

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.

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.



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



Free School Meals DID YOU KNOW?



Menu calendar

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

www.telford.gov.uk/freeschoolmeals

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

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

Let's Dine Primary School Menu



April 2024 to March 2025

Download your copy at www.telford.gov.uk/schoolmeals



Our menus

- 1 We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 2 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.
- 3 Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- 4 We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.
- 5 We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 6 We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 7 All of our suppliers ensure full traceability of our Food.
- 8 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.



V Vegetarian
 Ve Vegan
 H Halal

BE YOUR BEST

Week 1

Week 2

Week 3

Sandwich Bar
Monday
 Pork Sausage Served with a Tasty Gravy
 Vegetarian Sausage Served with a Tasty Gravy V
 Creamed Potato, Carrots, Garden Peas, Seasonal Salad Selection, Bread
 Syrup Sponge and Custard

Sandwich Bar
Thursday
 Chicken Curry Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce
 Vegetable and Bean Chilli Roasted Vegetables with Mixed Beans in a Mildly Spiced Rich Chilli Sauce V
 Boiled Rice, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread
 Vanilla Ice Cream

Sandwich Bar
Monday
 Pizza Bar – Cheese and Tomato Pizza With a Choice of Toppings on a Thin Crust Base
 Macaroni Cheese Macaroni Pasta in a Creamy Cheese Sauce V
 Herby Diced Potatoes, Baked Beans, Peas, Seasonal Salad Selection, Bread
 Cookie Selection

Sandwich Bar
Thursday
 Beef Burger Farm Assured Homemade Beef Burger served in a Soft Bap
 Quorn Burger served in a Soft Bap V
 Jacket Potato Wedges, Sweetcorn, Garden Peas, Seasonal Salad Selection, Soft Bap
 Chocolate and Apple Sponge with Chocolate Custard

Sandwich Bar
Monday
 Big Breakfast Farm Assured Pork Sausage, Back Bacon,
 Quorn Sausage, V
 Potato Waffles or Smiles, Mushrooms, Plum Tomatoes, Baked Beans, Seasonal Salad Selection, Bread
 Chocolate Brownie

Sandwich Bar
Thursday
 Pizza bar – Thin Crust Pizza Base with a Selection of Toppings
 Quorn Burger Vegetable Burger served in a Soft Bap V
 Oven Baked Sliced Potatoes, Sweetcorn, Garden Peas, Big Seasonal Salad Selection, Bread
 Fruit Flapjack

Sandwich Bar
Tuesday
 Lasagne Farm Assured Minced Beef in a Rich Tomato Sauce with layered with Pasta sheets and White Sauce
 Vegetable Bolognese Seasonal Vegetables and Mixed Beans in a Rich Tomato Sauce V
 Spaghetti or Baby New Potatoes, Sweetcorn, Green Beans, Seasonal Salad Selection, Bread
 Mousse with a Swirl of Cream

Sandwich Bar
Friday
 Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb
 Cheese and Potato Pie Creamed Potato with Cheddar Cheese in a Short crust Pastry Base topped with Sliced Tomatoes V
 Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Bread
 Muffin Selection

Sandwich Bar
Tuesday
 Chicken Dippers Farm Assured Chicken coated in Breadcrumbs and Oven baked served with BBQ Sauce or Sweet and Sour Sauce
 Vegetable and Quorn Enchiladas Minced Quorn and Seasonal Vegetables cooked in a Rich and Tasty Gravy V
 Boiled Rice, Savoury Vegetable Rice, Garden Peas, Carrots, Seasonal Salad Selection, Bread
 Decorated Sponge Cakes

Sandwich Bar
Friday
 Battered Fillet of Fish White Fillet coated in a light Batter or Salmon Fishcake
 Quorn Dunkers Quorn pieces coated in a light batter and baked V
 Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread
 Shortbread Biscuits

Sandwich Bar
Tuesday
 Gluten Free Meatballs Pork Meatballs served with Sweet and Sour or Tomato Sauce
 Vegetarian Balls served with Sweet and Sour or Tomato Sauce
 Pasta Twists, Sweetcorn, Broccoli, Seasonal Salad Selection, Bread
 Apple Sponge and Custard

Sandwich Bar
Friday
 Battered Fillet of Fish White Fillet coated in a light Batter or Fish Finger Fillet of Fish Coated in Crispy Breadcrumbs
 Vegetable and Mixed Bean Parcels Seasonal Vegetables and Mixed Beans in a Rich Tomato Sauce Wrapped in Puff Pastry V Ve
 Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread
 Iced Buns

Sandwich Bar
Wednesday
 Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat
 Oven Roasted Vegetables Served in a Yorkshire Pudding and topped with Mature Cheddar V
 Roast Potatoes, Creamed Potato, Cauliflower, Broccoli, Carrots, Seasonal Salad Selection, Bread
 Biscuit Selection

Sandwich Bar
 Available daily by pre order

Sandwich Bar
Wednesday
 Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat served with a Rich and Tasty Gravy
 Cheese Puff Creamed Potato, Mature Cheese and Onion encased in Puff Pastry V
 Roast Potatoes, Creamed Potato, Cauliflower, Broccoli, Carrots, Seasonal Salad Selection, Bread
 Fruit Jelly with a whirl of Cream

Sandwich Bar
Friday
 Battered Fillet of Fish White Fillet coated in a light Batter or Salmon Fishcake
 Quorn Dunkers Quorn pieces coated in a light batter and baked V
 Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread
 Shortbread Biscuits

Sandwich Bar
Wednesday
 Traditional Roast with a Rich and Tasty Gravy Farm Assured Sliced Meat
 Cauliflower Cheese Cauliflower Florets in a Creamy Cheese sauce topped with Grated Cheese and oven baked V
 Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Green Beans, Seasonal Salad Selection, Bread
 Vanilla Ice Cream

Sandwich Bar
Friday
 Battered Fillet of Fish White Fillet coated in a light Batter or Salmon Fishcake
 Quorn Dunkers Quorn pieces coated in a light batter and baked V
 Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread
 Shortbread Biscuits

BE KIND

BE HONEST

BE RESPONSIBLE

BE RESPECTFUL

BE YOUR BEST

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

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

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