

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

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 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
- 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

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base
Fishless Fingers V
Herby Diced Potatoes, Big Seasonal Salad Selection, Bread Selection
Vanilla Ice Cream

Tuesday

Beef Bolognese Farm Assured Minced Beef cooked in a Rich Tomato Sauce
Vegetable Chilli Vegetables and Red Beans cooked in a Chef's Chilli Sauce V
Spaghetti or Savoury Rice, Carrots, Green Beans, Seasonal Salad Selection, Garlic Bread, Bread Selection
Chocolate and Orange Muffin

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat
Filled Yorkshire Pudding Roasted Vegetables and Mixed Beans served in a Yorkshire Pudding V
Roast Potatoes, Creamed Potato, Cauliflower, Broccoli, Carrots, Seasonal Salad Selection, Bread Selection
Iced Lemon Fingers

Thursday

Chicken and Sweetcorn Pasta Bake
Quorn and Vegetable Pasta Bake V
Baby Jacket Potatoes, Garden Peas, Farmhouse Mixed Vegetables, Seasonal Salad Selection, Bread Selection
Marble Sponge and Custard

Friday

Battered Fillet of Fish White Fillet coated in a light batter or **Salmon Fishcake**
Roasted Vegetable and Cheese Tart Roasted Vegetables and Cheese mixed in an Egg base, Baked in a Short Crust Pastry V
Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection
Fruit Jelly with a Swirl of Cream

Monday

Pork Sausage Farm Assured Pork Sausage served with a Rich and Tasty Gravy
Vegetarian Sausage served with a Rich and Tasty Gravy V
Creamed Potatoes, Carrots, Green Beans, Seasonal Salad Selection, Bread Selection
Cookie Selection

Tuesday

Beef Burgers Farm Assured Beef Burger served in a Soft Bread Roll
Quorn Burger Quorn Burger served in a Soft Bread Roll V
Jacket Potato Wedges, Farmhouse Mixed Vegetables, Seasonal Salad Selection, Soft Bap, Bread Selection
Fruit Muffin Selection

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat
Quorn and Vegetable Parcel Diced Quorn and Roasted Vegetables encased in Puff Pastry V
Roast Potatoes, Creamed Potato, Carrots, Broccoli, Cauliflower, Bread Selection
Chocolate and Oat Cookie

Thursday

Chicken Korma Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce
Vegetable and Bean Pasta Bake Season Vegetables and Mixed Beans in a Rich Tomato Sauce topped with Mature Cheese V
Boiled Rice, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection, Naan Bread
Iced Sponge and Custard

Friday

Fish Finger Fillet of Fish coated in a Crispy Breadcrumbs or **Battered Fillet of Fish** White Fillet coated in a light batter
Fishless Fingers V
Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection
Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

Monday

Gluten Free Meatballs Pork Meatballs served in a Rich Tomato Sauce
Quorn Meatless Balls served in a Rich Tomato Sauce V
Pasta Twists, Carrots, Green Beans, Seasonal Salad Selection, Bread Selection
Chocolate Sponge with Chocolate Sauce

Tuesday

Pizza Bar with a Choice of Toppings on a Thin Crispy Base **Ham, Pineapple** V, **Peppers** V, **Sweetcorn** V
Cheese and Tomato Pizza V
Smiley Faces, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread Selection
Shortbread

Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat
Quorn and Vegetable Stew Diced Quorn Vegetables and cooked in a Tasty Vegetarian Gravy V
Roast Potatoes, Creamed Potato, Cauliflower, Carrots, Cabbage, Seasonal Salad Selection, Bread Selection
Strawberry Mousse

Thursday

Homemade Sausage Roll Farm Assured Pork Sausage wrapped in Golden Puff Pastry
Vegetarian Sausage V
Hash Browns, Baked Beans, Mushrooms, Tomatoes, Seasonal Salad Selection, Bread Selection
Cornflake Tart with Custard

Friday

Battered Fillet of Fish White Fillet coated in a light batter or **Fish Finger** Fillet of Fish coated in a Crispy Breadcrumbs
Vegetable and Bean Parcel Mixed Beans and Roast Vegetables encased in Puff Pastry V
Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection
Chocolate Brownie



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



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

Sandwich Option
 Cheese or Tuna sandwich packed lunch available

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

RHUBARB GROWS SO QUICKLY THAT YOU CAN HEAR IT.