

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

# 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.

# our menus

## All the good stuff

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

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.



- 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.



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

## Monday

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

**Vegetarian Roll** V

Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Flapjack

## Tuesday

**Cheese and Tomato Pizza**

**Vegetable Enchiladas** V

Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit and Yoghurt

## Wednesday

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

**Vegetarian Pasty** V

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

Apple Crumble and Custard

## Thursday

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

**Jacket Potato with a Vegetarian Topping** V

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

Vanilla Ice Cream

## Friday

**Battered Fillet of Fish** *White Fillet coated in a light batter or Fishcake*

**Mac 'n' Cheese** V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Shortbread

# Week 2

## Monday

**Pasta Bolognese** *Farm Assured Minced Beef in a Rich Tomato Sauce with Pasta*

**Vegetarian Bolognese** V

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Flapjack

## Tuesday

**Beef Burger** *Farm Assured Minced Beef Pattie*

**Vegetarian Burger** V

Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Fruit and Yoghurt

## Wednesday

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

**Oven Roasted Vegetables, Mixed Beans served with a Yorkshire Pudding** V

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

Jam and Coconut Sponge

## Thursday

**Hunters Chicken or Sweet and Sour Chicken**

**Quorn Pieces with a Cook's Choice of Sauce** V

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

Chocolate Crunch



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

## Friday

**Battered Fillet of Fish** *White Fillet coated in a light batter*

**Cheese Pasty** V

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

Vanilla Ice Cream

# Week 3

## Monday

**Gluten Free Pork Meatballs** *with a Rich Tomato Sauce*

**Cheese and Tomato Bake** V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Golden Shortbread

## Tuesday

**Chicken Dunkers** *served with Tomato Sauce*

**Vegetable Dippers** *served with Tomato Sauce* V

Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Rice Pudding

## Wednesday

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

**Vegetable Balls with a Yorkshire Pudding** V

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

Chocolate Cake and Mint Custard

## Thursday

**Big Breakfast** *Bacon, Farm Assured Pork Sausage*

**Vegetarian Sausage** V

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

Fruit and Yoghurt

## Friday

**Battered Fillet of Fish** *White Fillet coated in a light batter or Jumbo Fish Finger*

**Vegetable Enchiladas** V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Cupcake

**FUN FOOD FACT**

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

**FUN FOOD FACT**

**RHUBARB GROWS SO QUICKLY THAT YOU CAN HEAR IT.**

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