

Spring Term 2025		Autumn Term 2024		Summer Term 2024	
6 JAN	WK 1	2 SEPT	WK 1	8 APR	WK 1
13 JAN	WK 2	9 SEPT	WK 2	15 APR	WK 2
20 JAN	WK 3	16 SEPT	WK 3	22 APR	WK 3
27 JAN	WK 1	23 SEPT	WK 1	29 APR	WK 1
3 FEB	WK 2	30 SEPT	WK 2	6 MAY	WK 2
10 FEB	WK 3	7 OCT	WK 3	13 MAY	WK 3
17 FEB - HALF TERM		14 OCT	WK 1	20 MAY	WK 1
24 FEB	WK 2	21 OCT	WK 2	27 MAY - HALF TERM	
3 MAR	WK 3	28 OCT - HALF TERM		3 JUN	WK 3
10 MAR	WK 1	4 NOV	WK 1	10 JUN	WK 1
17 MAR	WK 2	11 NOV	WK 2	17 JUN	WK 2
24 MAR	WK 3	18 NOV	WK 3	24 JUN	WK 3
31 MAR	WK 1	25 NOV	WK 1	1 JUL	WK 1
7 APR	WK 2	2 DEC	WK 2	8 JUL	WK 2
14 APR	WK 3	9 DEC	WK 3	15 JUL	WK 3
21 APR	WK 1	16 DEC	WK 1		

Menu calendar

Free School Meals DID YOU KNOW?

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
 - 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 ingredients

Download your menu at 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, 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 offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 8 All of our suppliers ensure full traceability of our Food.
- 9 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.





Let's Dine

Primary School Menu

April 2024 to March 2025

A menu created by the children for the children

Week 1

Week 2

Week 3

Sandwich Bar **Monday**

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

Pasta Twists, Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection

Arctic Roll

Sandwich Bar **Tuesday**

Chicken Curry

Vegetable and Bean Bake Seasonal Vegetables, Mixed Beans and Pasta Twists baked in a Rich Tomato sauce Topped with Grated Cheese **V**

Boiled Rice, Green Beans, Carrots, Seasonal Salad Selection, Bread Selection, Naan Bread

Fruity Flapjack

Sandwich Bar **Wednesday**

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Cauliflower and Broccoli Bake Cauliflower and Broccoli florets in a Creamy Cheese Sauce **V**

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

Chocolate or Strawberry Mousse

Sandwich Bar **Thursday**

Hot Dogs Farm Assured Pork Sausage served in a Soft Finger Roll

Quorn Hotdog Quorn Sausage Served in a Soft Finger Roll **V**

Jacket Potato Wedges, Baked Beans, Peas, Seasonal Salad Selection, Bread Selection

Iced Sponge with Custard

Sandwich Bar **Friday**

Fish Finger Fillet of Fish Coated in Crispy Breadcrumbs or Salmon Fishcake

Quorn Dippers **V**

Chips, Couscous, Baked Beans, Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection

Chocolate Shortbread



Sandwich Bar **Monday**

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

Pasta Twists or Potato Wedges, Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection

Biscuit Selection

Sandwich Bar **Tuesday**

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

Vegetarian Sausage **V**

Potato Waffles, Baked Beans, Tomatoes, Mushrooms, Seasonal Salad Selection, Bread Selection

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, Bread Selection

Eves Pudding and Custard

Sandwich Bar
Available daily by pre order

Sandwich Bar **Thursday**

Meatballs Gluten Free Pork Meat Balls served with a Rich Tomato Sauce or Gravy

Vegetable Bolognese Seasonal Vegetable in a Rich Tomato Sauce **V**

Pasta Twists, Broccoli, Peas, Seasonal Salad Selection, Bread Selection

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 Crispy Breadcrumbs 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**, Vegetable and Bean Chili **V**

Chips or Couscous, Peas, Sweetcorn, Baked Beans, Seasonal Salad Selection, Bread Selection

Fruity Flapjack

Sandwich Bar **Monday**

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

Pasta Twists, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread Selection

Arctic Roll

Sandwich Bar **Tuesday**

Beef Burger in a Soft Roll

Vegetable Burger in a Soft Roll **V**

Potato Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread Selection

Chocolate Brownie

Sandwich Bar **Wednesday**

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Vegetarian Sausage Roll **V**

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

Iced Sponge and Custard

Sandwich Bar **Thursday**

Chicken Wraps Farm Assured Chicken Goujons served with a Spicy Sauce

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

Sliced Potatoes, Farmhouse Mixed Vegetables, Green Beans, Seasonal Salad Selection, Bread Selection

Fruit Topped Cheesecake

Chip Shop Friday

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

Quorn Curry **V**

Chips, Boiled Rice, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread Selection

Iced Lemon Fingers

Sandwich Bar

FUN FOOD FACTS
Lemons float, but limes sink... and ripe cranberries bounce like rubber balls.

FUN FOOD FACTS
Rhubarb grows so quickly that you can hear it.

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