

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

## 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 that does not exceed £16,190
- Working Tax Credit 'run-out' – 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

# 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



# Our menus

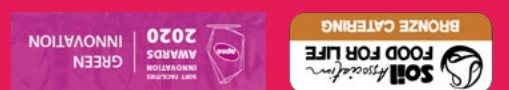
All the good stuff

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



- 1 We Oven Bake in preference to Frying.
- 2 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 3 All of our suppliers ensure full traceability of our Food.
- 4 Some of our menu choices are developed with children through the Eatwell Project.

- 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 biodiesel for use as vehicle fuel or for power and energy generation.



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



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

# Week 2

# Week 3

**Monday**

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

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

Hash Browns, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Crunch

**Wednesday**

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

**Vegetarian Pastie** V

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

Angel Delight Dessert

**Tuesday**

**Cheese and Tomato Pizza**

**Filled Jacket Potato** V

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

Apple Crumble and Custard

**Thursday**

**Chicken Fajitas** Farm Assured Chicken mixed with mild spices served in a Floured Wrap

**Vegetable Fajitas or Cheesy Potato Bake** V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Lemon Sponge or Muffin

**Friday**

**Battered Fillet of Fish** White Fillet Coated in a light Batter or Jumbo Fish Finger

**Macaroni Cheese** V

Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread

Vanilla Ice Cream

**Monday**

**Pizza Bar – Cheese and Tomato Pizza** with various toppings

**Filled Jacket Potato** V

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

Cornflake Tart

**Thursday**

**Chicken Curry** Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce

**Vegetarian Curry** V

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

Sponge and Custard

**Tuesday**

**Hot Dogs** Farm Assured Pork Sausage served in a Soft Bread Roll

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

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

Lemon Shortbread

**Wednesday**

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

**Vegetarian Pastie** V

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

Cheesecake

**Friday**

**Battered Fillet of Fish** White Fillet Coated in a light Batter or Jumbo Fish Finger

**Pasta Bake** V

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

Jelly with a Swirl of Cream

**Monday**

**Chicken Dunkers** Lightly battered tender Chicken pieces

**Quorn Dunkers** Quorn pieces coated in a light batter and baked V

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

Fruit Muffin

**Thursday**

**Sausage Rolls** Pork Sausage encased in Puff Pastry

**Cheese Flan** Mature Cheese and Egg baked in a Short crust Pastry Flan V

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

Syrup Sponge and Custard

**Tuesday**

**Beef Burger** Farm Assured Minced Beef Burger served in a soft bread roll

**Vegetarian Burger** served in a soft bread roll V

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

Rice Pudding or Vanilla Ice Cream

**Friday**

**Battered Fillet of Fish** White Fillet Coated in a light Batter or Jumbo Fish Finger or Salmon Fishcake

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

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

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

**Wednesday**

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

**Vegetarian filled Yorkshire Pudding** V

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

Honey Oat Cookies



**eatwell**

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

**FUN FOOD FACT**

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

**Sandwich Option**  
Packed lunch available by preorder

**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.