

12 DEC	WK 3	18 JUL	WK 1
5 DEC	WK 2	11 JUL	WK 3
28 NOV	WK 1	4 JUL	WK 2
21 NOV	WK 3	27 JUN	WK 1
14 NOV	WK 2	20 JUN	WK 3
7 NOV	WK 1	13 JUN	WK 2
31 OCT	WK 3	6 JUN	WK 1
24 OCT - HALF TERM		27 FEB	WK 3
17 OCT	WK 1	20 FEB - HALF TERM	
10 OCT	WK 3	13 FEB	WK 1
3 OCT	WK 2	6 FEB	WK 3
26 SEPT	WK 1	30 JAN	WK 2
19 SEPT	WK 3	23 JAN	WK 1
12 SEPT	WK 2	16 JAN	WK 3
5 SEPT	WK 1	9 JAN	WK 2
Autumn Term 2022		3 JAN	WK 1
Spring Term 2023			

## 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 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 year (after tax and not including any benefits you get)
- 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

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



through the Eatwell Project.

are developed with children

Some of our menu choices

traceability of our food.

All of our suppliers ensure full

requirements, medical or cultural.

endeavour to cater for special dietary

and a Vegan option where possible. We

We offer a Vegetarian option as standard

We only use fresh Milk in our recipes.

We Oven Bake in preference to Frying.

You can pay in cash too!

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

School Meal Price

£2.45

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.

# 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 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



Protect, care and invest to create a better borough

# Let's Dine

## Primary School Menu

April 2022 to March 2023



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

# Week 2

# Week 3

## Monday

**Minced Beef Hotpot** Farm Assured Minced Beef cooked with Seasonal Vegetables & topped with Sliced Potatoes

**Broccoli & Cauliflower Bake** Florets of Cauliflower & Broccoli in a Chef's Cheese Sauce V

Sliced Potatoes, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Fruit Muffin Selection

## Wednesday

**Traditional Roast of the Day with Rich & Tasty Gravy** Farm Assured Meat

**Quorn Mince & Onion** Tender Minced Quorn with Diced Onion & Gravy V

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

Fruit Jelly with a Swirl of Cream

## Tuesday

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

**Savoury Muffin** Homemade Vegetable Savoury Muffin V

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

Strawberry & Vanilla Swirl Mousse

## Thursday

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

**Sweet Potato & Butternut Squash Curry** Seasonal Vegetables & Mixed Beans in a Chef's Curry Sauce V

Boiled White Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Naan Bread

Apple Whirl & Custard

## Friday

**Jumbo Fish Finger** Fillet of Fish coated in a Crispy Breadcrumbs

**Vegetarian Nuggets** V

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

Let's Dine Fresh from the Farm Ice Cream

## Monday

**Toad in the Hole** Farm Assured Pork Sausage in a Yorkshire Pudding

**Vegetarian Sausage** V

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

Chocolate Muffin

## Tuesday

**Chicken Pasta Bake** Farm Assured Chicken & Pasta in a Chef's Sauce

**Vegetable Bake** Seasonal Roasted Vegetables, Mixed Beans & Pasta in a Tomato based Sauce V

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

Pineapple Upside Down Pudding

## Wednesday

**Traditional Roast of the Day with Rich & Tasty Gravy** Farm Assured Meat

**Roasted Quorn Fillet** V

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

Fruit Jelly with a Swirl of Cream

## Thursday

**Meat Enchiladas** Farm Assured Minced Meat & Beans with Mild Spices in a Floured Wrap topped with Tomato based Sauce

**Vegetarian Enchiladas** Seasonal Vegetables & Beans with Mild Spices in a Floured Wrap topped with Tomato based Sauce V

Tortilla Wrap, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Flapjack Selection



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

## Friday

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

**Vegetarian Burger** V

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

Let's Dine Fresh from the Farm Ice Cream

## Monday

**Chinese Chicken Curry** Farm Assured Diced Chicken in a Chef's Chinese Curry Sauce

**Quorn Curry** Tender diced Quorn in a Chef's Chinese Curry Sauce V

Noodles, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Fruit Scone with Jam & Cream

## Tuesday

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

**Vegetarian Bolognese** Seasonal Vegetables & Mixed Beans cooked in a Rich Tomato based Sauce V

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

Ginger Sponge & Custard

## Wednesday

**Traditional Roast of the Day with Rich & Tasty Gravy** Farm Assured Meat

**Roasted Quorn Fillet** V

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

Chocolate & Vanilla Swirl Mousse

## Thursday

**Tuna Pasta Bake** Flaked Tuna, Pasta Twists & Vegetables in a Tomato based Sauce topped with Cheese

**Cheese & Tomato Pizza** Selection of Topped Pizzas with a Deep Crust Base V

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

Devon Split

## Chip Shop Friday

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

**Vegetarian Sausage** V

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

Let's Dine Fresh from the Farm Ice Cream



### 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

Available daily by pre order

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

### 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.