

Autumn Term 2023		Summer Term 2023		Summer Term 2024	
18 DEC	WK 1	17 JUN	WK 2	17 APR	WK 1
11 DEC	WK 3	10 JUL	WK 1	10 MAY	WK 1
4 DEC	WK 2	3 JUL	WK 3	1 MAY	WK 3
27 NOV	WK 1	26 JUN	WK 2	24 MAY	WK 2
20 NOV	WK 3	19 JUN	WK 1	8 MAY	WK 1
13 NOV	WK 2	12 JUN	WK 3	1 MAY	WK 3
6 NOV	WK 1	5 JUN	WK 2	24 MAY	WK 2
30 OCT - HALF TERM		29 MAY - HALF TERM		17 APR	WK 1
23 OCT	WK 2	22 MAY	WK 3	10 MAY	WK 1
16 OCT	WK 1	15 MAY	WK 2	8 MAY	WK 1
9 OCT	WK 3	8 MAY	WK 1	1 MAY	WK 3
2 OCT	WK 2	1 MAY	WK 3	24 MAY	WK 2
25 SEPT	WK 1	1 MAY	WK 3	8 MAY	WK 1
18 SEPT	WK 3	1 MAY	WK 3	1 MAY	WK 3
11 SEPT	WK 2	24 MAY	WK 2	24 MAY	WK 2
4 SEPT	WK 1	17 APR	WK 1	17 APR	WK 1
Spring Term 2024		Spring Term 2024		Spring Term 2024	
18 MAR	WK 2	11 MAR	WK 1	11 MAR	WK 1
11 MAR	WK 3	4 MAR	WK 3	4 MAR	WK 3
26 FEB	WK 2	26 FEB	WK 2	26 FEB	WK 2
19 FEB	WK 1	19 FEB	WK 1	19 FEB	WK 1
12 FEB - HALF TERM		12 FEB - HALF TERM		12 FEB - HALF TERM	
5 FEB	WK 2	5 FEB	WK 2	5 FEB	WK 2
29 JAN	WK 1	29 JAN	WK 1	29 JAN	WK 1
22 JAN	WK 3	22 JAN	WK 3	22 JAN	WK 3
15 JAN	WK 2	15 JAN	WK 2	15 JAN	WK 2
8 JAN	WK 1	8 JAN	WK 1	8 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 2025.

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 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

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



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.



- 6 We Oven Bake in preference to Frying.
- 8 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.



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.



Protect, care and invest to create a better borough

Let's Dine  
PRIMARY SCHOOL MENU



April  
2023

TO

March  
2024



V Vegetarian  
Ve Vegan  
H Halal

# WEEK 1

# WEEK 2

# WEEK 3

## Monday

**Gluten Free Meatballs** *Pork Meatballs served in a Rich Tomato Sauce or Gravy*

**Quorn Balls** *served in a Rich Tomato Sauce or Gravy* V

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

Let's Dine Fresh from the Farm Ice Cream

## Tuesday

**Hunters Chicken** *Farm Assured Chicken pieces served with a Tasty BBQ Sauce*

**Vegetable and Bean Bake** *Seasonal Vegetable, Mixed Beans and Pasta Twists in a Rich tomato Sauce Topped with Cheese* V

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

**Homemade Rice Pudding** served with Fruit Compote

## Wednesday

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

**Oven Roasted Vegetables** *Seasonal Vegetables and Mixed Beans Served in a Yorkshire Pudding* V

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

**Homemade Muffin Selection**

## Thursday

**Pizza Bar** *Cheese and Tomato Pizzas on a Deep Crust Base with a Selection of Toppings* V

**Cheese and Tomato Pizza** V

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

**Fruit Jelly with a Swirl of Cream**

## Friday

**Fish Finger** *Fillet of Fish Coated in Crispy Breadcrumbs or Salmon Fishcake*

**Vegetable Nuggets** V

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

**Homemade Biscuit Selection**

## Monday

**Chicken Strips** *Farm Assured Chicken served with Sweet and Sour or a Rich Tomato Sauce*

**Quorn Dunkers** *Quorn pieces coated in a light batter and baked served with BBQ or Sweet and Sour Sauce* V

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

**Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse**

## Tuesday

**Beef Bolognaise** *Farm Assured Minced Beef in a Rich Tomato Sauce*

**Vegetarian Bolognaise** *Seasonal Vegetables and Mixed Beans in a Rich Tomato Sauce* V

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

**Fruit Crumble and Custard**

## Wednesday

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

**Homemade Vegetable Parcel** *Seasonal Vegetables and Mixed Beans in a Rich Tomato Sauce encased in Puff Pastry* V

**Roast Potatoes, Baby New Potatoes, Seasonal Vegetable Selection, Homemade Bread Selection**

**Iced Sponge**

## Thursday

**Pizza Bar** *Cheese and Tomato Pizzas on a Deep Crust Base with a Selection of Toppings* V

**Cheese and Tomato Pizza** V

**Jacket Wedges, Seasonal Vegetable Selection, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection**

**Homemade Cookie Selection**



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

## Friday

**Fish Finger** *Fillet of Fish Coated in Crispy Breadcrumbs or Salmon Fishcake*

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

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

Let's Dine Fresh from the Farm Ice Cream

**SANDWICH OPTION**  
Packed lunch available

## Monday

**Roast Gammon** *Farm Assured Sliced Meat*

**Homemade Cheese Puff** *Creamed Potato, Mature Cheese encased in Puff Pastry* V

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

**Homemade Biscuit Selection**

## Tuesday

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

**Quorn Sausage, Free Range Scrambled Egg** V

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

Let's Dine Fresh from the Farm Ice Cream

## Wednesday

**Chicken Curry** *Farm Assured Diced Chicken in a Chefs Curry Sauce*

**Vegetable Curry** *Seasonal Vegetables in a Chefs Curry Sauce* V

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

**Homemade Sponge and Custard**

## Thursday

**Beef Lasagne** *Farm Assured Minced Beef in a Rich Tomato Sauce with Layers of Pasta Sheets and White Sauce Topped with Cheese*

**Vegetable Lasagne** *Seasonal Vegetables and Mixed Beans in a Rich Tomato Sauce with Layers of Pasta Sheets and White Sauce Topped with Cheese* V

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

**Homemade Muffin Selection**

## Friday

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

**Pasta Neapolitan** *Pasta and Vegetables in a Rich Tomato Sauce topped with Mature Cheese* V

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

**Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse**

**FUN FOOD FACT**

**BROCCOLI**  
The word 'broccoli' is the plural of 'broccolo' which is Italian for the flowering top of a cabbage. According to a survey in 2009, broccoli is the sixth most commonly misspelt word in English.

**FUN FOOD FACT**

## APPLES

Apples float in water, because 25% of their volume is made of air. The most-grown apple is Red Delicious. Followed by Gala, Golden Delicious, Granny Smith, and Fuji.

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