



Free School Meals

Did you know?

Menu calendar

Summer Term 2026	13 APR	WK 1	20 APR	WK 2	27 APR	WK 3	4 MAY	WK 1	11 MAY	WK 2	18 MAY	WK 3	25 MAY - HALF TERM	1 JUN	WK 2	8 JUN	WK 3	15 JUN	WK 1	22 JUN	WK 2	29 JUN	WK 3	6 JUL	WK 1	13 JUL	WK 2	
	1 SEPT	WK 1	7 SEPT	WK 2	14 SEPT	WK 3	21 SEPT	WK 1	28 SEPT	WK 2	5 OCT	WK 3	12 OCT	WK 1	19 OCT	WK 2	26 OCT - HALF TERM	1 MAR	WK 3	8 MAR	WK 1	15 MAR	WK 2	22 MAR	WK 3	29 MAR	WK 1	
	Autumn Term 2026																											
	14 DEC	WK 1	7 DEC	WK 3	30 NOV	WK 2	23 NOV	WK 1	16 NOV	WK 3	9 NOV	WK 2	2 NOV	WK 1	26 OCT - HALF TERM	19 OCT	WK 2	12 OCT	WK 1	5 OCT	WK 3	28 SEPT	WK 2	21 SEPT	WK 1	14 SEPT	WK 3	
	1 SEPT	WK 1	7 SEPT	WK 2	14 SEPT	WK 3	21 SEPT	WK 1	28 SEPT	WK 2	5 OCT	WK 3	12 OCT	WK 1	19 OCT	WK 2	26 OCT - HALF TERM	1 MAR	WK 3	8 MAR	WK 1	15 MAR	WK 2	22 MAR	WK 3	29 MAR	WK 1	
	Spring Term 2027																											

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 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 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.

Our menus

All the good stuff

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.

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



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.

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

V Vegetarian
Ve Vegan
H Halal

Week 1

Monday

Big Breakfast Farm Assured Sausage, Free Range Scrambled Egg

Vegetarian Big Breakfast Quorn Sausage with Free Range Scrambled Egg **V**

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

Cupcakes

Tuesday

Chicken Dunkers Farm Assured Chicken coated in Breadcrumbs served with Sweet and Sour Sauce or Tomato Sauce

Quorn Nuggets Quorn Pattie coated in a crispy Batter **V**

Rice, Garden Peas, Seasonal Salad Selection, Bread

Fruit Crumble and Custard

Wednesday

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

Mixed Bean and Seasonal Vegetables Seasonal Vegetables, Mixed Beans and Pasta in a Chef's Sauce served with a Yorkshire Pudding **V**

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

Fruit Jelly with a Swirl of Cream

Thursday

Cheese and Tomato Pizza **V** with various toppings including Ham and Pineapple

Potato Waffles, Sweetcorn, Seasonal Salad Selection, Bread

Iced Sponge

Friday

Battered Fish White fillet of Fish coated in a Light Batter or **Jumbo Fish Finger** White fillet of Fish coated in Breadcrumbs

Macaroni Cheese Macaroni Pasta in a Chef's Creamy Cheese Sauce **V**

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

Vanilla Ice Cream

Week 2

Monday

Pork Sausages Farm Assured Pork Sausages with a Rich and Tasty Gravy

Vegetable Sausage Savoury, meat-free Sausage **V**

Creamed Potato, Mixed Vegetables, Seasonal Salad Selection, Bread

Chocolate Crunch

Tuesday

Taco Day – a Taco with a choice of filling including Chili Beef, Cheese, Beans

Taco Day – a Taco with a choice of filling including Cheese and Mixed Beans **V**

Rice, Green Beans, Seasonal Salad Selection, Wholemeal Bread

Fruit Crumble and Custard

Wednesday

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

Vegetable and Quorn Puff Seasonal Roasted Vegetables and Quorn Encased in a Pastry Parcel **V**

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

Fruit Jelly with a Swirl of Cream

Thursday

Cheese and Tomato Pizza **V** with various toppings including Ham and Pineapple

Smiles, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread

Muffin Selection



eatwell

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

Friday

Jumbo Fish Finger White fillet of Fish coated in Breadcrumbs or Fishcake

Quorn Nuggets Quorn Pattie coated in a Crispy Batter **V**

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

Mousse Selection

Sandwich Option
Packed lunch available

Week 3

Monday

Big Breakfast Farm Assured Sausage, Free Range Scrambled Egg

Vegetarian Big Breakfast Quorn Sausage with Free Range Scrambled Egg **V**

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

Shortbread

Tuesday

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

Vegetarian Bolognese Hearty Italian-style sauce with Quorn, Lentils, Beans and finely chopped Vegetables in a Chef's Rich Tomato Sauce **V**

Pasta, Mixed Vegetable Selection, Seasonal Salad Selection, Bread

Fruit Crumble and Custard

Wednesday

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

Cheese and Potato Puff Creamed Potato and Grated Cheese encased in Puff Pastry **V**

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

Chocolate Brownies

Thursday

Cheese and Tomato Pizza **V** with various toppings including Ham and Pineapple

Potato Waffles, Sweetcorn, Seasonal Salad Selection, Bread

Rice Pudding and Fruit Jam

Friday

Jumbo Fish Finger White fillet of Fish coated in Breadcrumbs or **Battered Fish** White fillet of Fish coated in a Light Batter

Macaroni Cheese Macaroni Pasta and Quorn in a Chef's Creamy Cheese Sauce **V**

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

Vanilla Ice Cream

FUN FOOD FACT

Ripe cranberries bounce like rubber balls

FUN FOOD FACT

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

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