

# Our ingredients

Download your menu at [www.telford.gov.uk/schoolmeals](http://www.telford.gov.uk/schoolmeals)

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.



# Free School Meals DID YOU KNOW?

## Menu calendar

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

**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

[www.telford.gov.uk/freeschoolmeals](http://www.telford.gov.uk/freeschoolmeals)

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

School Meal Price **£2.45**

Pay for your child's school meals at [www.telford.gov.uk/payforit](http://www.telford.gov.uk/payforit)

You can pay in cash too!

# 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.

- We Oven Bake in preference to Frying.
- We only use fresh Milk in our recipes.
- 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.



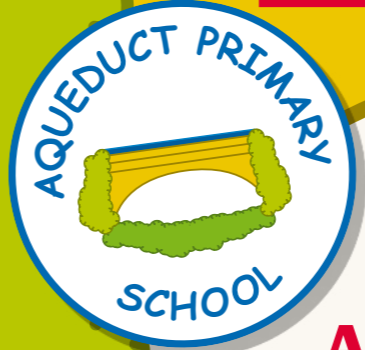
Our Wallace & Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.



# Let's Dine

## Primary School Menu

April 2022 to March 2023



A menu created by the children for the children

# Week 1

# Week 2

# Week 3

Sandwich Bar

## Monday

**Beef Bolognese** Farm Assured Minced Beef in a Rich & Tasty Tomato Sauce

**Vegetarian Bolognese** Roasted Vegetables & Minced Quorn cooked in a Rich Tomato Sauce ✓

**Pasta Twists, Seasonal Vegetables Selection, Seasonal Salad Selection, Garlic Bread**

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar

## Tuesday

**Homemade Pizza** Cheese & Tomato Topped Pizza with selection of toppings on a Thin Crust Base

**Vegetable Korma** Roasted Vegetables and Quorn in a Chefs Curry Sauce ✓

**Jacket Wedges or Boiled Rice, Seasonal Vegetables Selection, Seasonal Salad Selection, Homemade Bread Selection**

Homemade Cornflake Cakes

Sandwich Bar

## Wednesday

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

**Vegetable & Bean Couscous Bake** Mixed Beans & vegetable in a Tomato Sauce topped with a Savoury Crumb ✓ ✓

**Roast Potatoes, Creamed Potato, Seasonal Vegetables Selection, Homemade Bread Selection**

Chocolate and Pear Cake with Mint Custard

Sandwich Bar

Available daily by pre order

Sandwich Bar

## Thursday

**Homemade Burgers** with onions and Tomato Ketchup

**Macaroni Cheese** Macaroni Pasta in a Creamy Cheese Sauce topped with Sliced Tomatoes ✓

**Jacket Wedges, Seasonal Vegetables Selection, Seasonal Salad Selection, Homemade Bread Selection**

Homemade Shortbread with Milkshake

Sandwich Bar

## Friday

**Fish Finger** Fillet of Fish Coated in a Crispy Breadcrumb or Salmon Fishcake

**Vegetable Frittata** Sliced Potatoes, Vegetables, Cheddar Cheese & Egg Oven Baked until Golden Brown ✓

**Chips, Couscous, Seasonal Vegetables Selection, Seasonal Salad Selection, Homemade Bread Selection**

Raspberry Buns



**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.

Sandwich Bar

## Monday

**Pork Sausage** Farm Assured Sausage served with a Rich & Tasty Gravy

**Vegetarian Sausage** Vegetarian Sausage served with a Rich & Tasty Gravy ✓

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

Homemade Cherry Cookie

Sandwich Bar

## Tuesday

**Cheese & Tomato Pizza** Cheese & Tomato Topped Pizza with a selection of toppings on a Thin & Crispy Base ✓

**BBQ Mixed Beans & Vegetables** Roasted Vegetables & Mixed Beans in a Chefs BBQ sauce ✓

**Pasta Twists or Herby Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection**

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar

## Wednesday

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

**Cauliflower & Broccoli Bake** Cauliflower & Broccoli Florets in a Cheddar Cheese Sauce topped with Tomato Slices ✓

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

Homemade Fruit Crumble & Custard

Sandwich Bar

## Thursday

**Homemade Chicken Goujons** Farm Assured Chicken Strips in Golden Breadcrumbs

**Quorn Dippers** Pieces of Quorn in a light Batter ✓

**Boiled Rice or New Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection**

Fruit topped Cheesecake

**eatwell**

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

Sandwich Bar

## Friday

**Fish Finger** Fillet of Fish Coated in a Crispy Breadcrumb or Battered Fillet of Fish White Fillet coated in a Light Batter

**Vegetable & Bean Parcels** Roast Vegetables & Mixed Beans in a Rich Tomato Sauce encased in Puff Pastry ✓

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

Homemade Chocolate & Orange Muffin

Sandwich Bar

## Monday

**Cheese & Tomato Pizza** Cheese & Tomato Pizza with selection of toppings on a Thin Crust Base ✓

**Vegetable & Bean Chilli** Roasted Vegetables & Mixed Beans in a Mild, Spicy Chilli Sauce ✓

**Diced Herby Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection**

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar

## Tuesday

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

**Vegetable Sausage** ✓

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

Homemade Cookie Selection

Sandwich Bar

## Wednesday

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

**Filled Yorkshire Pudding** Oven Roasted Vegetables in a Yorkshire Pudding ✓

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

American Pancake with Fresh Fruit

Sandwich Bar

## Thursday

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

**Vegetable & Bean Pasta Bake** Roasted Vegetables, Mixed Beans & Pasta in a Rich Tomato Sauce topped with Cheddar Cheese ✓

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

Homemade Bakewell Tart with Custard

**Chip Shop Friday**

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

**Cheesy Jacket Potato** ✓

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

Homemade Fruit Flapjack

**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.

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