

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



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



- 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.

Our Wallace and Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.



- We Oven Bake in preference to Frying.
- 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.



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

www.telford.gov.uk/freeschoolmeals

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

V Vegetarian
Ve Vegan
H Halal



Week 1

Every day counts, every minute matters



Week 2



Week 3



Sandwich Bar Monday

Beef Bolognese Farm Assured Minced Beef cooked in a Rich Italian Tomato based Sauce

Cauliflower and Broccoli Bake V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Cookie Selection

Sandwich Bar Thursday

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

Quorn Sausage or Pasta with Mascarpone Tomato sauce V

Hash Browns, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Chocolate Crunch

Sandwich Bar Monday

Gluten Free Pork Meatballs Farm Assured Pork Meatballs served with a Rich and tasty Tomato Sauce or Gravy

Vegetarian Meat Free Balls served with a Rich and tasty Tomato Sauce or Gravy V

Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Shortbread

Sandwich Bar Thursday

Chicken Curry Farm Assured Diced Chicken with a Chef's Curry Sauce or Pasta with Beef Bolognaise

Mixed Bean, Vegetable and Potato Hotpot Trio of Mixed Beans and Vegetables in Rich and Tasty Gravy topped with Sliced Potatoes V

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

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

Sandwich Bar Monday

Pork Sausage Farm Assured Red Tractor Pork sausage served with a Tasty Gravy

Vegetarian Sausage served with a Tasty Gravy V

Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse

Sandwich Bar Thursday

Pizza Bar selection of toppings on a Thin Crust Pizza Base or Pasta with Pork Meatballs

Veggie Burger V

Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Fruit Pie and Custard

Sandwich Bar Tuesday

Hunters Chicken Farm Assured Chicken in a rich BBQ sauce with Bacon and Topped with Cheese

Vegetable Bolognaise Seasonal Vegetables in a Rich Tomato Sauce V

Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Garlic Bread

Farm Ice Cream

Sandwich Bar Friday

Battered Fillet of Fish White Fillet coated in a light Batter

Macaroni Cheese Macaroni Pasta in a Chef's Cheese Sauce topped with Sliced Tomatoes V

Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Muffin Selection

Sandwich Bar Tuesday

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

Quorn Sausage, Free Range Scrambled Egg V

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

Muffin Selection

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

Sandwich Bar Tuesday

Chicken Goujons Farm Assured Chicken Strips coated in Breadcrumbs served with BBQ or Sweet and Sour Sauce

Vegetable and Bean Bake Seasonal Vegetables, Mixed Beans and Pasta Twists in a Rich Tomato Sauce Topped with Cheese V

Boiled Rice or Pasta Twists, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Cookie Selection

Chip Shop Friday

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

Fishless Fingers V

Chips, Lemon Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Farm Ice Cream

Sandwich Bar Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced meat or Chicken Italiano with Pasta

Savoury Vegetarian Muffin V

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

Apple Crumble and Custard



Sandwich Bar Wednesday

Traditional Cottage Pie Farm Assured minced Beef cooked in a rich Gravy Topped with Mashed Potatoes

Shepherdess Pie or Pasta with Tomato Mascarpone V

Creamed Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Chocolate Sponge and Custard

Sandwich Bar Friday

Battered Fillet of Fish White Fillet coated in a light Batter or Salmon Fish Cake

Cauliflower and Broccoli Bake Florets of Cauliflower and Broccoli in creamy Cheddar Cheese Sauce V

Chips or Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread Selection

Farm Ice Cream

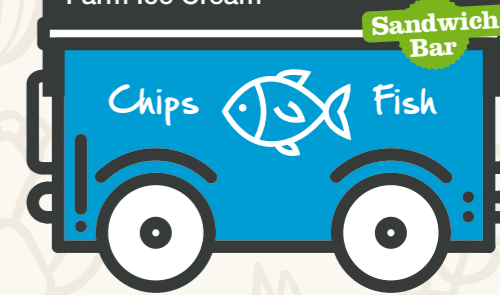
Sandwich Bar Wednesday

Traditional Roast with Rich and Tasty Gravy Farm Assured Sliced Meat

Quorn and Roasted Vegetable Parcels Diced Quorn and Roast Vegetables encased in puff pastry or Pasta with Tomato and Basil Sauce V

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

Fruit Cheesecake



FUN FOOD FACTS

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

Sandwich Bar

Available daily by pre order

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

FUN FOOD FACTS

Rhubarb grows so quickly that you can hear it.