

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

## 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 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
- and have an annual income (as assessed by HM Revenue & 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

# 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.

# our menus

## All the good stuff

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

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



- 1 All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- 2 We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 3 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.
- 4 Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- 5 We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.



Protect, care and invest to create a better borough

## Let's Dine

# Primary School Menu

## APRIL

# 2024

to

## MARCH

# 2025

V Vegetarian  
Ve Vegan  
H Halal

# Week 1

# Week 2

# Week 3

## Monday

**Gluten Free Meatballs** in Tomato Sauce or Gravy

**Quorn Balls** in Tomato Sauce **V**

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Selection of Chocolate and Vanilla or Strawberry and Vanilla Swirl Mousse

## Tuesday

Ham and Pineapple Pizza

Cheese and Tomato Pizza **V**

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

Chocolate Sponge and Custard

## Wednesday

**Traditional Roast with a Rich and Tasty Gravy** *Farm Assured Sliced Meat*

Roasted Mixed Vegetables and Mixed Beans in a Yorkshire Pudding **V**

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

Golden Shortbread

## Thursday

**Beef Bolognaise** *Farm Assured Minced Beef in a Chef's Bolognaise Sauce*

**Vegetarian Bolognaise** **V**

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

Rice Pudding and Jam

## Friday

**Salmon Fishcake or Jumbo Fish Finger** *Fillet of Fish coated in Crispy Breadcrumbs*

**Quorn Dunkers** *Quorn pieces coated in a light batter and baked* **V**

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

Chocolate Brownie

## Monday

**Big Breakfast** *Pork Sausage, Bacon Farm Assured*

**Vegetarian Sausage, Scrambled Egg** **V**

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

Muffin Selection

## Tuesday

Ham and Pineapple Pizza

Cheese and Tomato Pizza **V**

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

Rice Pudding with Strawberry Jam

## Wednesday

**Traditional Roast with a Rich and Tasty Gravy** *Farm Assured Sliced Meat*

Roasted Mixed Vegetables and Mixed Beans in a Yorkshire Pudding **V**

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

Jelly with a Swirl of Cream

## Thursday

**Chicken Curry** *Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce*

**Vegetarian Curry** **V**

Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit Crumble and Custard

## Friday

**Battered Fillet of Fish** *White Fillet Coated in a light Batter* or Jumbo Fish Finger

**Macaroni Cheese** **V**

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

Vanilla Ice Cream

## Monday

**Pork Sausage** *Farm Assured Sausage*

**Vegetarian Sausage** **V**

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

Cookie Selection

## Tuesday

Ham and Pineapple Pizza

Cheese and Tomato Pizza **V**

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Selection of Chocolate and Vanilla or Strawberry and Vanilla Swirl Mousse

## Wednesday

**Traditional Roast with a Rich and Tasty Gravy** *Farm Assured Sliced Meat*

**Cheese Puff** **V**

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

Fruit Jelly with a Swirl of Cream

## Thursday

**Chicken Dippers with Sweet and Sour Sauce** or Tomato Sauce

**Quorn Dunkers** *Quorn pieces coated in a light batter and baked* **V**

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

Muffin Selection

## Friday

**Battered Fillet of Fish** *White Fillet Coated in a light Batter* or Jumbo Fish Finger

**Pasta Neapolitan** **V**

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

Vanilla Ice Cream



**eatwell**

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



**RHUBARB GROWS SO QUICKLY THAT YOU CAN HEAR IT.**

**Lemons float, but limes sink...**  
and ripe cranberries bounce like rubber balls.

**Sandwich Option**  
Packed lunch available by preorder

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