

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

MENU CALENDAR

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 & 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

FREE SCHOOL MEALS
DID YOU KNOW?

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.
- 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.



- 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.
- 8 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 MENUS



Protect, care and invest to create a better borough

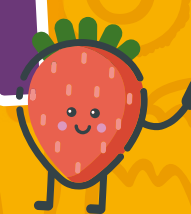
Let's Dine
PRIMARY SCHOOL MENU



April
2023

TO

March
2024



V Vegetarian
Ve Vegan
H Halal

WEEK 1

WEEK 2

WEEK 3

Monday

Tuna Pasta Bake *Flaked Tuna and Pasta in a Chef's Creamy Sauce*

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

Diced Potatoes, Sweetcorn, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

Tuesday

Chicken Chasseur *Tender Chicken pieces in a Chef's Chasseur Sauce*

Cauliflower and Broccoli Bake *Florets of Vegetables in a Chef's Cheese Sauce* V

Baby Jacket Potatoes, Boiled Rice, Green Beans, Mixed Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Flapjack

Wednesday

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

Oven Roasted Vegetables *Served in a Yorkshire Pudding and topped with Savoury Crumb* V

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

Fruit Crumble and Custard

Thursday

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

Vegetarian Sausage, Free Range Scrambled Egg V

Mini Waffles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Coleslaw, Homemade Bread Selection

Iced Sponge

Friday

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

Pasta Neapolitan *Pasta and Vegetables in a Rich Tomato Sauce* V

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

Fruit Jelly with a Swirl of Cream

Monday

Pizza Bar *Selection of Topped Pizzas with a Deep Crust Base including Ham and Pineapple, Diced Peppers* V, Cheese and Tomato V

Vegetarian Crumble V

Pasta Twists, Baked Beans, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

Tuesday

Sausage Roll *Pork Sausage meat encased in Puff Pastry*

Cheese and Onion Puff *Creamed Potato and Grated Cheese Encased in Puff Pastry* V

Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Jelly with a Swirl of Cream

Wednesday

Toad in the Hole *Farm Assured Pork Sausage served with a Yorkshire Pudding*

Vegetarian filled Yorkshire Pudding *Seasonal Vegetables and Mixed Beans in a Sauce* V

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

Cooks Choice of Cake and Custard

Thursday

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

Vegetarian Bolognese V

Boiled Rice, Pasta, Sweetcorn, Green Beans, Seasonal Salad Selection, Homemade Bread Selection

Cherry Muffins



eatwell

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

Friday

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

Vegetable Pasta Bake *Roasted Seasonal Vegetables and Pasta in a Rich Tomato Sauce* V

Chips, Couscous, Mushy Peas, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Crispy Cornflake Cakes

SANDWICH OPTION

Packed lunch available

Monday

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

Cheese and Potato Bake *Creamed Potato with Mature Cheese topped with Sliced Tomato* V

Creamed Potato, Mixed Vegetables, Sweetcorn, Seasonal Salad Selection, Coleslaw, Homemade Bread Selection

Chocolate Crunch

Tuesday

Jacket Potato Day *Served with various fillings to include vegetarian option* V

Vegetable Ravioli V

Jacket Potato, Baked Beans, Green Beans, Seasonal Salad Selection, Homemade Bread Selection

Rice Pudding and Jam

Wednesday

Beef Stew and Gravy *Farm Assured Beef cooked with Seasonal Vegetables and Gravy*

Vegetable Crumble *Seasonal Vegetables and Mixed Beans, topped with a Savoury Crumb* V

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

Fruit Crumble and Custard

Thursday

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

Vegetarian Sausage, Free Range Scrambled Egg V

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

Fruit Muffins

Friday

Battered Fillet of Fish *White Fillet coated in a light batter or Jumbo Fish Finger*

Pasta Neapolitan *Pasta and Vegetables in a Rich Tomato Sauce topped with Mature Cheese* V

Chips, Pasta Twists, Sweetcorn, Garden Peas, Mushy Peas, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream



FUN FOOD FACT

BROCCOLI
The word 'broccoli' is the plural of 'broccolo' which is Italian for the flowering top of a cabbage. According to a survey in 2009, broccoli is the sixth most commonly misspelt word in English.

FUN FOOD FACT

APPLES

Apples float in water, because 25% of their volume is made of air. The most-grown apple is Red Delicious. Followed by Gala, Golden Delicious, Granny Smith, and Fuji.

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