

# 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



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

Designed by the School Council



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 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.



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



[www.telford.gov.uk/freeschoolmeals](http://www.telford.gov.uk/freeschoolmeals)

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

## Menu calendar

## Free School Meals DID YOU KNOW?

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 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 the 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.

V Vegetarian  
 Ve Vegan  
 H Halal

# PLANTING THE SEEDS, GROWING THE FUTURE

## Week 1

## Week 2

## Week 3

### Sandwich Bar Monday

**Pizza Bar – Cheese and Tomato V or Chicken Pizza with a selection of toppings**  
**Cheese and Tomato Pizza V**  
 Jacket Wedges, Garden Peas, Baked beans, Seasonal Salad Selection, Wholemeal Bread  
 Vanilla Ice Cream  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Tuesday

**Meatballs Gluten Free Pork Meatballs served in Gravy or Tomato Sauce**  
**Quorn Meatballs Gluten Free Quorn Meatballs served in Gravy or Tomato Sauce V**  
 Boiled Rice, Spaghetti, Sweetcorn, Green Beans, Seasonal Salad Selection, Bread  
 Assorted Handmade Muffins  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Wednesday

**Traditional Roast of the Day Farm Assured Sliced Meat served with Rich and Tasty Gravy**  
**Shepherdess Pie A Rich and Savoury base of Lentils, Carrots and Onions, Tomato and Herb Gravy, topped with a layer of Creamy Mashed Potato V**  
 Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Broccoli, Seasonal Salad Selection, Wholemeal Bread  
 Golden Shortbread  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Thursday

**Chicken Curry Farm Assured Chicken in a Chef's Curry Sauce**  
**Mixed Bean and Vegetable Curry in a Chef's Curry Sauce V**  
 Jacket Wedges, Jacket Potato, Sweetcorn, Carrots, Seasonal Salad Selection, Bread  
 Ice Cream Roulade  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Friday

**Battered Fish White fillet of Fish coated in a Light Batter or Salmon Fishcake Stars**  
**Chickpea Macaroni Cheese Macaroni Pasta in a Chef's Creamy Cheese Sauce V**  
 Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread  
 Chocolate Brownie  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers



### Sandwich Bar Monday

**Pizza Bar – Cheese and Tomato V or Chicken Pizza with a selection of toppings**  
**Cheese and Tomato Pizza V**  
 Potato Wedges, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread  
 Jelly with a Swirl of Cream  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Tuesday

**Chicken Nuggets Served with BBQ or Sweet and Sour Sauce**  
**Quorn Dunkers Oven baked Tender Quorn pieces in a Light Batter V**  
 Pasta, Sweetcorn, Broccoli, Seasonal Salad Selection, Pitta Bread  
 Iced Sponge  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Wednesday

**Traditional Roast of the Day Farm Assured Sliced Meat served with Rich and Tasty Gravy**  
**Cauliflower and Broccoli Bake Cauliflower and Broccoli Florets in a Chef's Creamy Cheese Sauce V**  
 Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Broccoli, Seasonal Salad Selection, Wholemeal Bread  
 Golden Shortbread  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Thursday

**Beef Chili Farm Assured Minced Beef in a Chef's Mild Chili Sauce**  
**Cheese and Potato Pie Grated Cheese and Creamed Potato in a Shortcrust Pastry Flan topped with Sliced Tomato V**  
 Boiled Rice, Jacket Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Naan Bread  
 Vanilla Ice Cream  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

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

### Sandwich Bar Friday

**Jumbo Fish Finger White fillet of Fish coated in Breadcrumbs or Salmon Fishcake Stars**  
**Vegetable and Bean Pasta Bake Seasonal Vegetables, Mixed Beans and Pasta in a Chef's Tomato Sauce V**  
 Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Wholemeal Bread  
 Cookie Selection  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Available daily by preorder

### Sandwich Bar Monday

**Pizza Bar – Cheese and Tomato V or Chicken Pizza with a selection of toppings**  
**Cheese and Tomato Pizza V**  
 Potato Waffles, Baked Beans, Garden Peas, Seasonal Salad Selection, Wholemeal Bread  
 Vanilla Ice Cream  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Tuesday

**Chicken Fillet Farm Assured Chicken fillet or Beef Burger Farm Assured Minced Beef served in Bread Bun**  
**Quorn Burger V**  
 Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Soft Bread Roll  
 Cook's Choice of Sponge and Custard  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Wednesday

**Traditional Roast of the Day Farm Assured Sliced Meat served with Rich and Tasty Gravy**  
**Vegetarian Toad in the Hole Vegetable Sausage baked in Chef's batter V**  
 Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Broccoli, Seasonal Salad Selection, Wholemeal Bread  
 Golden Shortbread  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar Thursday

**Beef Bolognese Farm Assured Minced Beef in a Chef's Rich Tomato Sauce or Lasagne Farm Assured Minced Beef, layered with Pasta Sheets and topped with a Chef's Bechamel Sauce**  
**Veggie Bolognese Vegetables and Beans in a Chef's Rich Tomato Sauce V**  
 Pasta, Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Garlic Bread  
 Flapjack  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Chip Shop Friday

**Jumbo Fish Finger White fillet of Fish coated in Breadcrumbs or Fish Stars MSC Salmon and Mashed Potatoes with seasoning coated in a Crispy Crumb**  
**Cheese Puff Puff Pastry filled with Cheese, Creamed Potato, Mixed Beans and Onion V**  
 Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread  
 Strawberry Mousse or Chocolate Mousse  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

### Sandwich Bar

**Chips Fish**  
**Early Years options:** Natural Yogurt with Fruit or Fresh Fruit Salad or Cheese and Crackers

Fresh Fruit available daily. All items subject to availability.