

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.

Menu calendar

Spring Term 2023	Autumn Term 2022	Summer Term 2022
3 JAN WK 1	5 SEPT WK 1	25 APR WK 1
9 JAN WK 2	12 SEPT WK 2	2 MAY WK 2
16 JAN WK 1	19 SEPT WK 1	9 MAY WK 1
23 JAN WK 2	26 SEPT WK 2	16 MAY WK 2
30 JAN WK 1	3 OCT WK 1	23 MAY WK 1
6 FEB WK 2	10 OCT WK 2	30 MAY - HALF TERM
13 FEB WK 1	17 OCT WK 1	6 JUN WK 1
20 FEB - HALF TERM	24 OCT - HALF TERM	13 JUN WK 2
27 FEB WK 1	31 OCT WK 1	20 JUN WK 1
6 MAR WK 2	7 NOV WK 2	27 JUN WK 2
13 MAR WK 1	14 NOV WK 1	4 JUL WK 1
20 MAR WK 2	21 NOV WK 2	11 JUL WK 2
27 MAR WK 1	28 NOV WK 1	18 JUL WK 1
	5 DEC WK 2	
	12 DEC WK 1	

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 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 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

www.telford.gov.uk/freeschoolmeals



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

Let's Dine

Primary School Menu

April 2022 to March 2023

Our menus

£2.45 School Meal Price

Pay for your child's school meals at www.telford.gov.uk/payfort

You can pay in cash too!

- 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.
- 6 We Oven Bake in preference to Frying.
- 7 We only use fresh Milk in our recipes.
- 8 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 9 All of our suppliers ensure full traceability of our Food.
- 10 Some of our menu choices are developed with children through the Eatwell Project.

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

V Vegetarian
 Ve Vegan
 H Halal

Week 1

Sandwich Bar

Available daily by pre order

Week 2

Monday

Toad in the Hole Farm Assured Pork Sausage in a Yorkshire Pudding served with a Tasty Gravy

Vegetarian Toad in the Hole Vegetarian Sausage in a Yorkshire Pudding served with a Tasty Gravy **V**

Creamed Potato, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Homemade Lemon Sponge & Custard

Tuesday

Homemade Beef Burger Farm Assured Beef Burger in a Soft Burger Bun

Quorn Burger served In a Soft Burger Bun **V**

Jacket Wedges, Carrots, Garden Peas, Seasonal Salad Selection, Soft Burger Bun

Homemade Fruit Flapjack



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.

Wednesday

Traditional Roast served with a Rich & Tasty Gravy Farm Assured Sliced meat

Quorn & Vegetable Pasta Bake Quorn, Pasta & Vegetables in a Rich Tomato Sauce **V**

Roast Potatoes, Creamed Potato, Broccoli, Cauliflower, Carrots, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Thursday

Hunters Chicken Farm Assured Chicken Strips served with a BBQ sauce

BBQ Mixed Beans & Vegetables Roasted Vegetables, Sweet Potato & Mixed Beans Baked in a Tasty BBQ Sauce **V**

Boiled Rice, Sweetcorn, Big Seasonal Salad Selection, Homemade Bread Selection

Jelly with a Swirl of Cream

Friday

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

Cheese & Potato Bake Creamed Potato, Mature Cheddar Cheese & Egg, Oven Baked and topped with Sliced Tomatoes **V**

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

Homemade Rice Pudding with a Fruit Compote

Monday

Beef Bolognese Farm Assured Minced Beef in a Tasty Tomato Sauce

Quorn & Vegetable Bolognese Minced Quorn & Seasonal Vegetables in a Tasty Tomato Sauce **V**

Pasta Twists, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cookie Selection

Tuesday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base **Cheese & Tomato** **V**, **Ham & Pineapple, Peppers & Sweetcorn** **V**

Herby diced Potatoes, Big Seasonal Salad Selection, Homemade Bread Selection

Homemade Chocolate Brownie

Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat

Vegetarian Toad in the Hole Vegetarian Sausage in a Yorkshire Pudding served with a Tasty Gravy **V**

Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Homemade Fruit Muffin

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.

Thursday

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

Cheese & Potato Pie Creamed Potato & Grated Cheese in a short crust Pastry case topped with Sliced Tomatoes **V**

Mini Waffles, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse



eatwell

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

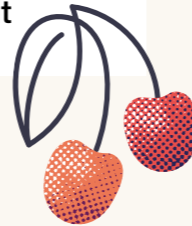
Friday

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

Vegetarian Nuggets **V**

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

Homemade Chocolate & Pear Sponge with Custard



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