

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

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 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 biodiesel for use as vehicle fuel or for power and energy generation.



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

V Vegetarian
Ve Vegan
H Halal

Week 1

Week 2

Week 3

Monday

Wrap Day Selection of filled Wraps to include a Vegetarian option **V**

Jacket Wedges, Mixed Vegetables, Seasonal Vegetables, Big Seasonal Salad Selection, Bread

Strawberry and Vanilla Swirl Mousse

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

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

Roast Potatoes, Creamed Potato, Fresh Carrots, Broccoli, Bread

Pineapple Upside Down Sponge and Custard

Tuesday

Chicken Stew Tender pieces of Farm Assured Chicken cooked with Seasonal Vegetables in Gravy

Vegetable Curry Seasonal Vegetables in a Chef's Curry Sauce **V**

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

Jam Sponge

Thursday

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

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

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

Muffin Selection

Friday

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

Vegetable Pasta Bake Roasted Vegetables and Mixed Beans in a Tomato Sauce **V**

Chips, Couscous, Seasonal Vegetable Selection, Mushy Peas, Seasonal Salad Selection, Bread

Cookie

Monday

Handmade Beef Burgers served in a Soft Bread Roll

Vegetarian Burger served in a Soft Bread Roll **V**

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

Cookie Selection

Tuesday

Toad in the Hole Farm Assured Pork Sausage served in a Yorkshire Pudding

Vegetarian Sausage with a Mini Yorkshire Pudding **V**

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

Iced or Jam Sponge

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Oven Roasted Vegetables in a Yorkshire Pudding Seasonal Roasted Vegetables and Mixed Beans Served in a Yorkshire Pudding **V**

Roast Potatoes, Creamed Potato, Fresh Carrots, Broccoli, Bread

Fruit Crumble and Custard

Thursday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base **V**

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

Golden Shortbread



eatwell

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

Friday

Battered Fillet of Fish White Fillet coated in a light batter or **Fish Finger** Fillet of Fish coated in Crispy Breadcrumbs or Fishcake

Pasta Neapolitan Seasonal Vegetables in a Rich Tomato Sauce Topped with Cheese **V**

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

Vanilla Ice Cream

Monday

Chicken Dunkers Chicken Pieces coated in a Light Batter

Quorn Dunker Quorn Pieces coated in a Light Batter **V**

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

Chocolate Shortbread

Tuesday

Gluten Free Pork Meatballs Farm Assured Pork Meatballs served with a Rich Tomato Sauce

Vegetarian Bolognese Seasonal Vegetables and Mixed Beans cooked in a Rich Tomato based Sauce **V**

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Muffin Selection

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

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

Roast Potatoes, Creamed Potato, Broccoli, Carrots, Bread

Syrup Sponge and Custard

Thursday

Pork Sausage Farm Assured Pork Sausage with Rich and Tasty Gravy

Vegetarian Sausage **V**

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

Jelly with a Swirl of Cream

Friday

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

Vegetable Nuggets **V**

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

Crispy Cornflake Cakes



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



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.