUG
29 JUL	29 JUL	11 AUG
30 JUL	30 JUL	18 AUG
31 JUL	31 JUL	25 AUG
1 AUG	1 AUG	7 SEP
8 AUG	8 AUG	14 SEP
9 AUG	9 AUG	21 SEP
16 AUG	16 AUG	28 SEP
23 AUG	23 AUG	29 SEP
30 AUG	30 AUG	6 OCT
6 SEP	6 SEP	12 SEP
13 SEP	13 SEP	19 SEP
20 SEP	20 SEP	26 SEP
27 SEP	27 SEP	3 OCT
4 OCT	4 OCT	10 OCT
11 OCT	11 OCT	17 OCT
18 OCT	18 OCT	24 OCT
25 OCT	25 OCT	31 OCT
1 NOV	1 NOV	7 NOV
8 NOV	8 NOV	14 NOV
15 NOV	15 NOV	21 NOV
22 NOV	22 NOV	28 NOV
29 NOV	29 NOV	5 DEC
30 NOV	30 NOV	6 DEC
1 DEC	1 DEC	7 DEC
8 DEC	8 DEC	14 DEC
15 DEC	15 DEC	21 DEC
22 DEC	22 DEC	28 DEC
29 DEC	29 DEC	4 JAN
30 DEC	30 DEC	11 JAN
31 DEC	31 DEC	18 JAN
1 JAN	1 JAN	7 FEB
8 JAN	8 JAN	14 FEB
9 JAN	9 JAN	21 FEB
16 JAN	16 JAN	28 FEB
23 JAN	23 JAN	1 MAR
30 JAN	30 JAN	6 MAR
6 FEB	6 FEB	13 MAR
13 FEB	13 FEB	20 MAR
20 FEB	20 FEB	27 MAR
27 FEB	27 FEB	3 APR
6 MAR	6 MAR	13 APR
13 MAR	13 MAR	20 APR
20 MAR	20 MAR	27 APR
27 MAR	27 MAR	4 MAY
3 APR	3 APR	10 MAY
10 APR	10 APR	17 MAY
17 APR	17 APR	24 MAY
24 APR	24 APR	31 MAY
1 MAY	1 MAY	7 JUN
8 MAY	8 MAY	14 JUN
15 MAY	15 MAY	21 JUN
22 MAY	22 MAY	28 JUN
29 MAY	29 MAY	5 JUL
5 JUN	5 JUN	12 JUL
12 JUN	12 JUN	19 JUL
19 JUN	19 JUN	26 JUL
26 JUN	26 JUN	2 AUG
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10 JUL	10 JUL	16 AUG
17 JUL	17 JUL	23 AUG
24 JUL	24 JUL	30 AUG
31 JUL	31 JUL	6 SEP
1 AUG	1 AUG	13 SEP
8 AUG	8 AUG	20 SEP
15 AUG	15 AUG	27 SEP
22 AUG	22 AUG	4 OCT
29 AUG	29 AUG	11 OCT
5 SEP	5 SEP	18 OCT
12 SEP	12 SEP	25 OCT
19 SEP	19 SEP	1 NOV
26 SEP	26 SEP	8 NOV
3 OCT	3 OCT	15 NOV
10 OCT	10 OCT	22 NOV
17 OCT	17 OCT	29 NOV
24 OCT	24 OCT	6 DEC
31 OCT	31 OCT	13 DEC
7 NOV	7 NOV	20 DEC
14 NOV	14 NOV	27 DEC
21 NOV	21 NOV	3 JAN
28 NOV	28 NOV	10 JAN
5 DEC	5 DEC	17 JAN
12 DEC	12 DEC	24 JAN
19 DEC	19 DEC	31 JAN
26 DEC	26 DEC	7 FEB
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8 JAN	8 JAN	21 FEB
15 JAN	15 JAN	28 FEB
22 JAN	22 JAN	6 MAR
29 JAN	29 JAN	13 MAR
5 FEB	5 FEB	20 MAR
12 FEB	12 FEB	27 MAR
19 FEB	19 FEB	3 APR
26 FEB	26 FEB	10 APR
5 MAR	5 MAR	17 APR
12 MAR	12 MAR	24 APR
19 MAR	19 MAR	1 MAY
26 MAR	26 MAR	8 MAY
2 APR	2 APR	15 MAY
9 APR	9 APR	22 MAY
16 APR	16 APR	29 MAY
23 APR	23 APR	5 JUN
30 APR	30 APR	12 JUN
7 MAY	7 MAY	19 JUN
14 MAY	14 MAY	26 JUN
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28 MAY	28 MAY	10 JUL
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16 JUL	16 JUL	28 AUG
23 JUL	23 JUL	4 SEP
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13 AUG	13 AUG	25 SEP
20 AUG	20 AUG	2 OCT
27 AUG	27 AUG	9 OCT
3 SEP	3 SEP	16 OCT
10 SEP	10 SEP	23 OCT
17 SEP	17 SEP	30 OCT
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8 OCT	8 OCT	20 NOV
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22 OCT	22 OCT	4 DEC
29 OCT	29 OCT	11 DEC
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10 DEC	10 DEC	22 JAN
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25 FEB	25 FEB	9 APR
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17 OCT	17 OCT	29 OCT
24 OCT	24 OCT	5 NOV
31 OCT	31 OCT	12 NOV
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12 MAR	12 MAR	25 MAR
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23 APR	23 APR	6 MAY
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22 OCT	22 OCT	29 OCT
29 OCT	29 OCT	5 NOV
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25 NOV	25 NOV	2 DEC
2 DEC	2 DEC	9 DEC
9 DEC	9 DEC	16 DEC
16 DEC	16 DEC	23 DEC
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24 FEB	24 FEB	3 MAR
3 MAR	3 MAR	10 MAR
10 MAR	10 MAR	17 MAR
17 MAR	17 MAR	24 MAR
24 MAR	24 MAR	31 MAR
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23 JUN	23 JUN	30 JUN
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21 JUL	21 JUL	28 JUL
28 JUL	28 JUL	4 AUG
4 AUG	4 AUG	11 AUG
11 AUG	11 AUG	18 AUG
18 AUG	18 AUG	25 AUG
25 AUG	25 AUG	1 SEP
1 SEP	1 SEP	8 SEP
8 SEP	8 SEP	15 SEP
15 SEP	15 SEP	22 SEP
22 SEP	22 SEP	29 SEP
29 SEP	29 SEP	6 OCT
6 OCT	6 OCT	13 OCT
13 OCT	13 OCT	20 OCT
20 OCT	20 OCT	27 OCT
27 OCT	27 OCT	3 NOV
3 NOV	3 NOV	10 NOV
10 NOV	10 NOV	17 NOV
17 NOV	17 NOV	24 NOV
24 NOV	24 NOV	1 DEC
1 DEC	1 DEC	8 DEC
8 DEC	8 DEC	15 DEC
15 DEC	15 DEC	22 DEC
22 DEC	22 DEC	29 DEC
29 DEC	29 DEC	5 JAN
5 JAN	5 JAN	12 JAN
12 JAN	12 JAN	19 JAN
19 JAN	19 JAN	26 JAN
26 JAN	26 JAN	2 FEB
2 FEB	2 FEB	9 FEB
9 FEB	9 FEB	16 FEB
16 FEB	16 FEB	23 FEB
23 FEB	23 FEB	2 MAR
2 MAR	2 MAR	9 MAR
9 MAR	9 MAR	16 MAR
16 MAR	16 MAR	23 MAR
23 MAR	23 MAR	30 MAR

V Vegetarian
Ve Vegan
H Halal

Week 1

Week 2

Week 3

Monday

Big Breakfast Farm Assured Sausage, Free Range Scrambled Egg

Vegetarian Big Breakfast Quorn Sausage with Free Range Scrambled Egg **V**

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

Fruit Muffins

Wednesday

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

Vegetarian Pastie Seasonal Roasted Vegetables and Beans encased in a Pastry Parcel **V**

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

Flapjack

Monday

Cheese and Tomato Pizza **V** or **Cheese and Ham Pizza**

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

Cookie Selection

Thursday

Meatballs Farm Assured Meatballs with Tasty Gravy or Tomato Sauce

Quorn Meatballs with Tasty Gravy or Tomato Sauce **V**

Noodles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Sponge and Custard

Monday

Chicken Dunkers Farm Assured Chicken coated in Natural Breadcrumbs

Quorn Nuggets Tender Quorn pieces in Light Batter and Oven Baked **V**

Potato Waffles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

Thursday

Sausage Roll Farm Assured Sausage meat encased in Puff Pastry

Vegetarian Roll Vegetarian Pattie rolled in Puff Pastry **V**

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

Chocolate Sponge and Custard

Tuesday

Cheese and Tomato Pizza **V** or **Cheese and Ham Pizza**

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

Angel Delight

Thursday

BBQ Chicken Farm Assured Chicken with a Chef's BBQ Sauce

Vegetable and Tomato Pasta Bake Seasonal Vegetables and Pasta in a Chef's Tomato Sauce **V**

Sauté Potatoes, Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Sponge with Custard

Tuesday

Hot Dog Sausage in a Soft Bread Roll Farm Assured Sausage served in a Soft Roll

Vegetarian Sausage in a Soft Bread Roll **V** or **Cauliflower and Broccoli Bake** Cauliflower and Broccoli Florets in a Chef's Creamy Cheese Sauce **V**

Potato Smiles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Jam Tart



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

Friday

Battered Fish White fillet of Fish coated in a Light Batter or **Jumbo Fish Finger** White fillet of fish coated in Breadcrumbs

Vegetable and Bean Pasta Bake Seasonal Vegetables, Mixed Beans and Pasta in a Chef's Tomato Sauce **V**

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

Chocolate Crunch

Wednesday

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

Vegetarian Pastie Seasonal Roasted Vegetables and Beans encased in a Pastry Parcel **V**

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

Fruit Cheesecake

Monday

Chicken Dunkers Farm Assured Chicken coated in Natural Breadcrumbs

Quorn Nuggets Tender Quorn pieces in Light Batter and Oven Baked **V**

Potato Waffles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

Thursday

Sausage Roll Farm Assured Sausage meat encased in Puff Pastry

Vegetarian Roll Vegetarian Pattie rolled in Puff Pastry **V**

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

Chocolate Sponge and Custard

Friday

Battered Fish White fillet of Fish coated in a Light Batter or **Jumbo Fish Finger** White fillet of Fish coated in Breadcrumbs or **Fish Stars** MSC Salmon and Mashed Potato with seasoning coated in a Crispy Crumb

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

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

Vanilla Ice Cream

Tuesday

Spaghetti Bolognese Farm Assured Minced Beef in a Chef's Rich Tomato Sauce or **Beefburger** Farm Assured Minced Beef Burger served in a Bap

Vegetarian Burger **V** or **Cheese and Egg Flan** **V**

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

Honey and Oat Cookies

Wednesday

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

Quorn Toad in the Hole Quorn with a Rich and Tasty Gravy in a Yorkshire Pudding **V**

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

Gingerbread Biscuit

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!

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

Sandwich Option
Packed lunch available