

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

## Menu calendar

# Free School Meals

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

# Our ingredients

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

## 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



# Our menus

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, altered 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.

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





# Week 1

# Week 2

# Week 3

Sandwich Bar

## Monday

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

**Quorn Sausage** V

**Creamed Potato, Green Beans, Carrots, Seasonal Salad Selection, Homemade Bread Selection**

**Homemade Biscuit Selection**

Sandwich Bar

## Tuesday

**Homemade Pizza** Cheese and Tomato Topped Pizza with a choice of toppings on a Crispy Thin Crust Base V

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

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

Sandwich Bar

## Wednesday

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

**Quorn Fillet** V

**Roast Potatoes, Creamed Potato, Cauliflower, Carrots, Cabbage, Seasonal Salad Selection, Homemade Bread Selection**

**Chocolate Crunch**

## Sandwich Bar

Available daily by pre order

Sandwich Bar

## Thursday

**Pasta Bake** Pasta Twists in a Rich Tomato V or Creamy Cheese and Ham Sauce

**Cheese and Potato Pie** Creamy Mash and Cheddar Cheese in a Short Crust Pastry Case V

**Pasta Twists, Broccoli, Garden Peas, Seasonal Salad Selection, Homemade Garlic Bread, Homemade Bread Selection**

**Pineapple Upside Down Pudding with Custard**

Sandwich Bar

## Friday

**Fish Finger** Fillet of Fish Coated in a Crispy Breadcrumb or Salmon Fishcake

**Vegetable and Bean Pasta Bake** Roasted Vegetables, Mixed Beans and Pasta in a Rich Tomato Sauce topped with Cheddar Cheese V

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

**Fruit Muffin Selection**



Sandwich Bar

## Monday

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

**Quorn Bolognaise** Minced Quorn in a Rich Tomato Sauce V

**Pasta Twists or Boiled Rice, Green Beans, Carrots, Seasonal Salad Selection, Homemade Garlic or Naan Bread**

**Homemade Biscuit Selection**

Sandwich Bar

## Tuesday

**Cheese and Tomato Pizza** Cheese and Tomato Topped Pizza with a selection of toppings on a Thin and Crispy Base V

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

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

Sandwich Bar

## Wednesday

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

**Filled Yorkshire Pudding** Oven Roasted Vegetables and Mixed Beans in a Yorkshire Pudding V

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

**Eves Pudding and Custard**

Sandwich Bar

## Thursday

**Beef Burger or Hot Dog** Burger or Sausage in a Soft Roll

**Vegetable Burger** V

**Potato Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Soft Bap**

**Homemade Chocolate Brownie**



**eatwell**

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

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

**Jacket Potato** with a choice of fillings Tuna, Baked Beans and Cheese V or Vegetable and Bean Chili V

**Chips or Couscous, Garden Peas, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection**

**Homemade Fruity Flapjack**

Sandwich Bar

## Monday

**Cheese and Tomato Pizza** Cheese and Tomato Pizza with Choice of toppings on a Thin Crust Base V

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

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

Sandwich Bar

## Tuesday

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

**Vegetable Sausage** V

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

**Homemade Fruit Flapjack**

Sandwich Bar

## Wednesday

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

**Shepherdess Pie** Seasonal Vegetables and Red Lentils in a Tasty Gravy topped with Sweet Potato Mash V

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

**Homemade Marble Sponge and Custard**

Sandwich Bar

## Thursday

**Chicken Goujons** Farm Assured Chicken Goujons served with a BBQ or Sweet and Sour Sauce

**Quorn Dippers** served with a BBQ or Sweet and Sour Sauce V

**Boiled Rice, Farmhouse Mixed Vegetables, Green Beans, Seasonal Salad Selection, Homemade Bread Selection**

**Homemade Mousse Chocolate or Strawberry**

## Chip Shop Friday

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

**Vegetable and Bean Pasta Bake** Roasted Vegetables, Mixed Beans and Pasta in a Rich Tomato Sauce topped with Cheddar Cheese V

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

**Homemade Raspberry Bun**

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.

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

## 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.



Aqueduct