

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 1	16 SEPT	WK 1	22 APR	WK 1
27 JAN	WK 2	23 SEPT	WK 2	29 APR	WK 2
3 FEB	WK 1	30 SEPT	WK 1	6 MAY	WK 1
10 FEB	WK 2	7 OCT	WK 2	13 MAY	WK 2
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 1	28 OCT - HALF TERM		3 JUN	WK 1
10 MAR	WK 2	4 NOV	WK 2	10 JUN	WK 2
17 MAR	WK 1	11 NOV	WK 1	17 JUN	WK 1
24 MAR	WK 2	18 NOV	WK 2	24 JUN	WK 2
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 1	15 JUL	WK 1
		16 DEC	WK 2		

## 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 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

# 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

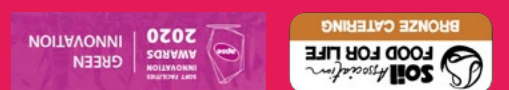
## All the good stuff

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

## Monday

**Pork Sausage** *Farm Assured Pork Sausage*  
**Vegetarian Sausage Roll** *Vegetarian Sausage encased in Puff Pastry* **V**  
 Creamed Potato, Carrots, Garden Peas, Seasonal Salad Selection, Bread Selection  
 Fruity Muffin

## Tuesday

**Bolognese Pasta Bake** *Minced Beef, Pasta Twists and Tasty Tomato Sauce*  
**Quorn Bolognese Bake** *Quorn Mince in a Tasty Tomato Sauce with Pasta and topped with Cheese* **V**  
 Pasta Twists, Farmhouse Vegetables, Seasonal Salad Selection, Bread Selection  
 Marble Sponge with Custard

## Wednesday

**Traditional Roast served with a Rich and Tasty Gravy** *Farm Assured Sliced Meat*  
**Vegetable and Pasta Bake** *Pasta, Mixed Beans and Vegetables in a Rich Tomato Sauce* **V Ve**  
 Roast Potatoes, New Potatoes, Broccoli, Cauliflower, Carrots, Seasonal Salad Selection, Bread Selection  
 Vanilla Ice Cream

## Thursday

**Tender Chicken Pieces** *Farm Assured Chicken Strips served with Curry or Sweet and Sour Sauce*  
**Quorn Dunkers** *Quorn Pieces coated in a light batter and oven baked served with Curry or Sweet and Sour Sauce* **V**  
 Rice or Jacket Potato Wedges, Sweetcorn, Seasonal Salad Selection, Bread Selection  
 Fruit Jelly with a Swirl of Cream

## Friday

**Battered Fillet of Fish** *White Fillet coated in a light Batter or Salmon Fishcake*  
**Fishless Fish Fingers** **V Ve**  
 Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection  
 Shortbread Selection

## Monday

**Pork Meatballs** *Farm Assured Gluten Free Pork Meatballs served with a Tasty Gravy*  
**Quorn Balls** *served with a Tasty Gravy* **V**  
 Pasta Twists, Green Beans, Carrots, Seasonal Salad Selection, Bread Selection  
 Fruity Flapjack

## Tuesday

**Pizza** *with a selection of toppings including Ham, Pineapple* **V**, *Peppers* **V**, *Mushrooms* **V**  
 Diced Potatoes, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection  
 Fruit Sponge and Custard

## Wednesday

**Traditional Roast with Rich and 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, New Potatoes, Carrots, Cauliflower, Garden Peas, Seasonal Salad Selection, Bread Selection  
 Lemon Muffins

## Thursday

**Big Breakfast** *Farm Assured Pork Sausage, Back Bacon, Free Range Scrambled Egg*  
**Vegetarian Sausage, Free Range Scrambled Egg** **V**  
 Potato Smiles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread Selection  
**Angel Delight** *choose from Strawberry, Banana or Chocolate*

## Friday

**Fish Finger** *Fillet of Fish coated in Crispy Breadcrumbs or Battered Fillet of Fish White Fillet coated in a light batter*  
**Vegetable Pasta Bake** *Pasta Twists, Mixed Beans and Vegetables in a Rich Tomato Sauce* **V**  
 Chips, Couscous, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection  
 Cookie Selection



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

**RHUBARB GROWS SO QUICKLY THAT YOU CAN HEAR IT.**

**FUN FOOD FACT**

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

**Sandwich Option**  
 Cheese or Tuna sandwich packed lunch available

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