

# Our ingredients

Where our food comes from

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

**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.



# Free School Meals DID YOU KNOW?

## Menu calendar

Autumn Term 2025		Spring Term 2026	
1 SEPT	WK 1	5 JAN	WK 1
8 SEPT	WK 2	12 JAN	WK 2
15 SEPT	WK 3	19 JAN	WK 3
22 SEPT	WK 1	26 JAN	WK 1
29 SEPT	WK 2	2 FEB	WK 2
6 OCT	WK 3	9 FEB	WK 3
13 OCT	WK 1	16 FEB - HALF TERM	
20 OCT	WK 2	23 FEB	WK 2
27 OCT - HALF TERM		2 MAR	WK 3
3 NOV	WK 1	9 MAR	WK 1
10 NOV	WK 2	16 MAR	WK 2
17 NOV	WK 3	23 MAR	WK 3
24 NOV	WK 1		
1 DEC	WK 2		
8 DEC	WK 3		
15 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. (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

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

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

Telford & Wrekin Co-operative Council | Protect, care and invest to create a better borough



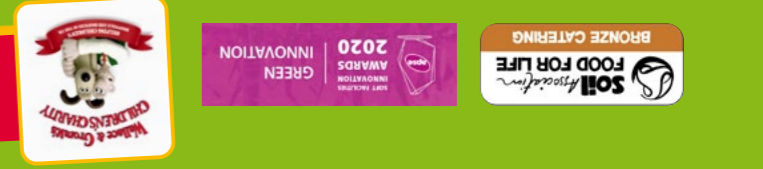
# Our menus

- 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 2025 to March 2026**

A menu created by the children for the children

# Week 1



# Week 2



# Week 3



## Sandwich Bar Monday

Ham and Pineapple Pizza  
 Cheese and Tomato Pizza **V**  
 Potato Wedges, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread  
 Vanilla Ice Cream

## Sandwich Bar Thursday

Hot Dog *Farm Assured Pork Sausage served in a Soft Bread Roll*  
 Vegetarian Sausage **V**  
 Diced Potatoes, Baked Beans, Mixed Farmhouse Vegetables, Seasonal Salad Selection, Bread  
 Fruit topped Pancakes

## Sandwich Bar Tuesday

Beef Chili *Farm Assured Minced Beef in a Chef's Mild Chili Sauce* or **Beef Bolognaise** *Farm Assured Minced Beef in a Chef's Rich Tomato Sauce*  
 Jacket Potato with a choice of fillings  
 Baked Beans and Grated Cheese **V**  
 Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread  
 Iced Sponge 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*  
 Vegetarian Curry **V**  
 Chips, Rice, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread  
 Muffin Selection

## Sandwich Bar Wednesday

Cottage Pie *Farm Assured Minced Beef cooked with a Tasty Gravy and topped with Creamed Potato*  
 Shepherdess Pie *Seasonal Vegetables and Mixed Beans topped with Creamed Potato* **V**  
 Roast Potatoes, Creamed Potato, Cauliflower, Carrots, Broccoli, Seasonal Salad Selection, Bread  
 Jelly and Ice Cream



## Sandwich Bar Monday

Big Breakfast *Farm Assured Sausage, Bacon, Free Range Scrambled Egg*  
 Quorn Sausage, Free Range Scrambled Egg **V**  
 Smiley Faces, Baked Beans, Tomatoes, Mushrooms, Seasonal Salad Selection, Bread  
 Arctic Roll

## Sandwich Bar Tuesday

Ham and Pineapple Pizza  
 Cheese and Tomato Pizza **V**  
 Pasta, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread  
 Fruit Flapjack

## Sandwich Bar Wednesday

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*  
 Quorn fillet with a Rich and Tasty Gravy **V**  
 Roast Potatoes, Creamed Potato, Cauliflower, Carrots, Broccoli, Seasonal Salad Selection, Bread  
 Chocolate and Orange Muffin

## Sandwich Bar

Available daily by pre order

## Sandwich Bar Thursday

Chicken Curry *Farm Assured Chicken in a Chef's Curry Sauce* or **Chicken Goujons**  
 Vegetable Pasta Bake *Seasonal Vegetables, Mixed Beans and Pasta in a Chef's Sauce* **V**  
 Rice, Green Beans, Carrots, Seasonal Salad Selection, Bread  
 Marble Sponge and Custard

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

## 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*  
 Quorn Dippers *Tender Quorn pieces in a Light Batter* **V**  
 Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread  
 Vanilla Ice Cream

## Sandwich Bar Monday

Ham and Pineapple Pizza  
 Cheese and Tomato Pizza **V**  
 Pasta, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread  
 Arctic Roll

## Sandwich Bar Tuesday

Beef Burger *Farm Assured Minced Beef Burger*  
 Vegetable Burgers **V**  
 Potato Wedges, Sweetcorn, Baked Beans, Seasonal Salad Selection, Bread  
 Oat Cookie

## Sandwich Bar Wednesday

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*  
 Cauliflower and Broccoli Bake *Cauliflower and Broccoli Florets in a Chef's Cheese Sauce* **V**  
 Roast Potatoes, Creamed Potato, Carrots, Broccoli, Cabbage, Seasonal Salad Selection, Bread  
 Chocolate Shortbread

## Sandwich Bar Thursday

Chicken and Tomato Pasta Bake *Farm Assured Chicken baked with Pasta and Chef's Tomato Sauce*  
 Vegetable Curry *Seasonal Vegetables in a Chef's Curry Sauce* **V**  
 Rice, Green Beans, Carrots, Seasonal Salad Selection, Bread  
 Apple Crumble and Custard

### Chip Shop Friday

Battered Fish *White fillet of fish coated in a light batter* or **Jumbo Fish Finger** *White fillet of fish coated in breadcrumbs* or **Gammon and Egg**  
 Macaroni Cheese *Macaroni Pasta in a Chef's Creamy Cheese Sauce* **V**  
 Chips, Couscous, Baked Beans, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread  
 Vanilla Ice Cream

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

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

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