

# 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.



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

Download your copy at  
[www.telford.gov.uk/schoolmeals](http://www.telford.gov.uk/schoolmeals)



# Free School Meals DID YOU KNOW?

## Menu calendar

Summer Term 2022		Autumn Term 2022		Spring Term 2023	
25 APR	WK 1	5 SEPT	WK 1	3 JAN	WK 1
2 MAY	WK 2	12 SEPT	WK 2	9 JAN	WK 2
9 MAY	WK 3	19 SEPT	WK 3	16 JAN	WK 3
16 MAY	WK 1	26 SEPT	WK 1	23 JAN	WK 1
23 MAY	WK 2	3 OCT	WK 2	30 JAN	WK 2
30 MAY - HALF TERM		10 OCT	WK 3	6 FEB	WK 3
6 JUN	WK 1	17 OCT	WK 1	13 FEB	WK 1
13 JUN	WK 2	24 OCT - HALF TERM		20 FEB - HALF TERM	
20 JUN	WK 3	31 OCT	WK3	27 FEB	WK 3
27 JUN	WK 1	7 NOV	WK 1	6 MAR	WK 1
4 JUL	WK 2	14 NOV	WK 2	13 MAR	WK 2
11 JUL	WK 3	21 NOV	WK 3	20 MAR	WK 3
18 JUL	WK 1	28 NOV	WK 1	27 MAR	WK 1
5 DEC		5 DEC		27 MAR	
12 DEC		12 DEC		4 APR	



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

# Week 2

# Week 3

BE YOUR BEST

Sandwich Bar

## Monday

**Pork Sausage** *Farm Assured Pork Sausage served with a Rich & Tasty Gravy*

**Vegetarian Sausage** *served with a Rich & Tasty Gravy* V

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

**Fruit Crumble & Custard**

Sandwich Bar

## Thursday

**Gluten Free Meatballs** *Pork Meatballs served with Tomato Sauce*

**Vegetarian Meatballs** *Meatless balls served with Tomato Sauce* V

**Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection**

**Let's Dine Fresh from the Farm Ice Cream**

Sandwich Bar

## Monday

**Homemade Pizza** *Thin Crust Pizza Base with a Tomato & Mature Cheddar Cheese Topping*

**Roasted Vegetable & Bean Parcel** *Roasted Vegetables in a Rich Tomato Sauce encased in Puff Pastry* V

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

**Homemade Fruit Cookie**

Sandwich Bar

## Thursday

**Beef Bolognese** *Farm Assured Minced Beef in a Rich Tomato Sauce*

**Vegetable Bolognese** *Roasted Vegetables with Mixed Beans in a Rich Tomato Sauce* V

**Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread**

**Chocolate & Apple Sponge with Chocolate Custard**

Sandwich Bar

## Monday

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

**Vegetarian Sausage** V

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

**Homemade Chocolate Crunch**

Sandwich Bar

## Thursday

**Homemade Pizza** *Thin Crust Pizza Base with a Tomato & Mature Cheddar Cheese Topping* V

**Quorn Burger** *Quorn Burger served in a Soft White Roll* V

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

**Homemade Fruit Flapjack**

Sandwich Bar

## Tuesday

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

**Vegetable & Bean Chilli** *Roasted Vegetables with Mixed Beans in a Mild Chilli Sauce* V

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

**Strawberry Whirl Mousse**

Sandwich Bar

## Friday

**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, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection**

**Homemade Muffin**

Sandwich Bar

## Tuesday

**Homemade Chicken Dunkers** *Farm Assured Chicken coated in Breadcrumbs & Oven baked served with BBQ Sauce*

**Vegetable & Mixed Bean Enchiladas** *Mixed Beans & Seasonal Vegetables cooked in a Rich & Tasty Gravy* V Ve

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

**Homemade Cupcake**

Sandwich Bar

## Friday

**Battered Fillet of Fish** *White Fillet coated in a light Batter*

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

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

**Homemade Shortbread**

Sandwich Bar

## Tuesday

**Chicken Pasta Bake** *Farm Assured Diced Chicken & Pasta Twists in a Rich Tomato Sauce*

**Vegetarian Pasta Bake** *Mixed Bean & Roasted Vegetables with Pasta Twists in a Rich Tomato Sauce* V

**Seasonal Salad Selection, Seasonal Vegetable Selection, Homemade Bread Selection,**

**Homemade Apple Sponge & Custard**

Sandwich Bar

## Friday

**Salmon Fish Cake**

**Macaroni Cheese** *Macaroni Pasta in a Creamy Cheddar Cheese Sauce* V

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

**Homemade Danish Pastry**

Sandwich Bar

## Wednesday

**Traditional Roast Beef with a Rich & Tasty Gravy** *Farm Assured Sliced Meat*

**Oven Roasted Vegetables** *served in a Yorkshire Pudding & topped with Mature Cheddar* V

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

**Homemade Biscuit**

## Sandwich Bar

Available daily by pre order



Sandwich Bar

## Wednesday

**Traditional Turkey with a Rich & Tasty Gravy** *Farm Assured Sliced meat*

**Cheese Puff** *Creamed Potato, mature Cheese & Onion Encased in Puff Pastry* V

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

**Fruit Jelly with a Swirl of Cream**

Sandwich Bar

## Friday

**Battered Fillet of Fish** *White Fillet coated in a light Batter*

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

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

**Homemade Shortbread**

Sandwich Bar

## Wednesday

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

**Cauliflower & Broccoli Bake** *Cauliflower & Broccoli Florets in a Creamy Cheese Sauce & Topped with Cheese* V

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

**Let's Dine Fresh from the Farm Ice Cream**

### 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.

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

### 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.

BE KIND

BE YOUR BEST