

Autumn Term 2023		Summer Term 2023		Summer Term 2024	
18 DEC	WK 1	17 JUL	WK 2	18 MAR	WK 2
11 DEC	WK 3	10 JUL	WK 1	11 MAR	WK 1
4 DEC	WK 2	3 JUL	WK 3	4 MAR	WK 3
27 NOV	WK 1	26 JUN	WK 2	26 FEB	WK 2
20 NOV	WK 3	19 JUN	WK 1	19 FEB	WK 1
13 NOV	WK 2	12 JUN	WK 3	12 FEB - HALF TERM	
6 NOV	WK 1	5 JUN	WK 2	5 FEB	WK 2
30 OCT - HALF TERM		29 MAY - HALF TERM		29 JAN	WK 1
23 OCT	WK 2	22 MAY	WK 3	22 JAN	WK 3
16 OCT	WK 1	15 MAY	WK 2	15 JAN	WK 2
9 OCT	WK 3	8 MAY	WK 1	8 JAN	WK 1
2 OCT	WK 2	1 MAY	WK 3		
25 SEPT	WK 1	24 APR	WK 2		
18 SEPT	WK 3	17 APR	WK 1		
11 SEPT	WK 2				
4 SEPT	WK 1				

MENU CALENDAR

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

FREE SCHOOL MEALS
DID YOU KNOW?

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.



- 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 only use fresh Milk in our recipes.
- 8 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 9 All of our suppliers ensure full traceability of our Food.
- 10 Some of our menu choices are developed with children through the Eatwell Project.



OUR MENUS



Protect, care and invest to create a better borough

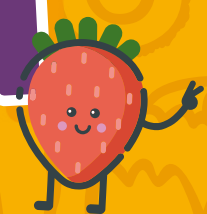
Let's Dine
PRIMARY SCHOOL MENU



April
2023

TO

March
2024



V Vegetarian
Ve Vegan
H Halal

WEEK 1

WEEK 2

WEEK 3

Monday

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

Vegetarian Sausage, Free Range Scrambled Egg V

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

Marble Sponge and Chocolate Sauce

Wednesday

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

Oven Roasted Vegetables Served in a Yorkshire Pudding and topped with Mature Cheese V

Roast Potatoes, Creamed Potato, Broccoli, Cauliflower, Carrots, Homemade Bread Selection

Selection of Homemade Fruity Muffins

Monday

Pork Sausage Farm Assured Pork Sausage served with a Tasty Gravy

Vegetarian Sausage served with Onion Gravy V

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

Homemade Iced Sponge

Thursday

Chicken Dunkers Chicken coated with or without Natural Breadcrumbs served with **BBQ Sauce or Sweet and Sour Sauce**

Quorn Dunkers Quorn pieces coated in a Light Batter served with **BBQ or Sweet and Sour Sauce** V

Savoury Boiled Rice or Pasta Twists, Broccoli, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Fruit Crumble and Custard

Monday

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

Vegetarian Sausage, Free Range Scrambled Egg V

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

Homemade Cookie Selection

Thursday

Chinese Chicken Curry Farm Assured diced Chicken in a Chinese Curry Sauce

Vegetable Tikka Masala Seasonal Vegetables and Mixed Beans in a Chef's Tikka Sauce V

Baby New Potatoes, Boiled Rice, Broccoli, Mixed Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Homemade Shortbread

Tuesday

Gluten Free Meatballs Pork Meatballs served in a Rich Tomato Sauce or Gravy

Vegetarian Balls served with Gravy or Tomato Sauce V

Pasta Twists, Sweetcorn, Green Beans, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Thursday

Chicken Dunkers Chicken coated with or without Natural Breadcrumbs served with a **Sweet and Sour Sauce**

Cheese and Potato Bake Grated Cheese and Fluffy Mashed Potato topped with Sliced Tomato and Grated Cheese V

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

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla

Tuesday

Pizza Selection Thin Pizza Base Topped with Grated Cheese and Tomato Sauce with a Selection of Toppings

Cheese and Tomato Pizza Thin Pizza Base Topped with Grated Cheese and Tomato Sauce V

Crispy Diced Potatoes, Sweetcorn, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Homemade Chocolate Brownie



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

Tuesday

Beef Bolognaise Farm Assured Minced Beef cooked in a Rich Tomato Sauce

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

Pasta Twists, Garden Peas, Sweetcorn, Big Seasonal Salad Selection, Homemade Bread Selection, Garlic Bread

Fruit Sponge and Custard

Friday

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

Filled Jacket Potato Jacket Potato Filled with Quorn Bolognaise Sauce V or Baked Beans and Cheese V

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

Iced Muffin Selection

Wednesday

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

Quorn and Roasted Vegetable Parcels Diced Quorn and Roasted Seasonal Vegetables encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Cabbage, Carrots, Cauliflower, Seasonal Salad Selection, Homemade Bread Selection

Fruit Jelly with a Swirl of Cream

Friday

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

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

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

Homemade Fruit Flapjack

Wednesday

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

Oven Roasted Vegetables and Diced Quorn in a Yorkshire Pudding Served in a Yorkshire Pudding and a Tasty Gravy V

Roast Potatoes, Creamed Potato, Carrots, Green Beans, Cauliflower, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream



FUN FOOD FACT

BROCCOLI
The word 'broccoli' is the plural of 'broccolo' which is Italian for the flowering top of a cabbage. According to a survey in 2009, broccoli is the sixth most commonly misspelt word in English.

APPLES
Apples float in water, because 25% of their volume is made of air. The most-grown apple is Red Delicious. Followed by Gala, Golden Delicious, Granny Smith, and Fuji.

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