

14 JUL	WK 3	17 NOV	WK 3	15 DEC	WK 1
7 JUL	WK 2	10 NOV	WK 2	8 DEC	WK 3
30 JUN	WK 1	3 NOV	WK 1	1 DEC	WK 2
23 JUN	WK 3	27 OCT - HALF TERM		24 NOV	WK 1
16 JUN	WK 2	20 OCT	WK 2		
9 JUN	WK 1	13 OCT	WK 1	16 FEB - HALF TERM	
2 JUN	WK 3	6 OCT	WK 3	9 FEB	WK 3
26 MAY - HALF TERM		29 SEPT	WK 2	2 FEB	WK 2
19 MAY	WK 1	22 SEPT	WK 1	26 JAN	WK 1
12 MAY	WK 3	15 SEPT	WK 3	19 JAN	WK 3
5 MAY	WK 2	8 SEPT	WK 2	12 JAN	WK 2
28 APR	WK 1	1 SEPT	WK 1	5 JAN	WK 1
Summer Term 2025		Autumn Term 2025		Spring Term 2026	

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 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)
- Universal Credit – your household income must be less than £7,400

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



Protect, care and invest to create a better borough

Let's Dine

Primary School Menu

APRIL

2025

TO

MARCH

2026

Our menus



All the good stuff

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

- 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.



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

## Monday

**Pork Sausage** Farm Assured Pork Sausage served with a Yorkshire Pudding

**Cheesy Pasta Bake** Pasta served in a Chef's Creamy Cheese Sauce V

**Creamed Potato, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread**

**Cookie Selection**

## Wednesday

**Gammon** Farm Assured Meat or Fish served with Parsley Sauce

**Vegetable Crumble** Seasonal Vegetables and Mixed Beans topped with a Savoury Crumble V

**Roast Potatoes, Creamed Potato, Broccoli, Carrots, Garden Peas, Seasonal Salad Selection, Bread**

**Vanilla Ice Cream**

## Tuesday

**Chicken Dunkers** Farm Assured Chicken coated in Natural Breadcrumbs served with a choice of Sauces

**Quorn Nuggets** served with a choice of Sauces V

**Diced Potatoes, Rice, Sweetcorn, Green Beans, Seasonal Salad Selection, Bread**

**Iced Sponge and Custard**

## Thursday

**Meatballs** Farm Assured Meatballs served with a Sauce

**Quorn Balls** served with a Sauce V

**Pasta, Sweetcorn, Broccoli, Seasonal Salad Selection, Bread Cupcake**

## Friday

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

**Pasta Bake** V

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

**Selection of Cakes and Biscuits**

# Week 2

## Monday

**Cheese and Tomato Pizza** with various toppings

**Quorn Curry** Quorn pieces in a Chef's Creamy Curry Sauce V

**Potato Wedges, Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Flapjack or Shortbread**

## Thursday

**Sausage Rolls** Farm Assured Sausage Meat encased in Puff Pastry

**Pasta Bake** V

**Potato Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Chocolate Sponge or Apple Crumble with Custard**

## Tuesday

**Beef Burger** Farm Assured Minced Beef Burger with a Cheese Slice in a Soft Bread Roll

**Vegetarian Burger** with a Cheese Slice in a Soft Bread Roll V

**Potato Smiles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Sponge and Custard**



**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 Fishcake

**Cheese Bake** Creamed Potato and Grated Cheese topped with Sliced Tomato V

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

**Cook's Choice of Dessert**

## Wednesday

**Traditional Roast Turkey** with Stuffing and Rich and Tasty Gravy Farm Assured Sliced Meat

**Garlic Bake** Seasonal Vegetables and Mixed Beans topped with French Bread Slices V

**Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Vanilla Ice Cream**

# Week 3

## Monday

**Ham and Cheese Pizza**

**Cheese and Tomato Pizza** V

**Potato Smiles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Chocolate Shortbread or Vanilla Shortbread**

## Tuesday

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

**Quorn Bolognese** Quorn Mince in a Chef's Rich Tomato Sauce V

**Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Iced Sponge and Custard**

## Thursday

**Chicken Nuggets** Farm Assured Chicken coated in a light batter and served with a Sauce

**Quorn Dunkers** Quorn pieces coated in a light batter and served with a Sauce V

**Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Sprinkle Cake and Custard**

## Friday

**Battered Fish** White fillet of fish coated in a light batter or Sliced Turkey Farm Assured Sliced Meat

**Pasta Neapolitan** Seasonal Vegetables and Pasta Twists in a Chef's Tomato Sauce topped with Grated Cheese V

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

**Cook's Choice of Dessert**

## Wednesday

**Traditional Roast Beef** with Yorkshire Pudding and Rich and Tasty Gravy Farm Assured Sliced Meat

**Quorn Fillet** Quorn Fillet served with a Rich and Tasty Gravy V

**Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Jelly with a Swirl of Cream**

**FUN FOOD FACT**

**Potatoes were the first vegetable to be grown in space.**

**FUN FOOD FACT**

**A POMEGRANATE CAN HOLD UP TO 1400 SEEDS.**

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