

Spring Term 2023		Autumn Term 2022		Summer Term 2022	
3 JAN	WK 1	5 SEPT	WK 1	25 APR	WK 1
9 JAN	WK 2	12 SEPT	WK 2	2 MAY	WK 2
16 JAN	WK 3	19 SEPT	WK 3	9 MAY	WK 3
23 JAN	WK 1	26 SEPT	WK 1	16 MAY	WK 1
30 JAN	WK 2	3 OCT	WK 2	23 MAY	WK 2
6 FEB	WK 3	10 OCT	WK 3	30 MAY - HALF TERM	
13 FEB	WK 1	17 OCT	WK 1	6 JUN	WK 1
20 FEB - HALF TERM		24 OCT - HALF TERM		13 JUN	WK 2
27 FEB	WK 3	31 OCT	WK 3	20 JUN	WK 3
6 MAR	WK 1	7 NOV	WK 1	27 JUN	WK 1
13 MAR	WK 2	14 NOV	WK 2	4 JUL	WK 2
20 MAR	WK 3	21 NOV	WK 3	11 JUL	WK 3
27 MAR	WK 1	28 NOV	WK 1	18 JUL	WK 1
		5 DEC	WK 2		
		12 DEC	WK 3		

### 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 2023.

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
- 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

## 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

# Let's Dine

## Primary School Menu

April 2022 to March 2023



# Our menus

- 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.

Pay for your child's school meals at [www.telford.gov.uk/payfort](http://www.telford.gov.uk/payfort)

# £2.45

## School Meal Price

You can pay in cash too!

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



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



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

# Week 2

# Week 3

## Monday

**Gluten Free Pork Meatballs** Farm Assured Pork Meatballs served with a Rich & Tasty Tomato Sauce

**Macaroni Cheese** Pasta Twists in a Creamy Homemade Mature Cheese Sauce V

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

Golden Shortbread

## Wednesday

**Traditional Roast with a Rich & Tasty Gravy** Farm Assured Sliced meat

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

Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Homemade Bread Selection

Fruit Crumble & Custard

## Monday

**Homemade Beef Burger** Served in a Soft White Roll or **Hot Dog Sausage** Served in a Soft White Finger Roll

**Vegetarian Burger** Served in a Soft White Roll V or **Vegetarian Sausage** Served in a Soft White Finger Roll V

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

Iced Sponge

## Thursday

**Chicken Curry** Farm Assured Diced Chicken in a Chef's Curry Sauce

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

Boiled White Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Naan Bread

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

## Monday

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

**Jacket Wedges, Baked Beans, Sweetcorn, Seasonal Salad Selection, Coleslaw, Homemade Bread Selection**

Selection of Fruit Muffins

## Thursday

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

**Vegetarian Sausage, Free Range Scrambled Egg V**

Potato Smiles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cookie Selection

## Tuesday

**Pizza Bar** Selection of Topped Pizzas with a Thin & Crispy Base

**Vegetable Crumble** Seasonal Vegetables cooked & topped with Wholemeal Oat Crumble V

**Baby Jacket Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection**

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

## Thursday

**Homemade Sausage Roll** Farm Assured Pork sausage meat encased in Puff Pastry

**Homemade Cheese Puff** Creamed Potato & Grated Cheese encased in Puff Pastry V

**Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Coleslaw, Homemade Bread Selection**

Iced Sponge

## Tuesday

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

**Vegetarian Sausage, Free Range Scrambled Egg V**

**Smiley Faces, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection**

Jelly with a Swirl of Cream



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

## Friday

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

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

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

Let's Dine Fresh from the Farm Ice Cream

## Wednesday

**Traditional Roast with a Rich & Tasty Gravy** Farm Assured Sliced meat

**Cheese & Potato Pasties V**

**Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Homemade Bread Selection**

Fruit Crumble & Custard

## Chip Shop Friday

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

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

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

Fruit Topped Cheesecake



### 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.

### 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.

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