

Week 1

Monday

Port Sausage with a Tasty Gravy
Farm Assured Sausage
Vegetarian Sausage
Creamed Potato, Baked Beans,
Garden Peas, Seasonal Salad
Selection, Bread
Vanilla Ice Cream

Wednesday

Traditional Roast of the Day with
a Rich and Tasty Gravy Farm
Assured Sliced Meat
Broccoli Bake or Tender Quorn
Fillet
Roast Potatoes, Creamed Potato,
Seasonal Vegetable Selection,
Seasonal Salad Selection, Bread
Muffin Selection

Tuesday

Selection of Pizzas to choose from
Cheese and Tomato, Ham and
Pineapple, Diced Mixed Peppers
Pasta Twists, Seasonal Vegetable
Selection, Seasonal Salad
Selection, Bread
Cornflake Tart

Thursday

Wrap Day - Selection of Ham, Egg
Cheese or Tuna filled Wrap
Pasta Twists, Big Seasonal Salad
Selection, Bread
Iced Sprinkle Sponge

Friday

Salmon Fishcake or Jumbo Fish
Finger White fillet of fish in Crispy
Breadcrumbs
Quorn Nuggets Quorn pieces
coated in a light batter and baked or
Cheese and Potato Bake
Chips, Couscous, Seasonal
Vegetable Selection, Seasonal
Salad Selection, Bread
A choice of Angel Delight Dessert

**FUN
FOOD
FACT**

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

Week 2

Monday

Chicken Curry or Sweet and Sour
Chicken Farm Assured Chicken
Vegetarian Curry or Quorn Sweet
and Sour
Boiled Rice, Seasonal Vegetable
Selection, Seasonal Salad
Selection, Bread, Naan Bread
Vanilla Ice Cream

Tuesday

Baked Potato Bar - Tuna, Grated
Cheese Baked Beans
Macaroni Cheese or Cheese Fian
Jacket Potato, Seasonal Vegetable
Selection, Seasonal Salad
Selection, Bread
Cook's Hot Pudding and Custard

Wednesday

Traditional Roast of the Day with a
Rich and Tasty Gravy Farm Assured
Sliced Meat
Vegetarian Hotpot or Tender Quorn
Fillet
Roast Potatoes, Creamed Potato,
Seasonal Vegetable Selection,
Seasonal Salad Selection, Bread
Flapjack

Thursday

Chicken Burger in a Soft Floured
Bap
Vegetarian Burger in a Soft Floured
Bap
Jacket Wedges, Big Seasonal
Salad Selection, Bread
Chocolate Cake

Tuesday

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

Friday

Battered Fillet of Fish White Fillet
coated in a light batter or Jumbo
Fish Finger
Quorn Nuggets Quorn pieces
coated in a light batter and baked or
Cheese and Potato Bake
Chips, Couscous, Seasonal
Vegetable Selection, Seasonal
Salad Selection, Bread
Selection of Strawberry and
Vanilla Swift Mousse or Chocolate
and Vanilla Swift Mousse

Week 3

Monday

Big Breakfast Farm Assured Pork
Sausage, Bacon
Vegetarian Sausage
Hash Browns, Baked Beans, Plum
Tomatoes, Mushrooms, Seasonal
Salad Selection, Bread
Vanilla Ice Cream

Tuesday

Meatballs with a Tomato Sauce or
Beef Lasagne
Vegetarian Lasagne
Spaghetti, Garlic Bread, Seasonal
Vegetable Selection, Seasonal
Salad Selection, Bread
Selection of Iced or Cream Buns

Wednesday

Traditional Roast of the Day with
a Rich and Tasty Gravy Farm
Assured Sliced Meat
Cauliflower Cheese or Tender
Quorn Fillet
Roast Potatoes, Creamed Potato,
Seasonal Vegetable Selection,
Seasonal Salad Selection, Bread
Golden Shortbread

Thursday

Hot Wrap Day - Chicken Strips
or Quorn Dinkers with a choice
of BBQ Sauce, Mayonnaise or
Tomato Sauce
Herby Diced Potatoes, Big
Seasonal Salad Selection, Bread
Lemon Drizzle Cake

Friday

Jumbo Fish Finger Fillet of fish
coated in Crispy Breadcrumbs or
Pork Sausage
Vegetarian Burger or Cheese and
Potato Bake
Chips, Couscous, Seasonal
Vegetable Selection, Seasonal
Salad Selection, Bread
Jelly and Cream

**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.



MARCH
APRIL
2024 TO 2025

Primary School Menu

Let's Dine

Protect, care and invest
to create a better tomorrow

Telford & Wrekin
Cooperative Council

Our menus

All the good stuff

- 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 Rinsed Off. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.
- 6 We Oven Bake in preference to Frying.
- 7 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 8 All of our suppliers ensure full traceability of our Food.
- 9 Some of our menu choices are developed with children through the Eatwell Project.

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



School Meals are FREE to all children in Reception, Year 1 and Year 2. Your child may also be entitled after Year 21 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-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)

Free School Meals

Did you know?

Where our food comes from

our food comes from

THANK YOU
to our suppliers for their continued support and helping us with our special event days

Dried, frozen and chilled goods - sourced locally from Birkold in Ludlow from a network of local producers.

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.



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.

Menu calendar

Summer Term 2024			Autumn Term 2024			Spring Term 2025		
8 APR	WK 1		2 SEPT	WK 1		6 JAN	WK 1	
15 APR	WK 2		9 SEPT	WK 2		13 JAN	WK 2	
22 APR	WK 3		16 SEPT	WK 3		20 JAN	WK 3	
29 APR	WK 4		23 SEPT	WK 4		27 JAN	WK 4	
6 MAY	WK 5		30 SEPT	WK 5		3 FEB	WK 5	
13 MAY	WK 6		7 OCT	WK 6		10 FEB	WK 6	
20 MAY	WK 7		14 OCT	WK 7		17 FEB	WK 7	
27 MAY	WK 8		21 OCT	WK 8		24 FEB	WK 8	
3 JUN	WK 9		28 OCT	WK 9		3 MAR	WK 9	
10 JUN	WK 10		4 NOV	WK 10		10 MAR	WK 10	
17 JUN	WK 11		11 NOV	WK 11		17 MAR	WK 11	
24 JUN	WK 12		18 NOV	WK 12		24 MAR	WK 12	
1 JUL	WK 13		25 NOV	WK 13		31 MAR	WK 13	
8 JUL	WK 14		2 DEC	WK 14		7 APR	WK 14	
15 JUL	WK 15		9 DEC	WK 15				
						16 DEC	WK 1	

www.telford.gov.uk/foodandmeals