

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



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 year (after tax and not including any benefits you get)
 - Universal Credit - your household income must be less than £7,400
- All information correct at the time of going to print

Menu calendar

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

www.telford.gov.uk/freeschoolmeals

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.

£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.



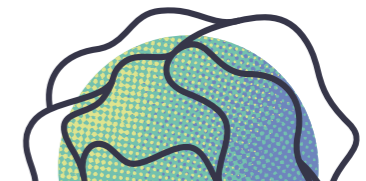
Download your copy at www.telford.gov.uk/schoolmeals

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



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*

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

Fruit Muffin Selection

Tuesday

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

Savoury Muffin *Homemade Vegetable Savoury Muffin*

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

Strawberry & Vanilla Swirl Mousse



Wednesday

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

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

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

Fruit Jelly with a Swirl of Cream

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*

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

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

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*

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

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

Fruit Jelly with a Swirl of Cream

Sandwich Bar

Available daily by pre order

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*

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

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*

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*

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

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*

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

Devon Split

Chip Shop Friday

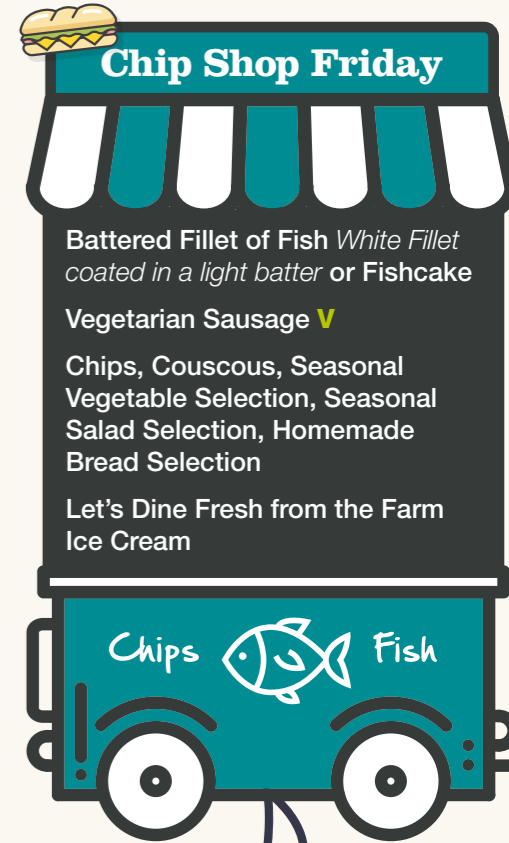


Battered Fillet of Fish *White Fillet coated in a light batter* or Fishcake

Vegetarian Sausage

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.

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.