

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

Summer Term 2025	Autumn Term 2025	Spring Term 2026
28 APR WK 1	1 SEPT WK 1	5 JAN WK 1
5 MAY WK 2	8 SEPT WK 2	12 JAN WK 2
12 MAY WK 3	15 SEPT WK 3	19 JAN WK 3
19 MAY WK 1	22 SEPT WK 1	26 JAN WK 1
26 MAY - HALF TERM	29 SEPT WK 2	2 FEB WK 2
2 JUN WK 3	6 OCT WK 3	9 FEB WK 3
9 JUN WK 1	13 OCT WK 1	16 FEB - HALF TERM
16 JUN WK 2	20 OCT WK 2	23 FEB WK 2
23 JUN WK 3	27 OCT - HALF TERM	2 MAR WK 3
30 JUN WK 1	3 NOV WK 1	9 MAR WK 1
7 JUL WK 2	10 NOV WK 2	16 MAR WK 2
14 JUL WK 3	17 NOV WK 3	23 MAR WK 3
21 JUL WK 1	24 NOV WK 1	
28 JUL WK 2	1 DEC WK 2	
4 AUG WK 3	8 DEC WK 3	
11 AUG WK 1	15 DEC WK 1	

www.telford.gov.uk/freeschoolmeals

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. (This is currently being reviewed by department for education as this may be extended, but no decision has yet been made).

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
- 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 menus



Telford & Wrekin Co-operative Council

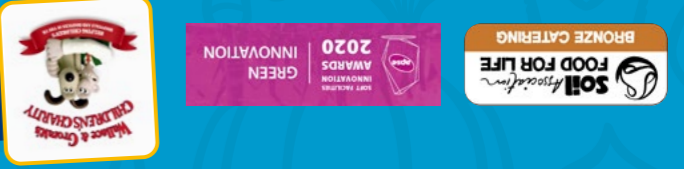
Protect, care and invest to create a better borough

Let's Dine Primary School Menu



April 2025 to March 2026

Download your copy at 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.



- All of our suppliers ensure full traceability of our Food.
- We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- Some of our menu choices are developed with children through the Eatwell Project.

- All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 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.
- Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.

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*
 Vegan Sausage *served with a Rich and Tasty Gravy* **V**
 Creamed Potato, Carrots, Peas, Seasonal Salad Selection, Bread
 Sponge Cake and Custard

Sandwich Bar
Thursday
 Chicken Curry *Farm Assured Chicken in a Chef's Creamy Curry Sauce*
 Quorn Curry *Quorn pieces in a Chef's Creamy Curry Sauce* **V**
 Steamed Rice, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread
 Vanilla Ice Cream

Sandwich Bar
Monday
 Pizza Bar – Cheese and Tomato
 Pizza with a selection of toppings
 Pasta Neapolitan *Seasonal Vegetables and Pasta in a Chef's Tomato Sauce* **V**
 Diced Potatoes, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread
 Cookie Selection

Sandwich Bar
Thursday
 Beef Burger *Farm Assured Minced Beef Burger served in a Soft Bap*
 Quorn Burger *Quorn Burger served in a Soft Bap* **V**
 Potato Wedges, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread
 Chocolate Cake and Green Custard

Sandwich Bar
Monday
 Big Breakfast *Farm Assured Sausage, Bacon*
 Vegan Sausage **V**
 Mini Waffles or Smiley Faces, Mushrooms, Baked Beans, Plum Tomatoes, Seasonal Salad Selection, Bread
 Chocolate Brownie

Sandwich Bar
Thursday
 Pizza Bar – Cheese and Tomato
 Pizza with a selection of toppings
 Quorn Dunkers *Quorn pieces in a Light Batter and Oven Baked* **V**
 Sliced Potato, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread
 Flapjack

Sandwich Bar
Tuesday
 Minced Beef Pasta Bake *Farm Assured Minced Beef and Pasta in a Chef's Seasonal Vegetable and Tomato Sauce*
 Vegetable and Bean Pasta Bake *Seasonal Vegetables, Mixed Beans and Pasta in a Rich Chef's Tomato Sauce* **V**
 Pasta, Sweetcorn, Green Beans, Seasonal Salad Selection, Bread
 Cheesecake topped with Fruit

Sandwich Bar
Friday
 Battered Fish *White fillet of fish coated in a light batter or Jumbo*
 Fish Finger *White fillet of fish coated in breadcrumbs*
 Macaroni Cheese *Macaroni Pasta in a Chef's Creamy Cheese Sauce* **V**
 Chips, Couscous, Baked Beans, Peas, Seasonal Salad Selection, Bread
 Muffin Selection

Sandwich Bar
Tuesday
 Chicken Dippers *Farm Assured Chicken coated in Natural Breadcrumbs served with Sauce*
 Vegetable Enchiladas *Seasonal Vegetables and Mixed Beans encased in a floured wrap, topped with Chef's Tomato Sauce and Cheese* **V**
 Steamed Rice, Sweetcorn, Green Beans, Seasonal Salad Selection, Bread
 Decorated Sponge Cake

Sandwich Bar
Friday
 Battered Fish *White fillet of fish coated in a light batter or Fishcake*
 Pizza Roll *Soft Bread dough with Tomato and Cheese rolled and cut into Pin Wheels and oven baked* **V**
 Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread
 Golden Shortbread

Sandwich Bar
Tuesday
 Gluten Free Meatballs *Farm Assured Meatballs served with a Sweet and Sour Sauce or a Chef's Rich Tomato Sauce*
 Vegetarian Balls *served with a choice of Chef's Sauces* **V**
 Pasta Twists, Sweetcorn, Broccoli, Seasonal Salad Selection, Bread
 Cornflake Tart and Custard

Sandwich Bar
Friday
 Battered Fish *White fillet of fish coated in a light batter or Jumbo*
 Fish Finger *White fillet of fish coated in breadcrumbs*
 Cheese Pie *Creamed Potato and Cheese in a Short crust Pastry Flan topped with Sliced Tomatoes* **V**
 Chips, Couscous, Baked Beans, Peas, Seasonal Salad Selection, Bread
 Iced Buns

Sandwich Bar
Wednesday
 Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*
 Seasonal Vegetables and Mixed Beans *Served with a Yorkshire Pudding* **V**
 Roast Potatoes, Creamed Potato, Cauliflower, Broccoli, Carrots, Seasonal Salad Selection, Bread
 Biscuit Selection

Sandwich Bar
 Available daily by pre order

Sandwich Bar
Wednesday
 Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*
 Cheese Puff *Creamed Potato and Cheese encased in Puff Pastry* **V**
 Roast Potatoes, Creamed Potato, Carrots, Broccoli, Cauliflower, Seasonal Salad Selection, Bread
 Jelly with a Swirl of Topping

Sandwich Bar
Friday
 Battered Fish *White fillet of fish coated in a light batter or Fishcake*
 Pizza Roll *Soft Bread dough with Tomato and Cheese rolled and cut into Pin Wheels and oven baked* **V**
 Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread
 Golden Shortbread

Sandwich Bar
Wednesday
 Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*
 Cauliflower Cheese *Cauliflower Florets in a Chef's Creamy Cheese Sauce* **V**
 Roast Potatoes, Creamed Potato, Carrots, Green Beans, Broccoli, Seasonal Salad Selection, Bread
 Vanilla Ice Cream

FUN FOOD FACTS
 A pomegranate can hold up to 1400 seeds.



BE HONEST

FUN FOOD FACTS
 Potatoes were the first vegetable to be grown in space.

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

BE KIND

BE YOUR BEST