

Our ingredients

Where our food comes from

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

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



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	
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		23 NOV	
30 NOV	WK 2	30 NOV	WK 2
7 DEC	WK 3	7 DEC	WK 3
14 DEC	WK 1	14 DEC	WK 1
21 DEC	WK 2	21 DEC	WK 2
28 DEC	WK 3	28 DEC	WK 3
4 JAN	WK 1	4 JAN	WK 1
11 JAN	WK 2	11 JAN	WK 2
18 JAN	WK 3	18 JAN	WK 3
25 JAN	WK 1	25 JAN	WK 1
1 FEB	WK 2	1 FEB	WK 2
8 FEB	WK 3	8 FEB	WK 3
15 FEB - HALF TERM		15 FEB - HALF TERM	
22 FEB	WK 2	22 FEB	WK 2
1 MAR	WK 3	1 MAR	WK 3
8 MAR	WK 1	8 MAR	WK 1
15 MAR	WK 2	15 MAR	WK 2
22 MAR	WK 3	22 MAR	WK 3

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 to re-apply 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.

Telford & Wrekin Co-operative Council | Protect, care and invest to create a better borough



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.





Let's Dine

Primary School Menu

April 2026 to March 2027

A menu created by the children for the children

Week 1

Week 2

Week 3

Sandwich Bar Monday

Pizza Bar – Cheese and Tomato Pizza V with a selection of topping Ham, Pineapple V, Peppers V, Sliced Onions V, Sweetcorn V

Jacket Wedges, Garden Peas, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread and White Bread

Lemon Muffins

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Tuesday

Big Breakfast Farm Assured Pork Sausage, Free Range Scrambled Egg, Baked Beans

Vegetarian Sausage, Free Range, Scrambled Egg V

Potato Smiles, Mushrooms, Tomatoes, Seasonal Salad Selection, Wholemeal Bread and White Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Wednesday

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

Filled Yorkshire Pudding Roasted Vegetable and Mixed Beans in a Yorkshire Pudding V

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

Fresh Fruit Salad

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Thursday

Beef Bolognese Farm Assured Minced Beef in a Chef's Tomato Sauce

Frittata A selection of fresh Vegetables and Potatoes baked in a Savoury Egg Custard V

Pasta Twists, Green Beans, Farmhouse Vegetables, Seasonal Salad Selection, Wholemeal Bread and White Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Friday

Salmon Fish Star MSC Salmon and Mashed Potato seasoned within a Crispy Crumb

Vegetable Curry Vegetables and Mixed Beans in a Chef's Curry Sauce V

Chips, Boiled Rice, Garden Peas, Baked Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Rice Pudding

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit



Sandwich Bar Monday

Pizza Bar – Cheese and Tomato Pizza V with a selection of topping Ham, Pineapple V, Peppers V, Sliced Onions V, Sweetcorn V

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

Banana Muffin

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Tuesday

Chicken Curry Farm Assured Chicken in a Chef's Curry Sauce

Mild Vegetarian Chilli Mixed Beans and Vegetables in a Chefs Mild Chilli Sauce V

Boiled Rice, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Wednesday

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

Filled Yorkshire Pudding Roasted Vegetables and Mixed Beans served in a Yorkshire Pudding V

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

Carrot Cake

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Thursday

Beef Burger Farm Assured Minced Beef Pattie in a Burger Bun

Quorn Burger in a Burger Bun V

Diced Potatoes, Green Beans, Carrots, Seasonal Salad Selection, Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit



eatwell

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

Mixed Bean Pata Bake Mixed Beans and Pasta Twists in a Chef's Tomato Sauce V

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

Peach Yoghurt Cake

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Available daily by pre order

Sandwich Bar Monday

Pizza Bar – Cheese and Tomato Pizza V with a selection of topping Ham, Pineapple V, Peppers V, Sliced Onions V, Sweetcorn V

Pasta Twists, Garden Peas, Carrots, Seasonal Salad Selection, Bread

Banana Cake

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Tuesday

Hot Dog Farm Assured Pork Sausage in a Hot Dog Roll

Vegetarian Sausage in a Hot Dog Roll V

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

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Wednesday

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

Filled Yorkshire Yorkshire Pudding filled with Mixed Beans and Chef's Tomato Sauce V

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

Blueberry Yoghurt Cake

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Bar Thursday

Handmade Chicken Goujons Farm Assured Chicken Strips coated in Golden Breadcrumbs

Cheese and Potato Pie Creamed Potato and Grated Cheese in a Pastry case V

Boiled Rice, Farmhouse Vegetables, Carrots, Seasonal Salad Selection, Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Chip Shop Friday

Jumbo Fish Finger White fillet of Fish coated in breadcrumbs

Cheese and Tomato Pasta Bake Pasta Twists in a Chef's Tomato Sauce topped with Grated Cheese V

Chips, Couscous, Mixed Beans in a Home made Tomato Sauce, Sweetcorn, Seasonal Salad Selection, Bread

Apple and Raisin Muffin

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit



FUN FOOD FACTS
Ripe cranberries bounce like rubber balls

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

FUN FOOD FACTS
Broccoli contains more protein per calorie than steak, but you would have to eat a LOT more broccoli!