

15 DEC	WK 1	14 JUL	WK 3
8 DEC	WK 3	7 JUL	WK 2
1 DEC	WK 2	30 JUN	WK 1
24 NOV	WK 1	23 JUN	WK 3
17 NOV	WK 3	16 JUN	WK 2
10 NOV	WK 2	9 JUN	WK 1
3 NOV	WK 1	2 JUN	WK 3
27 OCT - HALF TERM		16 JUN	WK 2
20 OCT	WK 2	9 JUN	WK 1
13 OCT	WK 1	2 JUN	WK 3
6 OCT	WK 3	16 JUN	WK 2
29 SEPT	WK 2	9 JUN	WK 1
22 SEPT	WK 1	2 JUN	WK 3
15 SEPT	WK 3	16 JUN	WK 2
8 SEPT	WK 2	9 JUN	WK 1
1 SEPT	WK 1	2 JUN	WK 3
Autumn Term 2025		16 JUN	WK 2
23 FEB	WK 2	9 JUN	WK 1
16 FEB - HALF TERM		2 JUN	WK 3
9 FEB	WK 3	16 JUN	WK 2
2 FEB	WK 2	9 JUN	WK 1
26 JAN	WK 1	2 JUN	WK 3
19 JAN	WK 3	16 JUN	WK 2
12 JAN	WK 2	9 JUN	WK 1
5 JAN	WK 1	2 JUN	WK 3
Spring Term 2026		16 JUN	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. (This is currently being reviewed by department for education as this may be extended, but no decision has yet been made).
- 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
- 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)

All information correct at the time of going to print

Download your menu 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

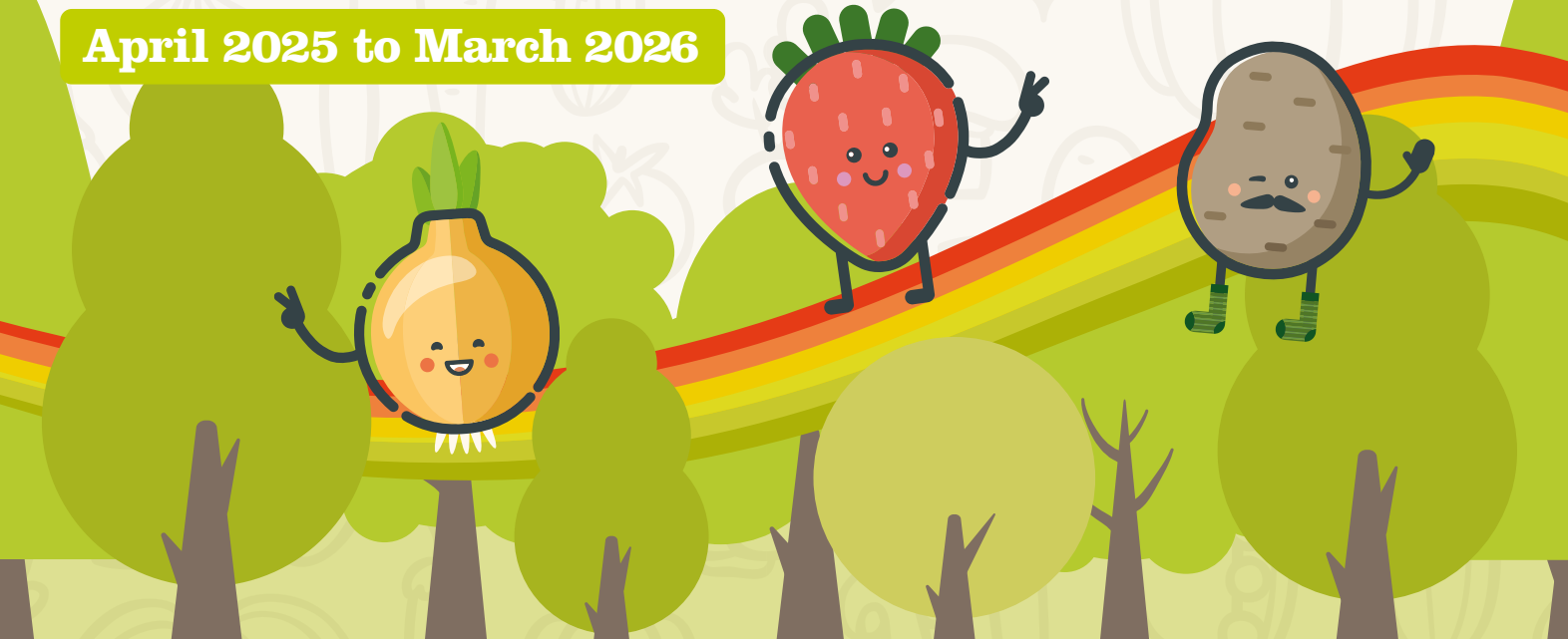
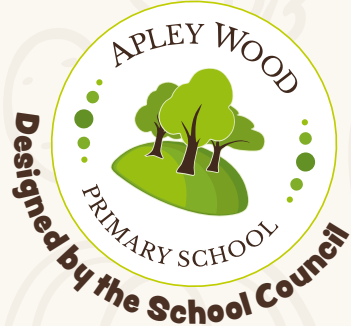


We're working with our schools to increase our use of sustainable items. All of our disposable packaging for sandwiches and wraps are plant based and fully compostable.

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

Let's Dine
Primary School Menu

April 2025 to March 2026



Our menus

- 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.



Our Wallace and Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.



V Vegetarian
Ve Vegan
H Halal

Apley Wood

We are each wonderful and unique, but together we are a masterpiece

Week 1



Week 2



Week 3

Sandwich Bar

Monday

Pork Meatballs *Gluten Free Pork Meatballs served with a Rich Tomato Sauce* or **Halal Lamb Meatballs** *served with a Rich Tomato Sauce* H

Quorn Balls *served with a Rich Tomato Sauce* V

Spaghetti or Savoury Rice, Mixed Vegetables, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Sandwich Bar

Tuesday

Handmade Chicken Dunkers or **Chicken Dunkers** H *Chicken Breast coated in breadcrumbs*

Vegetable and Mixed Bean Pasta Bake *Roasted Vegetables and Mixed Beans in a Rich Tomato Sauce topped with Savoury Breadcrumbs* V H

Boiled Rice, Fresh Carrots, Seasonal Salad Selection, Bread

Fresh Fruit Salad

Sandwich Bar

Wednesday

Pizza Bar *Cheese and Tomato Pizza with a choice of toppings* V H

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

Iced Sponge Cake and Custard

Sandwich Bar

Thursday

Bolognese Pasta Bake – Beef or Lamb H *Minced Beef or Lamb in a Rich Tomato Sauce with Pasta Twists*

Stuffed Jacket Potato *Jacket Potato with a choice of fillings* V

Pasta, Green Beans, Cauliflower, Carrots, Seasonal Salad Selection, Bread

Fruit topped Cheesecake

Sandwich Bar

Friday

Jumbo Fish Finger *White fillet of fish coated in breadcrumbs* H or **Battered Fish** *White fillet of fish coated in a light batter* H

Vegetable Sausage Roll V H

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

Chocolate or Strawberry Mousse

Sandwich Bar

Monday

Big Breakfast Farm Assured Pork Sausage, Bacon, Halal Sausage H

Vegetarian Sausage V

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

Chocolate or Strawberry Mousse

Sandwich Bar

Tuesday

Chicken Curry or **Chicken Tikka Curry** H *Tender pieces of Chicken in a Chef's Curry Sauce*

Quorn Pasta Bake *Seasonal Vegetables, Minced Quorn and Pasta in a Chef's Rich Tomato Sauce served with Grated Cheese* V

Boiled Rice, Green Beans, Mixed Vegetables, Seasonal Salad Selection, Pitta Bread

Fruit Jelly

Sandwich Bar

Wednesday

Pork or Lamb Sausage H *Farm Assured Pork Sausage or Lamb Sausage served with a Yorkshire Pudding*

Vegetarian Sausage V

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

Muffin Selection

Sandwich Bar

Thursday

Taco Bar – Mild Spiced Beef filling in a Taco Shell or **BBQ Mixed Beans and Roasted Vegetables** in a Taco Shell V H

Savoury Rice, Sweetcorn, 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.

Sandwich Bar

Friday

Battered Fish H *White fillet of fish coated in a light batter* or **Fishcake** H

Cheese and Potato Puff V

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

Shortbread Selection

Sandwich Bar

Monday

Pizza Bar – Cheese and Tomato Pizza with a choice of toppings V H

Pasta Twists, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Sandwich Bar

Tuesday

Sausage Roll Farm Assured Sausage meat encased in Puff Pastry or **Lamb Sausage** encased in Puff Pastry H

Vegetarian filled Yorkshire Pudding V

Creamed Potato, Garden Peas, Carrots, Seasonal Salad Selection, Bread

Chocolate Sponge and Custard

Sandwich Bar

Wednesday

Beef Bolognese or **Lamb Bolognese** H *Farm Assured Minced Beef or Lamb served in a Rich Tomato Sauce*

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

Spaghetti, Boiled Rice, Cauliflower, Mixed Vegetables, Broccoli, Seasonal Salad Selection, Bread

Fruit Jelly

Sandwich Bar

Thursday

Beef or Lamb Burger H *Farm Assured Beef or Lamb Burger with Onions served in a Soft Roll*

Quorn Nuggets V

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

Shortbread Selection

Chip Shop Friday

Jumbo Fish Finger H *White fillet of fish coated in breadcrumbs* or **Battered Fish** H *White fillet of fish coated in a light batter*

Vegetable Burger with a Soft Bread Roll V H

Chips, Couscous, Mixed Vegetables, Garden Peas, Seasonal Salad Selection, Bread

Marble Sponge Cake

Sandwich Bar

Chips Fish

'Lots of variety and choice'

FUN FOOD FACTS

Potatoes were the first vegetable to be grown in space.

Sandwich Bar

Available daily by pre order

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
A pomegranate can hold up to 1400 seeds.

'We like sausages and bacon'

'TRY ME i'm delicious'

