

13 DEC	WK 1	19 JUL	WK 2
6 DEC	WK 3	12 JUL	WK 1
29 NOV	WK 2	5 JUL	WK 3
22 NOV	WK 1	28 JUN	WK 2
15 NOV	WK 3	21 JUN	WK 1
8 NOV	WK 2	14 JUN	WK 3
1 NOV	WK 1	7 JUN	WK 2
25 OCT - HALF TERM		28 FEB	WK 3
18 OCT	WK 2	21 FEB - HALF TERM	
11 OCT	WK 1	14 FEB	WK 1
4 OCT	WK 3	7 FEB	WK 3
27 SEPT	WK 2	31 JAN	WK 2
20 SEPT	WK 1	24 JAN	WK 1
13 SEPT	WK 3	17 JAN	WK 3
6 SEPT	WK 2	10 JAN	WK 2
30 AUG	WK 1	3 JAN	WK 1
Autumn Term 2021		Spring Term 2022	

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 2022.

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

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.



Let's Dine

Primary School Menu

April 2021 to March 2022

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



Protect Care and Invest to create a better borough



Pay for your child's school meals at www.telford.gov.uk/payforit You can pay in cash too!

School Meal Price
£2.40

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 Some of our menu choices are developed with children through the Eatwell Project.

7 All of our suppliers ensure full traceability of our Food.

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 We only use fresh Milk in our recipes.

10 We Oven Bake in preference to Frying.



Our Wallace & 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

Week 1



Monday

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

Vegetarian Sausage **V**

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

Let's Dine Fresh from the Farm Ice Cream

Tuesday

Cheese, Tomato & Ham Pizza
Selection of Topped Pizzas on a Deep Crust Base

Cheese & Tomato Pizza On a Deep Crust Base **V**

Diced Potatoes, Big Seasonal Salad Selection, Potato Salad, Pasta Salad, Homemade Bread Selection

Fruit Jelly with a Swirl of Cream



FUN FOOD FACTS

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.

Wednesday

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

Oven Roasted Vegetables Mixed Beans Served in a Yorkshire Pudding **V**

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

Homemade Cookie Selection

Thursday

Beef Bolognaise Fresh Minced Beef cooked in a Rich Tomato based Sauce

Pasta Neapolitan Seasonal Vegetables & Pasta Twists in a Rich Tomato Sauce, topped with Cheese **V**

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

Iced Sponge & Custard

Friday

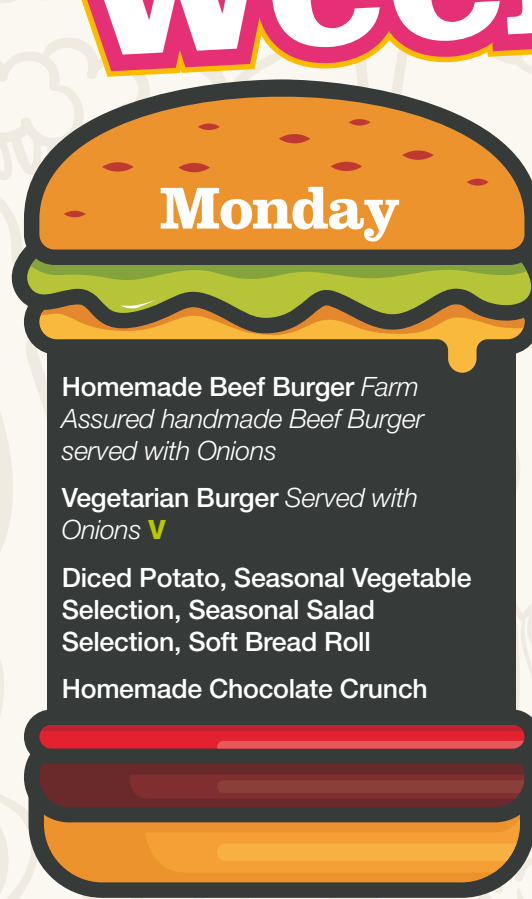
Battered Fillet of Fish Fillet of Fish Coated in a Crispy Batter or Salmon Fishcake

Vegetable Nuggets **V**

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

Muffin Selection

Week 2



Monday

Homemade Beef Burger Farm Assured handmade Beef Burger served with Onions

Vegetarian Burger Served with Onions **V**

Diced Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Soft Bread Roll

Homemade Chocolate Crunch

Tuesday

Soft Wrap with a Selection of Fillings to include Tuna Mayonnaise, Ham, Egg Mayonnaise **V**, Cheese **V**

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

Homemade Sponge & Custard

Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat

Vegetable & Bean Parcel Mixed Beans & Roast Vegetables encased in Puff Pastry **V**

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

Homemade Cookie Selection

Thursday

Gluten Free Pork Meatballs Pork Meatballs served with a Rich Tomato Sauce or Gravy

Vegetable Pasta Bake Mixed Beans & Pasta Twists in a Rich Tomato Sauce **V Ve**

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

Homemade Fruit Tart & Custard



eatwell

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

Friday

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

Cheese Puff Creamed Potato & Cheddar Cheese encased in Puff Pastry **V**

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

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Week 3



Monday

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

Vegetarian Sausage **V**

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

Homemade Cookie Selection

Tuesday

Chicken & Tomato Pasta Bake
Oven baked Chicken & Pasta in a Tomato Sauce

Macaroni Cheese Macaroni in a Homemade Cheese Sauce topped with Sliced Tomatoes **V**

Garlic Bread, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Garlic Bread

Homemade Fruit Sponge & Custard

Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat

Quorn & Vegetable Parcel Diced Quorn & Roasted Vegetables encased in Puff Pastry **V**

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

Let's Dine Fresh from the Farm Ice Cream

Thursday

Chicken Curry Farm Assured tender pieces of Chicken in a Chef's Curry Sauce

Cheese Puff Seasonal Vegetables, mixed with Cheese and encased in Puff Pastry **V**

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

Homemade Lemon Crunch

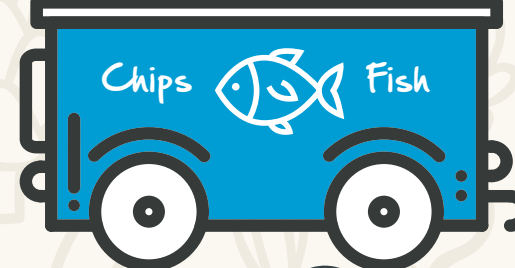
Chip Shop Friday

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

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

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

Homemade Cupcake Selection



FUN FOOD FACTS

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.

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