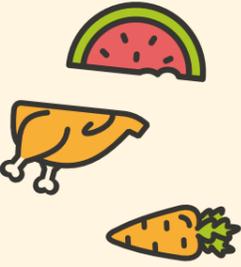


[www.telford.gov.uk/freeschoolmeals](http://www.telford.gov.uk/freeschoolmeals)

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



## All the good stuff

Download your copy at [www.telford.gov.uk/schoolmeals](http://www.telford.gov.uk/schoolmeals)



- 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 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.



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

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

**Vegetarian Sweet and Sour** *Seasonal Vegetables in a Sweet and Sour Sauce* V

**Boiled Rice, Sweetcorn, Broccoli, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Early Years options:** Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

## Tuesday

**Homemade Sausage Roll** *Pork Sausage meat encased in Puff Pastry*

**Quorn Roll** *Quorn Sausage wrapped in Puff Pastry* V

**Sliced Potatoes, Baked Beans, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Peach and Yoghurt Cake**

**Early Years options:** Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

## Wednesday

**Chicken and Leek Pie** *Farm Assured Chicken Pieces and Leeks in a Creamy Sauce topped with Puff Pastry*

**Vegetable Pie** *Roasted Vegetables and Mixed Beans in a Tasty Gravy topped with Puff Pastry* V

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

**Early Years options:** Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

## Thursday

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

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

**Pasta Twists, Green Beans, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Banana Muffin**

**Early Years options:** Cheese and Crackers or Yoghurt or Fresh Fruit

## Friday

**Salmon Star Fish** *MSC Salmon and Mashed Potato seasoned within a Crispy Crumb* or **Battered Fish** *White fillet of Fish coated in a Light Batter*

**Cheese and Onion Pastie** V

**Chips, Garden Peas, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Red Velvet Cake**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

# Week 2

## Monday

**Handmade Meatballs in a Tomato Sauce or Gravy**

**Vegetarian Balls in a Tomato Sauce** V

**Boiled Rice, Green Beans, Cauliflower, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Early Years options:** Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

## Tuesday

**Cheese and Tomato Pizza** V with a selection of toppings including **Ham, Peppers V, Pineapple V, Mushrooms V, Sliced Onions V**

**Diced Potatoes, Sweetcorn, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Lemon and Mandarin Cake**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

## Wednesday

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

**Shepherdess Pie** *Seasonal Vegetables and Mixed Beans topped in a Rich and Tasty Gravy topped with Creamed Potato* V

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

**Early Years options:** Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

## Thursday

**Big Breakfast** *Farm Assured Pork Sausage, Scrambled Egg, Baked Beans*

**Vegetarian Sausage, Baked Beans, Scrambled Egg** V

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

**Apple and Raisin Muffin**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt or with Fruit



eatwell

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

## Friday

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

**Cheese and Onion Pastie** V

**Chips, Savoury Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Early Years options:** Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

# Week 3

## Monday

**Beef Hotpot** *Farm Assured Beef and Seasonal Vegetables in a Rich and Tasty Gravy topped with Sliced Potatoes*

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

**Diced Potatoes, Garden Peas, Carrots, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Carrot Cake**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

## Tuesday

**Wrap Day – Mild Spicy Chicken, Mild Beef Chilli, Tuna and Sweetcorn, Cheese and Mixed Beans** V served in a Soft Tortilla Wrap

**Savoury Rice, Sweetcorn, Broccoli, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

## Wednesday

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

**Vegetarian Sausage, Scrambled Egg** V

**Potato Waffles or Smiley Faces, Tomatoes, Mushrooms, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Scones – Fruit or Cheese**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

## Thursday

**Beef Lasagne** *Farm Assured Minced Beef, layered with Pasta Sheets and topped with a Chef's Bechamel Sauce*

**Vegetarian Lasagne** *Vegetables and Mixed Beans in a Chef's Tomato Sauce layered with Pasta Sheets and topped with a Chef's Bechamel Sauce* V

**Carrots, Cauliflower, Seasonal Salad Selection, Wholemeal Bread and White Bread, Garlic Bread**

**Chocolate and Pear Cake and Custard**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

## Friday

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

**Cheese and Onion Pastie** *Creamed Potato, Onion and Grated Cheese in wrapped in Puff Pastry* V

**Chips, Couscous, Sweetcorn, Baked Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread**

**Early Years options:** Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit

**FUN FOOD FACT**

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

**FUN FOOD FACT**

**Ripe cranberries bounce like rubber balls**

● Fresh Fruit available daily. All items subject to availability. ●