

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

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



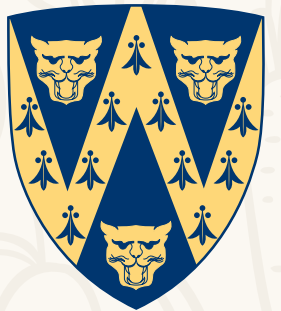
Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

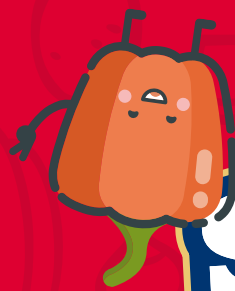
Let's Dine Primary School Menu

April 2024 to
March 2025

Designed by the School Council
'Working together as one'



Randlay
Primary School
and Nursery



Our menus

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.

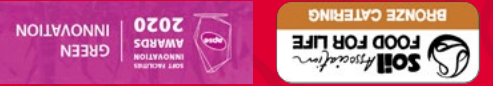
4 Our recipes are low in Sugar and Fat, supporting the national obesity strategy.

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.



'Make a picture with
your food, it's fun and
looks even tastier!'



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 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

Menu calendar

Summer Term 2024	8 APR	WK 1
	15 APR	WK 2
	22 APR	WK 3
	29 APR	WK 1
	6 MAY	WK 2
	13 MAY	WK 3
	20 MAY	WK 1
	27 MAY - HALF TERM	
	3 JUN	WK 3
	10 JUN	WK 1
Autumn Term 2024	17 JUN	WK 2
	24 JUN	WK 3
	1 JUL	WK 1
	8 JUL	WK 2
	15 JUL	WK 3
	22 JUL	WK 1
	29 JUL	WK 2
	5 AUG	WK 3
	12 AUG	WK 1
	19 AUG	WK 2
Spring Term 2025	26 AUG	WK 3
	2 SEPT	WK 1
	9 SEPT	WK 2
	16 SEPT	WK 3
	23 SEPT	WK 1
	30 SEPT	WK 2
	7 OCT	WK 3
	14 OCT	WK 1
	21 OCT	WK 2
	28 OCT - HALF TERM	
	3 MAR	WK 3
	10 MAR	WK 1
	17 MAR	WK 2
	24 MAR	WK 3
	31 MAR	WK 1
	7 APR	WK 2
	14 APR	WK 3
	21 APR	WK 1
	28 APR	WK 2
	5 MAY	WK 3

V Vegetarian
Ve Vegan
H Halal

Week 1

Respect
'People like different foods, we all have a choice'

Week 2

Excellence
'We hope you think our menu is excellent, there's loads to choose from.'



Week 3

Sandwich Bar

Monday

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

Quorn Bolognese V

Pasta, Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Crunch

Sandwich Bar

Tuesday

Cheese and Tomato Pizza *Deep Crust Pizza base with Various Toppings to include Vegetarian Option* V

Pasta Bake *Seasonal Roasted Vegetable and Pasta in a Chef's Sauce* V

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

Cookie Selection

Sandwich Bar

Wednesday

Toad in the Hole *Farm Assured Sausage in a Yorkshire Pudding with Rich Tasty Gravy*

Quorn in Yorkshire Pudding V

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

Jelly with a Swirl of Cream

Sandwich Bar

Thursday

Beef Burger *Farm Assured Minced Beef Pattie*

Vegetarian Burger V

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

Iced Buns

Sandwich Bar

Friday

Jumbo Fish Finger *White fillet of Fish coated in Golden Breadcrumbs*

Cheese Flan *Savoury Cheese filling in a Pastry Flan Case* V

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

Vanilla Ice Cream



Sandwich Bar

Monday

Cheese and Tomato Pizza *Deep Crust Pizza base with Various Toppings to include Vegetarian Option* V

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

Golden Shortbread

Sandwich Bar

Tuesday

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

Vegetarian Sausage, Free Range Scrambled Egg V

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

Fresh Fruit Salad or Melon

Sandwich Bar

Wednesday

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

Quorn and Vegetable Parcel *Seasonal Vegetables, Diced Quorn in a Puff Pastry Parcel* V

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

Chocolate Sponge Cake

Sandwich Bar

Available daily by pre order

Sandwich Bar

Thursday

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

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

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

Muffin Selection



eatwell

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

Sandwich Bar

Friday

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

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

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

Vanilla Ice Cream

Sandwich Bar

Monday

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

Cauliflower and Broccoli Bake V

Pasta, Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Flapjack

Sandwich Bar

Tuesday

Sausage Roll *Farm Assured Pork Sausage Encased in Puff Pastry*

Cheese and Potato Bake *Creamed Potato and Cheese topped with Sliced Tomatoes* V

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

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

Sandwich Bar

Wednesday

Roast Turkey, Sage and Onion Stuffing with Rich and Tasty Gravy *Farm Assured Sliced Meat*

Quorn Pieces in a Rich and Tasty Gravy V

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

Iced Sponge Cake

Sandwich Bar

Thursday

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

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

New Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Apple Crumble and Custard

Sandwich Bar

Friday

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

Vegetable Nuggets V

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

Vanilla Ice Cream



Collaboration

'Designed by the School Council in collaboration with Let's Dine.'

FUN FOOD FACTS

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

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

FUN FOOD FACTS
Rhubarb grows so quickly that you can hear it.

Courage
'Try new foods and flavours, don't be afraid.'