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 Bidvid 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

Quorn · Unilever Food Solutions · Rainforest Alliance · Fairtrade Foundation · Hellmann's · Fish for Tomorrow · Wenlock Spring · Hounds · Knorr · Assured Food Standards · Village Dairy Llaeth y Llan · Clun Farm Eggs · British and local Free Range Eggs · Eggs Council Wales Quality Mark

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. (This is currently being reviewed by department for education as this may be extended, but no decision has yet been made).

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 that £7,400 a year (after tax and not including any benefits you get)

All information correct at the time of going to print

Menu calendar

Summer Term 2025	
28 APR	WK 1
5 MAY	WK 2
12 MAY	WK 3
19 MAY	WK 1
26 MAY - HALF TERM	
2 JUN	WK 3
9 JUN	WK 1
16 JUN	WK 2
23 JUN	WK 3
30 JUN	WK 1
7 JUL	WK 2
14 JUL	WK 3

Autumn Term 2025	
1 SEPT	WK 1
8 SEPT	WK 2
15 SEPT	WK 3
22 SEPT	WK 1
29 SEPT	WK 2
6 OCT	WK 3
13 OCT	WK 1
20 OCT	WK 2
27 OCT - HALF TERM	
3 NOV	WK 1
10 NOV	WK 2
17 NOV	WK 3
24 NOV	WK 1
1 DEC	WK 2
8 DEC	WK 3
15 DEC	WK 1

Spring Term 2026	
5 JAN	WK 1
12 JAN	WK 2
19 JAN	WK 3
26 JAN	WK 1
2 FEB	WK 2
9 FEB	WK 3
16 FEB - HALF TERM	
23 FEB	WK 2
2 MAR	WK 3
9 MAR	WK 1
16 MAR	WK 2
23 MAR	WK 3

www.telford.gov.uk/freeschoolmeals

Our menus

All the good stuff

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

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

Soil Association FOOD FOR LIFE BRONZE CATERING

SOFT FACILITIES INNOVATION AWARDS 2020 | GREEN INNOVATION

eatwell

Let's Dine

Primary School Menu

APRIL 2025 to MARCH 2026

Telford & Wrekin Co-operative Council

Protect, care and invest to create a better borough

V Vegetarian
Ve Vegan
H Halal

Week 1

Monday

Beef and Tomato Meatballs *served with a Rich Tomato Sauce*

Quorn and Vegetable Bake V

Spaghetti, Broccoli, Carrots, Seasonal Salad Selection, Bread

Fruit Sponge and Custard

Tuesday

Sausage Roll *Farm Assured Sausage meat encased in Puff Pastry*

Vegetarian Roll V

Creamed Potato and Sweet Potato Mash, Garden Peas, Cauliflower, Seasonal Salad Selection, Bread

Strawberry or Chocolate Mousse

Wednesday

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*

Quorn and Vegetable Puff *Roasted Vegetables and Quorn encased in Puff Pastry* V

Creamed Potato, Roast Potatoes, Cabbage, Broccoli, Carrots, Seasonal Salad Selection, Bread

Fruit Flapjack

Thursday

Chicken and Broccoli Pasta Bake

Creamy Cheese Pasta Bake *Pasta Twists in a Chef's Cheese Sauce* V

Pasta, Green Beans, Sweetcorn, Seasonal Salad Selection, Bread

Handmade Biscuit

Friday

Jumbo Fish Finger *White fillet of fish coated in breadcrumbs* **or Fishcake**

Vegetable Nuggets V

Chips, Couscous, Baked Beans, Peas, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Week 2

Monday

Beef Burger and Onions *Farm Assured Minced Beef Burger served with Sauté Onions*

Quorn Burger V

Sauté Potatoes, Baked Beans, Garden Peas, Seasonal Salad Selection, Bread

Mousse Selection

Tuesday

Wrap Day *Choose from* **Hot Beef Bolognaise, Tuna, Ham, Cheese** V

Pasta, Big Seasonal Salad Selection, Bread

Mini Shortbread Cookie and Fruit Salad

Wednesday

Traditional Roast Gammon Ham *Farm Assured Sliced Meat with Rich and Tasty Gravy*

Vegetarian Hot Pot *Mixed Beans and Seasonal Vegetables cooked and topped with Sliced Potato* V

Roast Potatoes, Creamed Potato, Green Beans, Carrots, Broccoli, Seasonal Salad Selection, Bread

Fruit Muffin

Thursday

Beef Chili *Farm Assured Minced Beef cooked in a Mild Spiced Chef's Chili Sauce*

Vegetable Enchiladas V

Boiled Rice, Farmhouse Mixed Vegetables, Seasonal Salad Selection, Bread

Chocolate Cake and Chocolate Sauce

eatwell

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

Friday

Jumbo Fish Finger *White fillet of fish coated in breadcrumbs* **or Fishcake**

Cheese Puff *Cheese and Creamed Potato encased in Puff Pastry* V

Chips, Couscous, Baked Beans, Sweetcorn, Seasonal Salad Selection, Bread

Lemon Crunch

Week 3

Monday

BBQ Chicken *Farm Assured Chicken in a Chef's BBQ Sauce* **or Chicken Curry** *Farm Assured Chicken in a Chef's Curry Sauce*

Mac 'n' Cheese *Macaroni Pasta in a Chef's Creamy Cheese Sauce* V

Boiled Rice, Garden Peas, Sweetcorn, Seasonal Salad Selection, Bread

Fruit Muffin

Tuesday

Pizza Day *Cheese and Tomato Pizza with a selection of toppings on a deep crust base* V

Sauté Potatoes, Big Seasonal Salad Selection, Bread

Flapjack

Wednesday

Traditional Roast of the Day *Farm Assured Sliced Meat served with Rich and Tasty Gravy*

Quorn and Vegetable Puff *Roasted Vegetables and Quorn encased in Puff Pastry* V

Roast Potatoes, Creamed Potato, Cabbage, Cauliflower, Carrots, Seasonal Salad Selection, Bread

Fruit Crumble and Custard

Thursday

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

Vegetarian Sausage, Free Range Scrambled Egg V

Potato Waffles, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Bread

Vanilla Ice Cream

Friday

Jumbo Fish Finger *White fillet of fish coated in breadcrumbs* **or Fishcake**

Vegetable Nuggets V

Chips, Couscous, Baked Beans, Peas, Seasonal Salad Selection, Bread

Handmade Biscuit

FUN FOOD FACT

Potatoes were the first vegetable to be grown in space.

FUN FOOD FACT

A POMEGRANATE CAN HOLD UP TO 1400 SEEDS.

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

St Lawrence