

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.



Let's Dine Primary School Menu

Association for Public Service Excellence
Finalist 2017 & 2018



April 2020 to March 2021

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

FSC
LOGO



a co-operative
council

Telford & Wrekin
COUNCIL

Free School Meals DID YOU KNOW?



Menu calendar

Summer Term 2020			Autumn Term 2020		
20 APR	WK 1	20 APR	31 AUG	WK 1	4 JAN
27 APR	WK 2	27 APR	7 SEPT	WK 2	11 JAN
4 MAY	WK 3	14 SEPT	WK 3	18 JAN	WK 3
11 MAY	WK 1	21 SEPT	WK 1	25 JAN	WK 1
18 MAY	WK 2	28 SEPT	WK 2	1 FEB	WK 2
25 MAY - HALF TERM		5 OCT	WK 3	8 FEB	WK 3
1 JUN	WK 1	12 OCT	WK 1	15 FEB - HALF TERM	
8 JUN	WK 2	19 OCT	WK 2	22 FEB	WK 2
15 JUN	WK 3	26 OCT - HALF TERM		1 MAR	WK 3
22 JUN	WK 1	2 NOV	WK 1	8 MAR	WK 1
29 JUN	WK 2	9 NOV	WK 2	15 MAR	WK 2
6 JUL	WK 3	16 NOV	WK 3	22 MAR	WK 3
13 JUL	WK 1	23 NOV	WK 1	29 MAR	WK 1
14 DEC	WK 3	7 DEC	WK 3	14 DEC	WK 1
30 NOV	WK 2	30 NOV	WK 2		

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 2022.

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)
- 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/treeschoolmeals

£2.35
School Meal Price



Pay for your child's school meals at
www.telford.gov.uk/payforit
You can pay in cash too!

- 6 We Oven Bake in preference to Frying.
- 7 We only use fresh Milk in our recipes.
- 8 We offer a Vegetarian and Vegan option

and endeavour to cater for special dietary requirements, medical or cultural.

All of our suppliers ensure full traceability of our Food.

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 biofuel for use as vehicle fuel or for power and energy generation.

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to a hot meal, look out for the Sandwich Bar

a healthy sandwich choice as an alternative

At our schools with a Sandwich Bar, we offer

Fresh Fruit daily.

We provide a choice of Vegetables, Salad and

Government Food Standards.

our kitchens daily and comply with the

All our meals are freshly prepared in

Our menus



Our Wallace & Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.

V Vegetarian
Ve Vegan
H Halal

Week 1

1

BE YOUR BEST

Week 2

2

Week 3

3

Sandwich Bar

Monday

Gammon & Pineapple Farm Assured sliced Gammon served with Pineapple Pieces

Vegetarian Sausage V Ve

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

Fruit Crumble & Custard

Sandwich Bar

Tuesday

Chicken Curry Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce

Mixed Bean & Tomato Pasta Bake Roasted Vegetables with a Trio of Beans in a Rich Tomato Sauce topped with a Savoury Crumb V Ve

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

Fruit Topped Cheese Cake

Sandwich Bar

Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced Meat

Oven Roast Vegetables served in a Yorkshire Pudding & topped with Mature Cheddar V Ve

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Homemade Biscuit Selection

Sandwich Bar

Thursday

Gluten Free Meatballs Pork Meatballs served With Sweet Sour or Tomato Sauce

Mixed Bean & Vegetable Curry Trio of mixed Beans in a Chef's Curry Sauce V Ve

Pasta Twists or Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar

Friday

Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb

Cheese & Potato Bake Creamed Potato with Cheddar Cheese topped with Sliced Tomatoes V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Homemade Fruity Muffin

Sandwich Bar

Available daily by pre order



FUN FOOD FACTS

Aubergines, known as Eggplant in the United States, belong to the same family as tomatoes and potatoes.

Sandwich Bar

Monday

Pizza Bar Selection of Topped Pizza's on a Thin Crust Base

Cheese Puffs Creamed Potato, Mature Cheese & Onion encased in Puff Pastry V

Jacket Potato Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread

Homemade Cookie Selection

Sandwich Bar

Tuesday

Homemade Chicken Dunkers Farm Assured Chicken coated in Breadcrumbs & Oven baked served with BBQ Sauce or Sweet & Sour Sauce

Mixed Bean Casserole Trio of Beans & Seasonal Vegetables cooked in a Rich & Tasty Gravy V Ve

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

Chocolate & Apple Sponge with Chocolate Custard

Sandwich Bar

Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat

Vegetarian Cottage Pie Seasonal Vegetables in a Tasty Gravy topped with Creamed Potato V Ve

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar

Thursday

Cottage Pie Farm Assured Minced Beef in a Rich and Tasty Gravy topped with Creamed Potato

Quorn Dunkers Quorn pieces coated in a light batter & baked V

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

Homemade Iced Fruity Cupcakes

FUN FOOD FACTS

In the middle ages black pepper was a luxury and was so expensive it was sometimes used to pay rent and taxes!



Sandwich Bar

Friday

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

Macaroni Cheese Macaroni Pasta in a Chef's Cheese Sauce topped with Sliced Tomatoes V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread

Homemade Shortbread

Sandwich Bar

Monday

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

Vegetarian Sausage V Ve

Hash Browns, Mushrooms, Plum Tomatoes, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Homemade Chocolate Crunch

Sandwich Bar

Tuesday

Pasta Bake Bar with choice of Chicken in a Creamy Sauce or Tomato, Bean & Basil V Ve or Creamy Cheddar Cheese V

Green Beans, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Homemade Apple Sponge & Custard

Sandwich Bar

Wednesday

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

Roasted Vegetable Parcels Roast Vegetables in a Rich Tomato Sauce encased in Puff Pastry V Ve

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar

Thursday

Pizza bar Thin Crust Pizza Base with a Selection of Toppings

Vegetable Burger served in a Soft Bap V Ve

Oven Baked Sliced Potatoes, Seasonal Vegetable Selection, Big Seasonal Salad Selection, Homemade Bread Selection

Rice Pudding with Fruit

Sandwich Bar

Friday

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

Cheese & Potato Pie Mature Cheddar Cheese & Creamed Potato in a Short Crust Pastry Flan V

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

Homemade Danish Pastry Selection

FUN FOOD FACTS

Potatoes are among most environmentally friendly vegetables. They're easy to grow and don't require large amounts of fertiliser to grow like many other vegetables do.



BE KIND

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