

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.

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



our menus All the good stuff

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

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



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 Pork Meatballs *Pork Meatballs served with a Rich Tomato Sauce or Gravy*

Vegetarian Balls *served in a Rich and Tasty Tomato Sauce* **V**

Pasta Twists or Boiled Rice, Garden Peas, Carrots, Seasonal Salad Selection, Bread Selection

Assorted Cookies

Tuesday

Pizza Bar – *Cheese and Tomato Pizza on a Deep Crust Base with a selection of Toppings* **Ham, Peppers V, Sweetcorn V, Mushrooms V**

Cheese Puffs *Creamed Potato and Cheddar Cheese Wrapped in Puff Pastry* **V**

Jacket Potato Wedges, Sweetcorn, Baked Beans, Seasonal Salad Selection, Bread Selection

Muffin Selection

FUN FOOD FACT

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

Wednesday

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

Oven Roasted Vegetables and Mixed Beans *served in a Yorkshire pudding and topped with Mature Cheese* **V**

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

Fruity flapjack

Thursday

Chicken Dippers *served with a BBQ or Rich Tomato Sauce*

Pasta Neapolitan *Pasta in a Tomato Sauce topped with Cheese* **V**

Diced Potatoes, Broccoli, Carrots, Seasonal Salad Selection, Bread Selection

Chocolate Sponge and Custard

Friday

Fish Finger *Fillet of Fish Coated in a Crispy Breadcrumbs or Fish Finger Fillet of Fish in golden Breadcrumbs*

Quorn Dunkers **V**

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

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

Monday

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

Quorn Sausage, Free Range Scrambled Egg **V**

Potato Waffles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread Selection

Rice Pudding with Fruit Preserve

Tuesday

Pizza Bar *Cheese and Tomato Pizza on a Deep Crust Base with a selection of Toppings* **Ham, Peppers V, Sweetcorn V, Mushrooms V**

Quorn and Vegetable Parcel *Diced Quorn and Roast Vegetables encased in Puff Pastry* **V**

Diced Potatoes, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread Selection

Muffin Selection

Wednesday

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

Oven Roasted Vegetables and Mixed Beans *served in a Yorkshire Pudding topped with Cheese* **V**

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

Shortbread Selection

Thursday

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

Cheese and Potato Pie *Creamed Potato and Cheddar Cheese topped with Sliced Tomatoes* **V**

Boiled Rice, Broccoli, Sweetcorn, Seasonal Salad Selection, Naan Bread, Bread Selection

Fruit Crumble and Custard


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

Friday

Fish Finger *Fillet of Fish Coated in Crispy Breadcrumbs or Battered Fillet of Fish White Fillet coated in a light Batter*

Vegetable Nuggets **V**

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

Vanilla Ice Cream

Sandwich Option
Packed lunch available

Monday

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

Vegetarian Sausage *served with a Rich and Tasty Gravy* **V**

Creamed Potato, Sweetcorn, Green Beans, Big Seasonal Salad Selection, Bread Selection

Biscuit Selection

Tuesday

Pizza Bar *Cheese and Tomato Pizza on a Deep Crust Base with a selection of toppings* **Ham, Peppers V, Sweetcorn V, Mushrooms V**

Pasta Neapolitan *Roasted Vegetables and Pasta Twists Baked in a Rich Tomato Sauce Topped with Cheese* **V**

Jacket Potato Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection

Muffin Selection

Wednesday

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

Mixed Bean and Vegetable Parcels *Mixed Beans and Seasonal Vegetables wrapped in Puff Pastry* **V Ve**

Roast Potatoes, Creamed Potato, Cauliflower, Carrots, Broccoli, Seasonal Salad Selection, Bread Selection

Fruit Jelly with a Swirl of Cream

Thursday

Beef Bolognese *Farm Assured Minced Beef in a rich Tomato Sauce*

Quorn and Vegetable Bolognese *Quorn Mince and Seasonal Vegetables in a Rich Tomato Sauce* **V**

Pasta Twists or ½ Jacket Potato, Garden Peas, Carrots, Seasonal Salad Selection, Bread Selection, Garlic Bread

Swiss Crumble and Custard

Friday

Battered Fillet of Fish *White Fillet coated in a light Batter or Fish Finger Fillet of Fish Coated in a Crispy Breadcrumbs*

Quorn Dunkers *Tender pieces of Quorn in a Light Batter* **V**

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

Vanilla Ice Cream

FUN FOOD FACT

RHUBARB GROWS SO QUICKLY THAT YOU CAN HEAR IT.

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