

Autumn Term 2022			Spring Term 2023		
5 SEPT	WK 1	3 JAN	WK 1	3 JAN	WK 1
12 SEPT	WK 2	9 JAN	WK 2	9 JAN	WK 2
19 SEPT	WK 3	16 JAN	WK 3	16 JAN	WK 3
26 SEPT	WK 1	23 JAN	WK 1	23 JAN	WK 1
3 OCT	WK 2	30 JAN	WK 2	30 JAN	WK 2
10 OCT	WK 3	6 FEB	WK 3	6 FEB	WK 3
17 OCT	WK 1	13 FEB	WK 1	13 FEB	WK 1
24 OCT - HALF TERM		20 FEB - HALF TERM		20 FEB - HALF TERM	
31 OCT	WK 3	27 FEB	WK 3	27 FEB	WK 3
7 NOV	WK 1	6 MAR	WK 1	6 MAR	WK 1
14 NOV	WK 2	13 MAR	WK 2	13 MAR	WK 2
21 NOV	WK 3	20 MAR	WK 3	20 MAR	WK 3
28 NOV	WK 1	27 MAR	WK 1	27 MAR	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



£2.45  
School Meal Price

Pay for your child's school meals at  
www.telford.gov.uk/payfort

You can pay in cash too!

6 We Oven Bake in preference to Frying.  
7 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.



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

# 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.



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

# Week 2

# Week 3

## Monday

**Homemade Beef Burger** *Farm Assured handmade Beef Burger served with Onions*

**Quorn Burger** **V**

**Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Burger Bun**

**Homemade Chocolate Shortbread**

## Tuesday

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

**Vegetarian Sausage** **V**

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

**Fruit Sponge & Custard**



## Wednesday

**Traditional Roast with a 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 Flapjack**

## Thursday

**BBQ Chicken** *Farm Assured Diced Chicken served with a Rich BBQ Sauce*

**BBQ Mixed Beans & Roasted Vegetables** **V Ve**

**Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Bar, Homemade Bread Selection**

**Homemade Fruit Muffin Selection**

## 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**

**Let's Dine Fresh from the Farm Ice Cream**

## Monday

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

**Vegetable & Bean Hotpot** *Mixed Beans & Roast Vegetables in a Tasty Gravy topped with Sliced Potatoes* **V**

**Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection**

**Homemade Cookie Selection**

## Tuesday

**Homemade Pizza Bar** *Selection of Topped Pizzas on a Thin Crust Base*  
**Ham, Pineapple** **V**, **Peppers** **V**, **Mushrooms** **V**, **Sliced Onions** **V**

**Cheese & Tomato Pizza** **V**

**Diced Potato, Seasonal Vegetable Selection, Big Salad Selection, Homemade Bread Selection**

**Homemade Sponge & Custard**

## Wednesday

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

**Savoury Muffin** **V**

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

**Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse**

## Thursday

**Chicken Stew** *Farm Assured Diced Chicken & Vegetables in a Tasty Gravy*

**Vegetable & Mixed Bean Parcel** *Roasted Seasonal Vegetables & Mixed Beans in a Rich Tomato Sauce encased in Puff Pastry* **V**

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

**Homemade Fruit Flapjack**



**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*

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

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

**Homemade Lemon Crunch**

## Monday

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

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

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

**Let's Dine Fresh from the Farm Ice Cream**

## Tuesday

**Beef Hot Pot** *Farm Assured Minced Beef & Seasonal Vegetables in a Tasty Gravy topped with Sliced Potatoes*

**Vegetable & Mixed Bean Hot Pot** *Roasted Vegetables & Mixed Beans in a Tasty Gravy topped with Sliced Potatoes* **V**

**Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Crusty Bread**

**Homemade Iced Sponge**

## Wednesday

**Traditional Roast with Rich & Tasty Gravy** *Farm Assured Sliced Meat*

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

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

**Homemade Fruit Crumble & Custard**

## Thursday

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

**Quorn Curry** *Quorn Pieces in a Chef's Curry Sauce* **V**

**Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Pitta Bread**

**Homemade Muffin Selection**

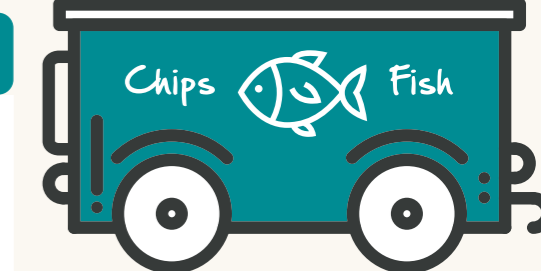
## Chip Shop Friday

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

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

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

**Homemade Cookie Selection**



## 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.

## 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.

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