

16 DEC	WK 1	16 DEC	WK 1	15 JUL	WK 3
9 DEC	WK 3	11 NOV	WK 2	8 JUL	WK 2
2 DEC	WK 2	4 NOV	WK 1	1 JUL	WK 1
25 NOV	WK 1	28 OCT - HALF TERM		24 JUN	WK 3
18 NOV	WK 3	21 OCT	WK 2	17 JUN	WK 2
23 MAR	WK 3	14 OCT	WK 1	10 JUN	WK 1
16 MAR	WK 2	7 OCT	WK 3	3 JUN	WK 3
9 MAR	WK 1	30 SEPT	WK 2	27 MAY - HALF TERM	
2 MAR	WK 3	23 SEPT	WK 1	20 MAY	WK 1
24 FEB	WK 2	16 SEPT	WK 3	13 MAY	WK 3
17 FEB - HALF TERM		9 SEPT	WK 2	6 MAY	WK 2
10 FEB	WK 3	2 SEPT	WK 1	29 APR	WK 1
3 FEB	WK 2	Autumn Term 2019		Spring Term 2020	
27 JAN	WK 1	6 JAN	WK 1		
20 JAN	WK 3				
13 JAN	WK 2				
6 JAN	WK 1				

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



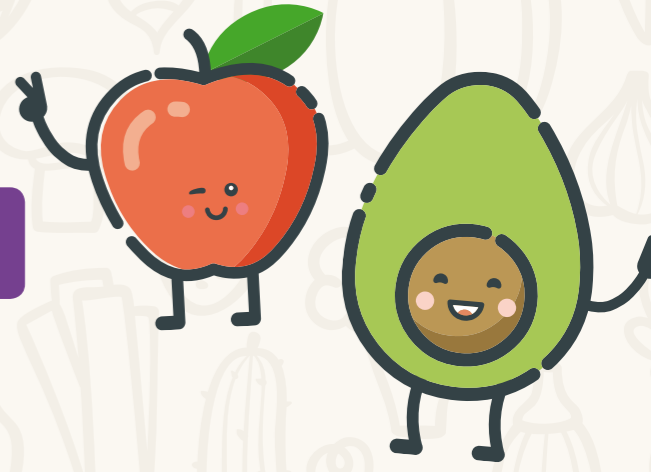
Wallace & Gromit CHILDREN'S CHARITY
Our Wallace & Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.

Let's Dine Primary School Menu

Association for Public Service Excellence
Finalist 2017 & 2018

April 2019 to March 2020

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



Our menus £2.30 School Meal Price

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



- 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.
- We offer a healthy sandwich choice as an alternative to a hot meal, look out for the Sandwich Bar symbol*.
- Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- We recycle our Rapeseed Oil 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 and 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.
- Contact your school office for more info

Week 1



Week 2



Week 3



Sandwich Bar

Monday

Pizza Bar With a Selection of toppings to include **Ham & Pineapple, Mixed Peppers, Cheese & Tomato V**

Jacket Wedges, Big Seasonal Salad Selection to include Potato Salad, Rice Salad, Pasta Salad, Coleslaw, Beetroot, Homemade Bread Selection

Chocolate & Vanilla Swirl Mousse

Sandwich Bar

Thursday

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

Vegetarian Sausage, Free Range Scrambled Egg V

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

Iced Sponge & Custard

Sandwich Bar

Tuesday

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

Crispy Garlic Bake V

Pasta Twists, Lemon Couscous, Green Beans, Fresh Carrots, Seasonal Salad Selection, Homemade Bread Selection

Fruit Muffin

Sandwich Bar

Friday

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

Mixed Bean & Tomato Bake Trio of Beans with Pasta in a Rich Tomato Sauce V

Chips, Herby Couscous, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cookie Selection



Sandwich Bar

Wednesday

Traditional Roast & Rich & Tasty Gravy Farm Assured Sliced Meat

Oven Roast Vegetables Served in a Yorkshire pudding & topped with Mature Cheddar V

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

Jelly with a Swirl of Cream



FUN FOOD FACTS
Aubergines, known as Eggplant in the United States, belong to the same family as tomatoes and potatoes.

Sandwich Bar

Monday

Gluten Free Pork Meatballs in Gravy Pork Meatballs served with a Rich & Tasty Gravy

Vegetarian Balls Served in a Rich Tomato Sauce V

Pasta Twists, Fresh Carrots, Green Beans, Seasonal Salad Selection, Homemade Bread Selection

Raspberry Buns

Sandwich Bar

Tuesday

Pizza Bar With a Selection of toppings to include **Ham & Pineapple, Mixed Peppers, Cheese & Tomato V**

Baby Jacket Potato, Big Seasonal Salad Selection to include Potato Salad, Rice Salad, Pasta Salad, Coleslaw, Homemade Bread Selection

Strawberry & Vanilla Swirl Mousse

Sandwich Bar

Wednesday

Traditional Roast & Rich & Tasty Gravy Farm Assured Sliced Meat

Quorn Parcels Diced Quorn & Roast Vegetables encased in Puff Pastry V

Roast Potatoes, Creamed Potato, Broccoli, Fresh Carrots, Cauliflower, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cupcakes

Sandwich Bar
Available daily by pre order

Sandwich Bar

Thursday

Homemade Chicken Dunkers Farm Assured Chicken coated in a Natural Breadcrumbs

Quorn Dunkers Quorn pieces coated in a Light Batter V

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

Jam Tart & Custard



FUN FOOD FACTS
In the middle ages black pepper was a luxury and was so expensive it was sometimes used to pay rent and taxes!

Sandwich Bar

Friday

Fish Finger White Fillet coated in a light batter or **Battered Fillet of Fish** White Fillet coated in a light batter

Roasted Vegetable Pasta Bake Seasonal Vegetables & Pasta in a Rich Tomato Sauce V

Chips, Mixed Pepper Couscous, Baked Beans, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar

Monday

Beef Burgers Handmade Farm Assured Minced Beef Burger

Quorn, Mixed Bean & Pasta Bake Quorn, Trio of Beans with Pasta in a Rich Tomato Sauce V

Jacket Wedges, Baked Beans, Sweetcorn, Leeks, Seasonal Salad Selection, Homemade Bread Selection, Soft Bread Roll

Iced Chocolate Sponge Finger

Sandwich Bar

Tuesday

Chicken Curry Tender pieces of Farm Assured Chicken in a Chefs Curry Sauce

Vegetable Enchilada Minced Quorn Chilli wrapped in a floured Tortilla and topped with a Rustic Tomato Sauce & Cheese V

Boiled Rice, Green Beans, Cauliflower, Carrots, Seasonal Salad Selection, Homemade Bread Selection, Naan Bread

Fruit Crumble or Sponge & Custard

Sandwich Bar

Wednesday

Traditional Roast & Rich & Tasty Gravy Farm Assured Sliced Meat

Oven Roast Vegetables Served in a Yorkshire pudding & topped with Mature Cheddar V

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

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar

Thursday

Pasta Bar Various Pasta Sauces Served with Pasta Twists

Vegetarian Sauce Option available V

Big Seasonal Salad Selection to include Potato Salad, Rice Salad, Pasta Salad, Coleslaw, Homemade Bread Selection

Fruit Jelly with a Swirl of Cream

Sandwich Bar

Friday

Fish Finger White Fillet coated in a light batter or **Battered Fillet of Fish** White Fillet coated in a light batter

Macaroni Cheese Macaroni Pasta in a Chef's Cheese Sauce V

Chips, Lemon Couscous, Baked Beans, Garden Peas, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cookie Selection



FUN FOOD FACTS
Potatoes are among most environmentally friendly vegetables. They're easy to grow and don't require large amounts of fertiliser to grow like many other vegetables do.

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