

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



Our menus

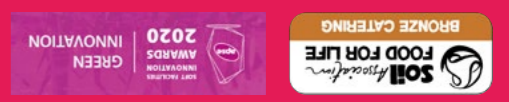
All the good stuff

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

Chicken Curry *Farm Assured Chicken cooked in a Chef's Curry Sauce*

Vegetarian Curry *Seasonal Vegetables and Lentils in a Chef's Curry Sauce* V

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

Vanilla Ice Cream

Wednesday

Beef Bolognaise *Farm Assured Minced Beef cooked in a Chef's Rich Tomato Sauce*

Margherita Pizza V

Pasta, Mini Jacket Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Cookie Selection

Tuesday

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

Vegetarian Sausage with Free Range Scrambled Egg V

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

Chocolate Brownie

Thursday

Toad in the Hole *Farm Assured Pork Sausage with Gravy and Yorkshire Pudding*

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

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

Cheesecake or Shortbread

Friday

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

Cheese Pastie *Cheese and Creamed Potato encased in Puff Pastry* V

Chips, Couscous, Seasonal Salad Selection, Bread

Muffin Selection

Monday

Sausage Roll *Pork Sausage Meat encased in Puff Pastry*

Vegetarian Roll V

Jacket Wedges, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Tuesday

Wrap Day – *selection of filled wraps, Ham, Tuna, Cheese* V, **Chicken**

Pasta, Smiley Faces, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Brownies

Wednesday

Cottage Pie *Farm Assured Minced Beef and Gravy topped with Creamed Potato or Fish Cake*

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

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

Shortbread

Thursday

Chicken Dunkers *Farm Assured Chicken in Natural Breadcrumbs*

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

Sliced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Sponge



eatwell

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

Friday

Beef Burger *Farm Assured Minced Beef Pattie or Pork Sausage in a Soft Roll*

Pasta Bake V

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

Biscuit Selection

Monday

Pizza Day – a choice of Hawaiian or Margherita V

Pasta, Big Seasonal Salad Selection, Bread

Vanilla Ice Cream

Tuesday

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

Vegetarian Sausage with Free Range Scrambled Egg V

Smiley Faces, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Sponge

Wednesday

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

Roasted Vegetable Parcel V

Roast Potatoes, Boiled Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Jelly or Shortbread

Thursday

Pork Meatballs *served with Tomato Sauce or Gravy*

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

Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Flapjack

Friday

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

Cheese Pastie *Cheese and Creamed Potato encased in Puff Pastry* V

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

Muffin Selection



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



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.