

Spring Term 2025		Autumn Term 2024	
8 APR	WK 1	2 SEPT	WK 1
15 APR	WK 2	9 SEPT	WK 2
22 APR	WK 3	16 SEPT	WK 3
29 APR	WK 1	23 SEPT	WK 1
6 MAY	WK 2	30 SEPT	WK 2
13 MAY	WK 3	7 OCT	WK 3
20 MAY	WK 1	14 OCT	WK 1
27 MAY	WK 2	21 OCT	WK 2
3 JUN	WK 3	28 OCT	HALF TERM
10 JUN	WK 1	4 NOV	WK 1
17 JUN	WK 2	11 NOV	WK 2
24 JUN	WK 3	18 NOV	WK 3
1 JUL	WK 1	25 NOV	WK 1
8 JUL	WK 2	2 DEC	WK 2
15 JUL	WK 3	9 DEC	WK 3
22 JUL	WK 1	16 DEC	WK 1
29 JUL	WK 2	23 DEC	WK 2
5 AUG	WK 3	30 DEC	WK 3

### 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.

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

- 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

# Free School Meals DID YOU KNOW?

# 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 2024 to March 2025

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.

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

All of our suppliers ensure full traceability of our Food.

Some of our menu choices are developed with children through the Eatwell Project.

eatwell

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V Vegetarian  
Ve Vegan  
H Halal

We enjoy learning, achieving and celebrating success together.

# Week 1



# Week 2

# Week 3



## Sandwich Bar Monday

**Pizza Day** *Cheese and Tomato Pizza with a selection of toppings on Thin and Crispy Base*

**Cheese and Tomato pizza** V

**Jacket Wedges, Pasta Twists, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection**

**Muffin Selection**

## Sandwich Bar Thursday

**Beef Lasagne** *Farm Assured Minced Beef Layers of Pasta sheets and a Creamy Sauce topped with Grated Cheese*

**Macaroni Cheese** *Macaroni Pasta in a Creamy Cheese Sauce topped with Grated Cheese* V

**Herby Diced Potatoes, Sweetcorn, Broccoli, Seasonal Salad Selection, Bread Selection, Garlic Bread**

**Shortbread Selection**

## Sandwich Bar Monday

**Chicken and Vegetable Pasta Bake** *Farm Assured Chicken in a Rich Tomato Sauce with Pasta Twists oven baked*

**Cheese and Potato Pie** V

**Jacket Wedges, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection**

**Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse**

## Sandwich Bar Thursday

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

**Vegetable Nuggets** *served with a Curry or BBQ Sauce* V

**Boiled Rice, Pasta Twists, Farmhouse Mixed Vegetables, Seasonal Salad Selection, Bread Selection, Naan Bread**

**Jam Tart and Custard**

## Sandwich Bar Monday

**Cheese and Tomato Pizza** *Pizza topped with Mature Cheese and selection of toppings on Thin and crispy Base*

**Cheese and Tomato Pizza** V

**Baby New Potatoes, Pasta Twists, Broccoli, Sweetcorn, Seasonal Salad Selection, Bread Selection**

**Biscuit Selection**

## Sandwich Bar Thursday

**Homemade Sausage Roll** *Farm Assured Pork Sausage wrapped in Golden Puff Pastry*

**Quorn Sausage Roll** V

**Herby Diced Potatoes, Broccoli, Sweetcorn, Seasonal Salad Selection, Bread Selection**

**Fruit Topped Cheesecake**

## Sandwich Bar Tuesday

**Pork Sausages** *Farm Assured Pork Sausage served with Rich and Tasty Gravy*

**Quorn Sausage Toad in the Hole** V

**Creamed Potatoes, Carrots, Green Beans, Seasonal Salad Selection, Bread Selection**

**Fruit Crumble and Custard**

## Sandwich Bar Friday

**Fish Finger or Salmon Fishcake**

**Vegetable Nuggets** V

**Chips, Vegetable and Pepper Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection**

**Vanilla Ice Cream**

## Sandwich Bar Tuesday

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

**Quorn Sausage** V

**Hash Brown, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread Selection**

**Chocolate Crunch**




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

## Sandwich Bar Tuesday

**Beef Burger** *Farm Assured Burger served in a Soft Bap*

**Vegetarian Burger** *served in a Soft Bap* V

**Jacket Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Soft Bread Roll**

**Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse**

## Chip Shop Friday

**Battered Fish or Fish finger**

**Vegetable and Mixed Bean Pasta Bake** V

**Chips, Roasted Vegetable Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread Selection**

**Vanilla Ice Cream**



## Sandwich Bar Wednesday

**Traditional Roast** *Farm Assured Sliced Roast Meat served with a Tasty Gravy*

**Roasted Vegetable Hotpot** *Roasted Vegetables and Mixed Beans with a Crispy Potato top* V

**Creamed Potato, Roast Potatoes, Fresh Carrots, Cauliflower, Cabbage, Seasonal Salad Selection, Bread Selection**

**Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse**

### HERITAGE FACTS

Ketley had the fifth largest ironworks in Britain. They made rails for the railway and plates for steam engines.



## Sandwich Bar Wednesday

**Traditional Roast** *Farm Assured Sliced Roast Meat served with a Tasty Gravy*

**Vegetable and Mixed Bean Parcel** *Roasted Vegetables and Mixed Beans in a Rich Tomato Sauce Wrapped in Golden Puff Pastry* V

**Creamed Potato, Roast Potatoes, Carrots, Cauliflower, Green Beans, Seasonal Salad Selection, Bread Selection**

**Flapjack**

## Sandwich Bar Friday

**Battered Fish or Fish Finger**

**Fishless Fish Fingers** V

**Chips, Couscous, Sweetcorn, Baked Beans, Seasonal Salad Selection, Bread Selection**

**Vanilla Ice Cream**

## Sandwich Bar Wednesday

**Traditional Roast** *Farm Assured Sliced Roast Meat served with a Tasty Gravy*

**Filled Yorkshire Pudding** *Roasted Vegetables and Minced Quorn in a Yorkshire Pudding*

**Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Green Beans, Seasonal Salad Selection, Bread Selection**

**Jelly with a Swirl of Cream**

Aspire



Grow

## Sandwich Bar

Available daily by pre order

Flourish

### HERITAGE FACTS

William Reynolds constructed three tub boat canals which brought coal and iron ore to the ironworks.

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

