

# 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



# Free School Meals

## DID YOU KNOW?



### Menu calendar

Autumn Term 2023		Spring Term 2024	
17 APR	WK 1	8 JAN	WK 1
24 APR	WK 2	15 JAN	WK 2
1 MAY	WK 3	22 JAN	WK 3
8 MAY	WK 1	29 JAN	WK 1
15 MAY	WK 2	5 FEB	WK 2
22 MAY	WK 3	12 FEB - HALF TERM	
29 MAY - HALF TERM		19 FEB	WK 1
5 JUN	WK 2	26 FEB	WK 2
12 JUN	WK 3	4 MAR	WK 3
19 JUN	WK 1	11 MAR	WK 1
26 JUN	WK 2	18 MAR	WK 2
3 JUL	WK 3		
10 JUL	WK 1		
17 JUL	WK 2		
Summer Term 2023		Autumn Term 2023	
17 APR	WK 1	4 SEPT	WK 1
24 APR	WK 2	11 SEPT	WK 2
1 MAY	WK 3	18 SEPT	WK 3
8 MAY	WK 1	25 SEPT	WK 1
15 MAY	WK 2	2 OCT	WK 2
22 MAY	WK 3	9 OCT	WK 3
29 MAY - HALF TERM		16 OCT	WK 1
5 JUN	WK 2	23 OCT	WK 2
12 JUN	WK 3	30 OCT - HALF TERM	
19 JUN	WK 1	6 NOV	WK 1
26 JUN	WK 2	13 NOV	WK 2
3 JUL	WK 3	20 NOV	WK 3
10 JUL	WK 1	27 NOV	WK 1
17 JUL	WK 2	4 DEC	WK 2
		11 DEC	WK 3
		18 DEC	WK 1

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

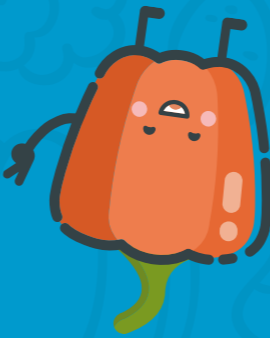
- Child Tax Credit, provided they are not entitled to Working Tax Credit
- and have an annual income (as assessed by HM Revenue and Customs) that does not exceed £16,190

- Working Tax Credit 'run-on' - the payment someone may receive for a further four weeks after they stop qualifying for Working Tax Credit a year (after tax and not including any benefits you get)

- Universal Credit - your household income must be less than £7,400

All information correct at the time of going to print

[www.telford.gov.uk/freeschoolmeals](http://www.telford.gov.uk/freeschoolmeals)



# Our menus



Telford & Wrekin Co-operative Council

Protect, care and invest to create a better borough

# Let's Dine Primary School Menu



April 2023 to March 2024

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



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



- 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.
- 6 We Oven Bake in preference to Frying.
- 7 We only use fresh Milk in our recipes.
- 8 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 9 All of our suppliers ensure full traceability of our Food.
- 10 Some of our menu choices are developed with children through the Eatwell Project.



V Vegetarian  
 Ve Vegan  
 H Halal

BE YOUR BEST

# Week 1



# Week 2



# Week 3



**Sandwich Bar**

## Monday

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

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

**Creamed Potato, Carrots, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection**

**Homemade Syrup Sponge and Custard**

**Sandwich Bar**

## Thursday

**Gluten Free Meatballs** *Pork Meatballs served with Sweet and Sour or Tomato Sauce*

**Vegetarian Meatless Balls** *Meatless balls served with Sweet Sour or Tomato Sauce* **V**

**Boiled Rice, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection**

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

**Sandwich Bar**

## Monday

**Pizza Bar – Cheese and Tomato Pizza** *With a Choice of Toppings on a Thin Crust Base*

**Vegetable and Mixed Bean Parcels** *Seasonal Vegetables and Mixed Beans in a Rich Tomato Sauce encased in Puff Pastry* **V Ve**

**Herby Diced Potatoes, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread**

**Homemade Cookie Selection**

**Sandwich Bar**

## Thursday

**Homemade Beef Burger** *Farm Assured Homemade Beef Burger served in a Soft Bread Roll*

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

**Jacket Potato Wedges, Sweetcorn, Garden Peas, Seasonal Salad Selection, Soft Bap**

**Homemade Chocolate and Apple Sponge with Chocolate Custard**

**Sandwich Bar**

## Monday

**Big Breakfast** *Farm Assured Pork Sausage, Back Bacon*

**Quorn Sausage** **V**

**Potato Waffles or Smiley Faces, Mushrooms, Plum Tomatoes, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection**

**Homemade Chocolate Crunch**

**Sandwich Bar**

## Thursday

**Pizza Bar** *Thin Crust Pizza Base with a Selection of Toppings*

**Quorn Burger** *Vegetable Burger served in a Soft Bread Roll* **V**

**Oven Baked Sliced Potatoes, Sweetcorn, Garden Peas, Big Seasonal Salad Selection, Homemade Bread Selection**

**Homemade Fruit Flapjack**

**Sandwich Bar**

## Tuesday

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

**Vegetable Bolognese** *Seasonal Vegetables and Mixed Beans in a Rich Tomato Sauce* **V**

**Spaghetti, Sweetcorn, Green Beans, Seasonal Salad Selection, Homemade Garlic Bread**

**Homemade Mousse with a Swirl of Cream**

**Sandwich Bar**

## Friday

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

**Cheese and Potato Pie** *Creamed Potato with Cheddar Cheese in a Short Crust Pastry Base topped with Sliced Tomatoes* **V**

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

**Homemade Muffin Selection**

**Sandwich Bar**

## Tuesday

**Chicken Dippers** *Farm Assured Chicken pieces coated in a light batter and oven baked*

**Vegetable and Quorn Enchiladas** *Minced Quorn and seasonal Vegetables cooked in a Rich Tomato Sauce* **V**

**Boiled Rice, Savoury Vegetable Rice, Carrots, Green Beans, Seasonal Salad Selection, Homemade Bread**

**Homemade Sponge Cake**

**Sandwich Bar**

## Friday

**Battered Fillet of Fish** *White Fillet coated in a light Batter or Salmon Fishcake*

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

**Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Homemade Bread**

**Homemade Shortbread**

**Sandwich Bar**

## Tuesday

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

**Vegetable and Bean Chilli** *Roasted Vegetables and Mixed Beans in a Mildly Spiced Rich Chilli Sauce* **V**

**Boiled Rice, Sweetcorn, Broccoli, Seasonal Salad Selection, Naan Bread**

**Homemade Apple Sponge and Custard**

**Sandwich Bar**

## Friday

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

**Macaroni Cheese** *Macaroni Pasta in a Chef's Cheese Sauce* **V**

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

**Homemade Fruit Tart**

**Sandwich Bar**

## Wednesday

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

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

**Roast Potatoes, Creamed Potato, Cauliflower, Broccoli, Carrots, Homemade Bread Selection**

**Homemade Biscuit Selection**

**Sandwich Bar**

Available daily by pre order

**BE HONEST**

**Sandwich Bar**

## Wednesday

**Traditional Turkey with a Rich and Tasty Gravy** *Farm Assured Sliced Meat*

**Cheese Puff** *Creamed Potato, Mature Cheese and Onion encased in Puff Pastry* **V**

**Roast Potatoes, Creamed Potato, Cauliflower, Broccoli, Carrots, Homemade Bread**

**Fruit Jelly with a Swirl of Cream**

**Sandwich Bar**

## Friday

**Battered Fillet of Fish** *White Fillet coated in a light Batter or Salmon Fishcake*

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

**Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Homemade Bread**

**Homemade Shortbread**

**Sandwich Bar**

## Wednesday

**Traditional Roast Gammon with a Rich and Tasty Gravy** *Farm Assured Sliced Meat*

**Cauliflower Cheese** *Cauliflower Florets in a Creamy Cheese Sauce Topped with Grated Cheese and Oven Baked* **V**

**Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Green Beans, Homemade Bread Selection**

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

**Sandwich Bar**

**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 RESPONSIBLE

BE RESPECTFUL

BE KIND

**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 and Crackers available Monday, Wednesday and Friday. Individual Yoghurts available Tuesday and Thursday. All items subject to availability.

BE YOUR BEST