

12 DEC	WK 3	18 JUL	WK 1
5 DEC	WK 2	11 JUL	WK 3
28 NOV	WK 1	4 JUL	WK 2
21 NOV	WK 3	27 JUN	WK 1
14 NOV	WK 2	20 JUN	WK 3
7 NOV	WK 1	13 JUN	WK 2
31 OCT	WK 3	6 JUN	WK 1
24 OCT - HALF TERM		27 FEB	WK 3
17 OCT	WK 1	20 FEB - HALF TERM	
10 OCT	WK 3	13 FEB	WK 1
3 OCT	WK 2	6 FEB	WK 3
26 SEPT	WK 1	30 JAN	WK 2
19 SEPT	WK 3	23 JAN	WK 1
12 SEPT	WK 2	16 JAN	WK 3
5 SEPT	WK 1	9 JAN	WK 2
Autumn Term 2022		3 JAN	WK 1
Summer Term 2022		Spring Term 2023	

## 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 2023.

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 year (after tax and not including any benefits you get)
- 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

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



Some of our menu choices are developed with children through the Eatwell Project.

All of our suppliers ensure full traceability of our Food.

We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.

We only use fresh Milk in our recipes.

We Oven Bake in preference to Frying.

You can pay in cash too!

Pay for your child's school meals at [www.telford.gov.uk/payforit](http://www.telford.gov.uk/payforit)

School Meal Price

£2.45

# 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.

# 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 2022 to March 2023



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

# Week 2

# Week 3

## Monday

**Pizza Bar** Selection of Topped Pizzas with a Deep Crust Base  
**Fishless Fingers** V  
**Herby Diced Potatoes, Big Seasonal Salad Selection, Homemade Bread Selection**  
**Let's Dine Fresh from the Farm Ice Cream**

## Tuesday

**Beef Bolognaise** Farm Assured Minced Beef cooked in a Rich Tomato based Sauce  
**Vegetable Chilli** Vegetables & Red Beans cooked in a Chef's Chilli Sauce V  
**Spaghetti, Savoury Rice, Seasonal Vegetables, Seasonal Salad Selection, Garlic Bread**  
**Homemade Fruit Muffin**



## Wednesday

**Traditional Roast with a Rich & Tasty Gravy** Farm Assured Sliced Meat  
**Oven Roasted Vegetables** served in a Yorkshire Pudding with Mixed Beans V  
**Roast Potatoes, Creamed Potato, Seasonal Vegetables, Homemade Bread Selection**  
**Iced Lemon Fingers**

## Thursday

**Macaroni Cheese** Macaroni Pasta in a Chef's Cheese Sauce V  
**Quorn Dunkers, Baby Jacket Potatoes, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection**  
**Homemade Marble Sponge & Custard**

## Friday

**Battered Fillet of Fish** White Fillet coated in a light batter or **Salmon Fishcake**  
**Roasted Vegetable & Cheese Tart** Roasted Vegetables & Cheese baked in a Shortcrust Pastry V  
**Chips, Couscous, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection**  
**Homemade Raspberry Bun**

## Monday

**Pork Sausage** Farm Assured Pork Sausage served with a Rich & Tasty Gravy  
**Vegetarian Sausage** served with a Rich & Tasty Gravy V  
**Creamed Potato, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection**  
**Homemade Cookie Selection**

## Tuesday

**Homemade Beef Burgers** Handmade Farm Assured Minced Beef Burger served in a Soft Bread Roll  
**Quorn Burger** served in a Soft Bread Roll V  
**Jacket Wedges, Seasonal Vegetables, Seasonal Salad Selection, Soft Bread Roll**  
**Homemade Iced Sponge & Custard**

## Wednesday

**Traditional Roast with Rich & Tasty Gravy** Farm Assured Sliced Meat  
**Quorn & Vegetable Parcel** Diced Quorn & Roasted Vegetables encased in Puff Pastry V  
**Roast Potatoes, Creamed Potato, Fresh Baton Carrots, Broccoli & Cauliflower, Homemade Bread Selection**  
**Danish Pastry or Coconut Cookie**

## Thursday

**Chicken Korma** Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce  
**Vegetable & Bean Pasta Bake** Season Vegetables & Mixed Beans in a Rich Tomato Sauce topped with Mature Cheese V  
**Boiled Rice, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection, Naan Bread Slice**  
**Homemade Fruit Muffin Selection**



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

## Friday

**Fish Finger** Fillet of Fish coated in a Crispy Breadcrumbs or **Battered Fillet of Fish** White Fillet coated in a light batter  
**Fishless Fingers** V  
**Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection**  
**Strawberry & Vanilla Swirl Mousse or Chocolate & Vanilla Swirl Mousse**



### Sandwich Bar

Available daily by pre order

## Monday

**Gluten Free Meatballs** Pork Meatballs served in a Rich Tomato Sauce  
**Quorn Meatless Balls** served in a Rich Tomato Sauce V  
**Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection**  
**Homemade Fruit Muffin**

## Tuesday

**Pizza Bar** with a selection of toppings including **Ham, Pineapple V, Peppers V, Sweetcorn V,**  
**Cheese & Tomato Pizza** V  
**Jacket Wedges, Big Salad Bar, Homemade Bread Selection**  
**Homemade Fruit Flapjack**

## Wednesday

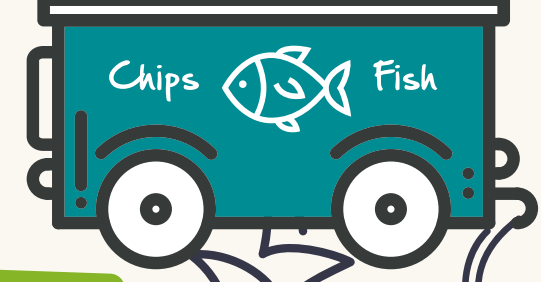
**Traditional Roast with Rich & Tasty Gravy** Farm Assured Sliced Meat  
**Quorn & Vegetable Stew** Diced Quorn and Vegetables cooked in a Tasty Vegetarian Gravy V  
**Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Homemade Bread Selection**  
**Let's Dine Fresh from the Farm Ice Cream**

## Thursday

**Big Breakfast** Farm Assured Pork Sausage, Back Bacon, Free Range Scrambled Egg V  
**Vegetarian Sausage** V  
**Hash Browns, Baked Beans, Mushrooms, Plum Tomatoes, Seasonal Salad Selection, Homemade Bread Selection**  
**Homemade Chocolate Crunch or Golden Shortbread**

## Chip Shop Friday

**Battered Fillet of Fish** White Fillet coated in a light batter or **Fish Finger** Fillet of Fish coated in a Crispy Breadcrumbs  
**Vegetable & Bean Parcel** Mixed Beans & Roast Vegetables encased in Puff Pastry V  
**Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection**  
**Homemade Chocolate Cake & Chocolate Sauce**



### FUN FOOD FACTS

Avocados are fruit! Avocados are classified as a berry with a large seed. In Spain and Mexico, avocados are called "alligator pears" due to their shape and bumpy, green skin.

### FUN FOOD FACTS

Egg yolk and the whites have the same amount of protein! So while we traditionally associate egg whites with protein, they don't really have an advantage over their yellow counterpart.

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