

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

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.

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

2024

to

MARCH

2025

our menus All the good stuff

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

- We Oven Bake in preference to Frying.
- We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- All of our suppliers ensure full traceability of our Food.
- We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.



V Vegetarian
Ve Vegan
H Halal

Week 1

Monday

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

Cheese and Tomato Pizza **V**

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

Cookie

Tuesday

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

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

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

Iced Sponge and Custard

Wednesday

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

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

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

Vanilla Ice Cream

Thursday

Chicken Dunkers *Farm Assured Chicken in Natural Breadcrumbs served Tomato Sauce or BBQ Sauce*

Quorn Nuggets *Quorn pieces coated in a light batter and baked served Tomato Sauce or BBQ Sauce* **V**

Savoury Boiled Rice, Herby Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Sponge and Custard

Friday

Battered Fillet of Fish *White Fillet coated in a light batter or Pork Sausage* *Farm Assured Pork Sausage*

Cheese and Potato Bake **V**

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

Golden Shortbread

Week 2

Monday

Pork Sausage *Farm Assured Pork Sausage*

Vegetarian Sausage **V**

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

Cookie or Mousse

Tuesday

Beef Bolognaise *Farm Assured Minced Beef cooked in a Rich Tomato Sauce*

Vegetarian Bolognaise **V**

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Sponge and Custard

Wednesday

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

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

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

Vanilla Ice Cream

Thursday

Beef Burger *Farm Assured Minced Beef Pattie*

Cheese and Tomato Pizza **V**

Potato Waffles, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Cake and Custard

Friday

Battered Fillet of Fish *White Fillet coated in a light batter or Sliced Chicken* *Farm Assured*

Cheese and Potato Bake **V**

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

Selection of Cakes and Biscuits



eatwell

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

Week 3

Monday

Cheese and Tomato Pizza **V**

Tomato Pasta Bake **V**

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

Flapjack

Tuesday

Chicken Dunkers *Farm Assured Chicken in Natural Breadcrumbs served Tomato Sauce or BBQ Sauce*

Quorn Nuggets *Quorn pieces coated in a light batter and baked served Tomato Sauce or BBQ Sauce* **V**

Pasta, Herby Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Sponge and Custard

Wednesday

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

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

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

Selection of Mousses

Thursday

Sausage Roll *Pork Sausage Meat encased in Puff Pastry*

Cheese Puffl **V**

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

Selection Muffins

Friday

Battered Fillet of Fish *White Fillet coated in a light batter or Fish Cake or Sliced Turkey* *Farm Assured*

Cheese and Potato Bake **V**

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

Selection of Biscuits and Cakes

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.