

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
- 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



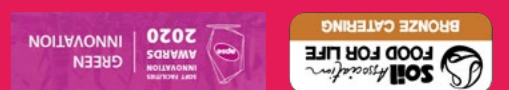
All the good stuff

Download your copy at 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

Pizza Bar Cheese and Tomato Pizza on a Thin Crust Base with a selection of Toppings **Ham, Peppers V, Onions V, Sweetcorn V, Mushrooms V**

Vegetable Dippers V Ve

Pasta Twists or Herby Diced Potatoes, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection

Vanilla Ice Cream

Wednesday

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

Sheppardess Pie V

Roast Potatoes, Creamed Potato, Carrots, Broccoli, Cabbage, Seasonal Salad Selection, Bread Selection

Iced Sponge and Custard

Tuesday

Mild Beef Chili Minced Beef in a Mild Chili Sauce or **Chicken Curry** Diced Chicken in Chef's Curry Sauce

Mixed Bean Stroganoff V

Boiled Rice, Sweetcorn, Broccoli, Seasonal Salad Selection, Bread Selection, Naan Bread

Biscuit Selection

Thursday

Gluten Free Pork Meatballs served with a Rich Tomato Sauce or Tasty Gravy

Macaroni Cheese Macaroni Pasta in a Creamy Cheese Sauce **V**

Spaghetti or Jacket Potato Wedges, Carrots, Green Beans, Seasonal Salad Selection, Bread Selection

Chocolate or Strawberry Mousse

Friday

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

Vegetarian Sausage Roll V

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

Apple Danish Pastry or Fruit Muffin

Monday

Beef Bolognese Farm Assured Minced Beef in a Rich Tomato Sauce

Cheese and Tomato Pizza Cheese and Tomato Pizza with a Thin Crust Base **V**

Pasta Twists, Carrots, Green Beans, Seasonal Salad Selection, Bread Selection

Chocolate or Golden Shortbread

Tuesday

Hot Dog Farm Assured Pork Sausage served in a Bread Roll with Onions

Vegetarian Hot Dog Vegetarian Sausage served in a Bread Roll with Onions **V**

Herby Diced Potatoes, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection, Soft Finger Roll

Vanilla Ice Cream or Fruit Jelly

Wednesday

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

Vegetable and Mixed Bean Hotpot Seasonal Vegetables and Mixed Beans in a Tasty Gravy Topped with Potato **V**

Roast Potatoes, Creamed Potato, Cabbage, Carrots, Cauliflower, Seasonal Salad Selection, Bread Selection

Jam and Coconut Sponge and Custard

Thursday

Chicken Dunkers served with BBQ or Curry Sauce

Quorn Dunkers Quorn pieces coated in a light batter and Oven Baked **V**

Boiled Rice, Potato Wedges, Sweetcorn, Broccoli, Seasonal Salad Selection, Bread Selection

Lemon Drizzle Muffin

Friday

Fish Fillet Fillet of Fish Coated in Crispy Breadcrumbs or **Fish Finger**

Cheese Flan Grated Cheese, Egg and Milk Baked in a Shortcrust Pastry Case **V**

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

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

Monday

Pizza Bar Selection of Topped Pizza on a Thin Crust Base with a Selection of Toppings **Ham, Peppers V, Onions V, Sweetcorn V, Mushrooms V**

Vegetarian Mild Chili Seasonal Vegetables and Mixed Beans in a Mild Chili Sauce **V**

Rice or Pasta Twists, Broccoli, Sweetcorn, Seasonal Salad Selection, Bread Selection

Biscuit Selection

Tuesday

Beef Burger served in a Soft Bread Roll

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

Jacket Potato Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Soft Bread Roll, Bread Selection

Chocolate or Strawberry Mousse or Muffin

Wednesday

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

Pasta Neapolitan Roasted Vegetables, Mixed Beans and Pasta Twists in a Rich Tomato Sauce **V Ve**

Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Cabbage, Seasonal Salad Selection, Bread Selection

Sticky Toffee Pudding and Custard

Thursday

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

Vegetarian Sausage, Free Range Scrambled Egg V

Potato Smiles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread Selection

Chocolate Crunch or Cookie

Friday

Battered Fillet of Fish White Fish Fillet coated in a Light Batter or **Fish Finger**

Sweet Potato, and Red Pepper Parcels Sweet Potato, Grated Cheese and Red Pepper wrapped in Puff Pastry **V**

Chips, Couscous, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread Selection

Vanilla Ice Cream or Fruit Jelly



eatwell

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

Sandwich Option

Packed lunch available

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.