

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
22 APR	WK 3	20 JAN	WK 3
29 APR	WK 1	27 JAN	WK 1
6 MAY	WK 2	3 FEB	WK 2
13 MAY	WK 3	10 FEB	WK 3
20 MAY	WK 1	17 FEB - HALF TERM	
27 MAY - HALF TERM		24 FEB	WK 2
3 JUN	WK 3	3 MAR	WK 3
10 JUN	WK 1	10 MAR	WK 1
17 JUN	WK 2	17 MAR	WK 2
24 JUN	WK 3	24 MAR	WK 3
1 JUL	WK 1	31 MAR	WK 1
8 JUL	WK 2	7 APR	WK 2
15 JUL	WK 3		

## 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



- 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

**Wrap Day** Selection of filled Wraps to include a Vegetarian option **V**

**Jacket Wedges, Mixed Vegetables, Seasonal Vegetables, Big Seasonal Salad Selection, Bread**

**Strawberry and Vanilla Swirl Mousse**

## Tuesday

**Chicken Stew** Tender pieces of Farm Assured Chicken cooked with Seasonal Vegetables in Gravy

**Vegetable Curry** Seasonal Vegetables in a Chef's Curry Sauce **V**

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

**Jam Sponge**

## Wednesday

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

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

**Roast Potatoes, Creamed Potato, Fresh Carrots, Broccoli, Bread**

**Pineapple Upside Down Sponge and Custard**

## Thursday

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

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

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

**Muffin Selection**

## Friday

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

**Vegetable Pasta Bake** Roasted Vegetables and Mixed Beans in a Tomato Sauce **V**

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

**Cookie**

# Week 2

## Monday

**Handmade Beef Burgers** served in a Soft Bread Roll

**Vegetarian Burger** served in a Soft Bread Roll **V**

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

**Cookie Selection**

## Tuesday

**Toad in the Hole** Farm Assured Pork Sausage served in a Yorkshire Pudding

**Vegetarian Sausage with a Mini Yorkshire Pudding** **V**

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

**Iced or Jam Sponge**

## 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, Fresh Carrots, Broccoli, Bread**

**Fruit Crumble and Custard**

## Thursday

**Pizza Bar** Selection of Topped Pizzas with a Deep Crust Base **V**

**Diced Potatoes, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread**

**Golden Shortbread**



**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 **or Fish Finger** Fillet of Fish coated in Crispy Breadcrumbs **or Fishcake**

**Pasta Neapolitan** Seasonal Vegetables in a Rich Tomato Sauce Topped with Cheese **V**

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

**Vanilla Ice Cream**

# Week 3

## Monday

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

**Quorn Dunker** Quorn Pieces coated in a Light Batter **V**

**Jacket Wedges, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread**

**Chocolate Shortbread**

## Tuesday

**Gluten Free Pork Meatballs** Farm Assured Pork Meatballs served with a Rich Tomato Sauce

**Vegetarian Bolognese** Seasonal Vegetables and Mixed Beans cooked in a Rich Tomato based Sauce **V**

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

**Iced Muffin Selection**

## Wednesday

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

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

**Roast Potatoes, Creamed Potato, Broccoli, Carrots, Bread**

**Syrup Sponge and Custard**

## Thursday

**Pork Sausage** Farm Assured Pork Sausage with Rich and Tasty Gravy

**Vegetarian Sausage** **V**

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

**Jelly with a Swirl of Cream**

## Friday

**Battered Fillet of Fish** White Fillet coated in a light batter **or Fish Finger** Fillet of Fish Coated in Crispy Breadcrumbs

**Vegetable Nuggets** **V**

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

**Crispy Cornflake 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.