

# 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.

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.



**THANK YOU**  
to our suppliers for their continued support and helping us with our special event days



### Menu calendar

Week	Start Date	End Date
13 APR	13 APR	19 APR
20 APR	20 APR	26 APR
27 APR	27 APR	3 APR
4 MAY	4 MAY	10 MAY
11 MAY	11 MAY	17 MAY
18 MAY	18 MAY	24 MAY
25 MAY - HALF TERM	25 MAY	31 MAY
1 JUN	1 JUN	7 JUN
8 JUN	8 JUN	14 JUN
15 JUN	15 JUN	21 JUN
22 JUN	22 JUN	28 JUN
29 JUN	29 JUN	5 JUL
6 JUL	6 JUL	12 JUL
13 JUL	13 JUL	19 JUL
26 OCT - HALF TERM	26 OCT	31 OCT
1 NOV	1 NOV	7 NOV
8 NOV	8 NOV	14 NOV
15 NOV	15 NOV	21 NOV
22 NOV	22 NOV	28 NOV
29 NOV	29 NOV	5 DEC
6 DEC	6 DEC	12 DEC
13 DEC	13 DEC	19 DEC
20 DEC	20 DEC	26 DEC
27 DEC	27 DEC	3 JAN
3 JAN	3 JAN	9 JAN
10 JAN	10 JAN	16 JAN
17 JAN	17 JAN	23 JAN
24 JAN	24 JAN	30 JAN
31 JAN	31 JAN	6 FEB
7 FEB	7 FEB	13 FEB
14 FEB	14 FEB	20 FEB
21 FEB	21 FEB	27 FEB
28 FEB	28 FEB	6 MAR
7 MAR	7 MAR	13 MAR
14 MAR	14 MAR	20 MAR
21 MAR	21 MAR	27 MAR
28 MAR	28 MAR	4 APR
4 APR	4 APR	10 APR
11 APR	11 APR	17 APR
18 APR	18 APR	24 APR
25 APR	25 APR	1 MAY
2 MAY	2 MAY	8 MAY
9 MAY	9 MAY	15 MAY
16 MAY	16 MAY	22 MAY
23 MAY	23 MAY	29 MAY
30 MAY	30 MAY	5 JUN
6 JUN	6 JUN	12 JUN
13 JUN	13 JUN	19 JUN
20 JUN	20 JUN	26 JUN
27 JUN	27 JUN	3 JUL
28 JUN	28 JUN	4 JUL
5 JUL	5 JUL	11 JUL
12 JUL	12 JUL	18 JUL
19 JUL	19 JUL	25 JUL
26 JUL	26 JUL	1 AUG
27 JUL	27 JUL	2 AUG
28 JUL	28 JUL	4 AUG
29 JUL	29 JUL	11 AUG
30 JUL	30 JUL	18 AUG
31 JUL	31 JUL	25 AUG
1 AUG	1 AUG	7 SEP
8 AUG	8 AUG	14 SEP
9 AUG	9 AUG	21 SEP
16 AUG	16 AUG	28 SEP
23 AUG	23 AUG	29 SEP
30 AUG	30 AUG	6 OCT
6 SEP	6 SEP	12 SEP
13 SEP	13 SEP	19 SEP
20 SEP	20 SEP	26 SEP
27 SEP	27 SEP	3 OCT
28 SEP	28 SEP	4 OCT
5 OCT	5 OCT	11 OCT
12 OCT	12 OCT	18 OCT
19 OCT	19 OCT	25 OCT
26 OCT	26 OCT	1 NOV
27 OCT	27 OCT	2 NOV
28 OCT	28 OCT	8 NOV
29 OCT	29 OCT	15 NOV
30 OCT	30 OCT	22 NOV
31 OCT	31 OCT	29 NOV
1 NOV	1 NOV	7 DEC
8 NOV	8 NOV	14 DEC
15 NOV	15 NOV	21 DEC
22 NOV	22 NOV	28 DEC
29 NOV	29 NOV	4 JAN
30 NOV	30 NOV	11 JAN
1 DEC	1 DEC	7 JAN
8 DEC	8 DEC	14 JAN
15 DEC	15 DEC	21 JAN
22 DEC	22 DEC	28 JAN
29 DEC	29 DEC	4 FEB
30 DEC	30 DEC	11 FEB
31 DEC	31 DEC	18 FEB
1 JAN	1 JAN	25 FEB
2 JAN	2 JAN	4 MAR
3 JAN	3 JAN	11 MAR
4 JAN	4 JAN	18 MAR
5 JAN	5 JAN	25 MAR
6 JAN	6 JAN	1 APR
7 JAN	7 JAN	14 APR
8 JAN	8 JAN	21 APR
9 JAN	9 JAN	28 APR
10 JAN	10 JAN	5 MAY
11 JAN	11 JAN	12 MAY
12 JAN	12 JAN	19 MAY
13 JAN	13 JAN	26 MAY
14 JAN	14 JAN	2 JUN
15 JAN	15 JAN	9 JUN
16 JAN	16 JAN	16 JUN
17 JAN	17 JAN	23 JUN
18 JAN	18 JAN	30 JUN
19 JAN	19 JAN	7 JUL
20 JAN	20 JAN	14 JUL
21 JAN	21 JAN	21 JUL
22 JAN	22 JAN	28 JUL
23 JAN	23 JAN	4 AUG
24 JAN	24 JAN	11 AUG
25 JAN	25 JAN	18 AUG
26 JAN	26 JAN	25 AUG
27 JAN	27 JAN	1 SEP
28 JAN	28 JAN	8 SEP
29 JAN	29 JAN	15 SEP
30 JAN	30 JAN	22 SEP
31 JAN	31 JAN	29 SEP
1 FEB	1 FEB	6 OCT
2 FEB	2 FEB	13 OCT
3 FEB	3 FEB	20 OCT
4 FEB	4 FEB	27 OCT
5 FEB	5 FEB	3 NOV
6 FEB	6 FEB	10 NOV
7 FEB	7 FEB	17 NOV
8 FEB	8 FEB	24 NOV
9 FEB	9 FEB	1 DEC
10 FEB	10 FEB	8 DEC
11 FEB	11 FEB	15 DEC
12 FEB	12 FEB	22 DEC
13 FEB	13 FEB	29 DEC
14 FEB	14 FEB	5 JAN
15 FEB	15 FEB	12 JAN
16 FEB	16 FEB	19 JAN
17 FEB	17 FEB	26 JAN
18 FEB	18 FEB	2 FEB
19 FEB	19 FEB	9 FEB
20 FEB	20 FEB	16 FEB
21 FEB	21 FEB	23 FEB
22 FEB	22 FEB	1 MAR
23 FEB	23 FEB	8 MAR
24 FEB	24 FEB	15 MAR
25 FEB	25 FEB	22 MAR
26 FEB	26 FEB	29 MAR
27 FEB	27 FEB	5 APR
28 FEB	28 FEB	12 APR
29 FEB	29 FEB	19 APR
30 FEB	30 FEB	26 APR
1 MAR	1 MAR	3 MAY
2 MAR	2 MAR	10 MAY
3 MAR	3 MAR	17 MAY
4 MAR	4 MAR	24 MAY
5 MAR	5 MAR	31 MAY
6 MAR	6 MAR	7 JUN
7 MAR	7 MAR	14 JUN
8 MAR	8 MAR	21 JUN
9 MAR	9 MAR	28 JUN
10 MAR	10 MAR	5 JUL
11 MAR	11 MAR	12 JUL
12 MAR	12 MAR	19 JUL
13 MAR	13 MAR	26 JUL
14 MAR	14 MAR	2 AUG
15 MAR	15 MAR	9 AUG
16 MAR	16 MAR	16 AUG
17 MAR	17 MAR	23 AUG
18 MAR	18 MAR	30 AUG
19 MAR	19 MAR	6 SEP
20 MAR	20 MAR	13 SEP
21 MAR	21 MAR	20 SEP
22 MAR	22 MAR	27 SEP
23 MAR	23 MAR	4 OCT
24 MAR	24 MAR	11 OCT
25 MAR	25 MAR	18 OCT
26 MAR	26 MAR	25 OCT
27 MAR	27 MAR	1 NOV
28 MAR	28 MAR	8 NOV
29 MAR	29 MAR	15 NOV
30 MAR	30 MAR	22 NOV
31 MAR	31 MAR	29 NOV
1 APR	1 APR	6 DEC
2 APR	2 APR	13 DEC
3 APR	3 APR	20 DEC
4 APR	4 APR	27 DEC
5 APR	5 APR	3 JAN
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7 APR	7 APR	17 JAN
8 APR	8 APR	24 JAN
9 APR	9 APR	31 JAN
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12 APR	12 APR	21 FEB
13 APR	13 APR	28 FEB
14 APR	14 APR	6 MAR
15 APR	15 APR	13 MAR
16 APR	16 APR	20 MAR
17 APR	17 APR	27 MAR
18 APR	18 APR	3 APR
19 APR	19 APR	10 APR
20 APR	20 APR	17 APR
21 APR	21 APR	24 APR
22 APR	22 APR	1 MAY
23 APR	23 APR	8 MAY
24 APR	24 APR	15 MAY
25 APR	25 APR	22 MAY
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12 MAY	12 MAY	18 SEP
13 MAY	13 MAY	25 SEP
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8 JUN	8 JUN	26 MAR
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13 JUN	13 JUN	30 APR
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29 JUL	29 JUL	18 MAR
30 JUL	30 JUL	25 MAR
31 JUL	31 JUL	1 APR

## 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
- Universal Credit - your household income must be less than £7,400 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.

Telford & Wrekin Co-operative Council

Protect, care and invest to create a better borough

# Let's Dine

## Primary School Menu

# APRIL 2026 TO MARCH 2027

# OUR MENUS

## All the good stuff

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

# Week 2

# Week 3

## Monday

**Jumbo Fish Finger** White fillet of Fish coated in Breadcrumbs or **Fish Stars** MSC Salmon and Mashed Potatoes with seasoning coated in a crispy crumb

**Fishless Finger** Our Fish free alternative coated in a crispy crumb V

**Chips, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Fruit Jelly**

## Wednesday

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

**Vegetable and Bean filled Yorkshire Pudding** served with Rich and Tasty Gravy V

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

**Shortbread Biscuit**

## Monday

**Pork Sausage** Farm Assured Sausage

**Quorn Sausage** V

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

**Chocolate and Orange Muffin**

## Thursday

**Spaghetti Bolognese** Farm assured Minced Beef served in Italian Tomato Sauce or **Meatballs** Meatballs served in a Rich Tomato Sauce or a Tasty Gravy

**Vegetable Lasagne** Roasted Vegetables in an Italian sauce layered with Pasta and topped with a Cheese Sauce V

**Pasta, Sweetcorn, Garden Peas, Seasonal Salad Selection, Garlic Bread**

**Cookie**

## Monday

**Jumbo Fish Finger** White fillet of Fish coated in Breadcrumbs or **Fish Stars** MSC Salmon and Mashed Potatoes with seasoning coated in a Crispy Crumb

**Fishless Finger** Our Fish free alternative coated in a Crispy Crumb V

**Chips, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

**Shortbread**

## Thursday

**Big Breakfast** Farm Assured Sausage, Free Range Scrambled Egg

**Vegetarian Big Breakfast** Quorn Sausage with Free Range Scrambled Egg V

**Hash Browns, Baked Beans, Chopped Tomatoes, Seasonal Salad Selection, Wholemeal Bread**

**Cookie selection**

## Tuesday

**Chinese Style Chicken** Farm Assured Chicken with Chinese style vegetable served with Chef's Choice Chinese Sauce

**Quorn with Sweet and Sour Sauce or Jacket Potato with Baked Beans** V

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

**Strawberry Muffin**

## Thursday

**Meat Pizza** Deep Crust base with Cheese and Tomato and various Meat toppings

**Cheese and Tomato Pizza** Deep Crust base with Cheese and Tomato topping V

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

**Rice Pudding and Fruit Compote**

## Tuesday

**Chicken Fajitas** Farm Assured Chicken with Roasted Vegetables cooked in a Chef's Sauce served in a Tortilla wrap

**Vegetable and Bean Fajitas or Jacket Potato with Baked Beans** V

**Rice, Mushy Peas, Baked Beans, Seasonal Salad Selection, Wholemeal Bread**

**Fruit Flapjack**



**eatwell**

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

## Tuesday

**Chicken Wrap** Farm assured Chicken served in a Tortilla wrap with a selection of sauces

**Vegetarian Wrap** Mixed Roasted Vegetables and Beans served in a Tortilla wrap with a selection of Sauces V

**Rice, Sweetcorn, Carrots, Seasonal Salad Selection, Wholemeal Bread**

**Fruit Cheesecake**

## Friday

**Meat Pizza** Deep Crust base with Cheese and Tomato and various Meat toppings

**Cheese and Tomato Pizza** Deep Crust base with Cheese and Tomato topping V

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

**Vanilla Ice Cream**

## Wednesday

**Roast Chicken** Farm Assured Sliced Meat served with Mini Yorkshire Pudding and Rich and Tasty Gravy

**Cheese and Potato Pie** V

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

**Fruit Sponge and Custard**

## Friday

**Chicken Nuggets** served with BBQ or Sweet and Sour Sauce

**Quorn Nuggets** V

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

**Vanilla Ice Cream**

## Wednesday

**Chicken Hotpot** Farm Assured Chicken with a Rich and Tasty Gravy topped with Sliced Potatoes

**Roast Chicken** Farm Assured Sliced Meat served with Mini Yorkshire Pudding and Rich and Tasty Gravy V

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

**Carrot Cake**

**FUN FOOD FACT**

**Ripe cranberries bounce like rubber balls.**

**FUN FOOD FACT**

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

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

**Sandwich Option**  
Packed lunch available