

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

Menu calendar

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 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)

All information correct at the time of going to print

# Free School Meals

## DID YOU KNOW?

# 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



Telford & Wrekin Co-operative Council  
Protect, care and invest to create a better borough



## Primary School Menu

April 2024 to March 2025

“Individuals working to potential with God”



# Let's Dine



V Vegetarian  
 Ve Vegan  
 H Halal

# Week 1 Week 2 Respect, Resilience and Responsibility Week 3



Musical, creative and the arts – Food glorious food!



## Monday

**Pizza Bar – Cheese and Tomato Pizza** *Selection of Topped Pizzas with a Deep Crust Base* **V**

**Cheese Puff** *Grated Mature Cheese and Creamed Potato encased in Puff Pastry* **V**

**Diced Potatoes, Seasonal Salad Selection, Bread**

**Chocolate and Orange Sponge**

## Thursday

**Taco Thursday – Mild Spicy Minced Beef Taco, Spicy Bean Taco** **V**, **Chicken and Tomato Taco**

**Boiled Rice, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread**

**Cookie**

## Tuesday

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

**Vegetable Enchiladas** *Seasonal Vegetables and Mixed Beans encased in floured Wrap with Rich Tomato Sauce* **V**

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

**Strawberry and Vanilla Swirl Mousse**

## Friday

**Jumbo Fish Finger** *White fillet of fish coated in Breadcrumbs or Hot Dog*

**Vegetarian Hot Dog** **V**

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

**Cherry or Plain Flapjack**

## Wednesday

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

**Oven Roasted Vegetables in a Yorkshire Pudding** *Seasonal Roasted Vegetables and Mixed Beans Served in a Yorkshire Pudding* **V**

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

**Lemon Cheesecake**



## Monday

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

**Pasta Bake** *Roasted Seasonal Vegetables, Mixed Beans and Pasta in a Rich Tomato Sauce* **V**

**Pasta, Garlic Bread, Green Beans, Sweetcorn, Seasonal Salad Selection, Bread**

**Chocolate Crunch**

## Tuesday

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

**Vegetarian Sausage, Free Range Scrambled Egg** **V**

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

**Lemon Sponge**

## Wednesday

**Gluten Free Pork Meatballs** *Farm Assured Pork Meatballs served with a Rich and Tasty Tomato Sauce or Gravy*

**Vegetarian Balls** *Served in a Rich and Tasty Tomato Sauce or Gravy* **V**

**Creamed Potato, Carrots, Cauliflower, Seasonal Salad Selection, Bread**

**Rice Pudding and Jam**

## Thursday

**Chicken Dunkers** *Chicken pieces coated in a Light Batter*

**Vegetarian Muffins** *Savoury Muffin with Seasonal Vegetables* **V**

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

**Angel Delight**

## Friday

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

**Vegetarian Burger** **V**

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

**Strawberry Muffin**



**eatwell**

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

**Fresh Fruit available daily.**

**Cheese and Crackers available Monday, Wednesday and Friday.**

**Individual Yoghurts available Tuesday and Thursday. All items subject to availability.**

## Monday

**Chicken Enchiladas** *Farm Assured Chicken in a floured wrap, with BBQ Sauce topped with Cheese*

**BBQ Quorn Pieces** *Tender Quorn pieces served in a BBQ Sauce* **V**

**Boiled Rice, Sweetcorn, Green Beans, Seasonal Salad Selection, Bread**

**Chocolate and Vanilla Swirl Mousse**

## Tuesday

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

**Vegetarian Sausage Roll** *Vegetarian Sausage encased in Puff Pastry* **V**

**Diced Potatoes, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread**

**Sponge and Custard**

## Wednesday

**Minced Beef in a Rich and Tasty Gravy** *Farm Assured Minced Beef and Seasonal Vegetables in Gravy*

**Vegetarian Lasagne** *Seasonal Vegetables and Lentils, layered with Pasta and topped with Bechamel Sauce* **V**

**Creamed Potato, Carrots, Broccoli, Seasonal Salad Selection, Bread**

**Jelly with a Swirl of Cream**

## Thursday

**Build a Burger - Beef Burger** *Served with Sliced Tomato, Sliced Cheese on a Soft Roll*

**Vegetarian Burger** **V**

**Pasta, Big Seasonal Salad Selection with Coleslaw, Pasta Salad, Potato Salad, Bread**

**Cookie Selection**

## Friday

**Jumbo Fish Finger** *White fish coated in Breadcrumbs or Fishcake*

**Mac 'n' Cheese** *Macaroni Pasta baked in a Chef's Creamy Sauce* **V**

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

**Muffin Selection**

