Our menus

£2.45
School Meal Price

Pay for your child's school meals at
www.telford.gov.uk/payforit

You can pay in cash too!

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.
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.

eatwell

Soil Association FOOD FOR LIFE BRONZE CATERING

GREEN INNOVATION 2020

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

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

Let's Dine
Primary School Menu
April 2022 to March 2023

Telford & Wrekin Co-operative Council

Protect, care and invest to create a better borough

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 further four weeks after they stop qualifying for Working Tax Credit
- Universal Credit – your household income must be less that £7,400 a year (after tax and not including any benefits you get)

All information correct at the time of going to print

Menu calendar

Summer Term 2022	
25 APR	WK 1
2 MAY	WK 2
9 MAY	WK 3
16 MAY	WK 1
23 MAY	WK 2
30 MAY - HALF TERM	
6 JUN	WK 1
13 JUN	WK 2
20 JUN	WK 3
27 JUN	WK 1
4 JUL	WK 2
11 JUL	WK 3
18 JUL	WK 1

Autumn Term 2022	
5 SEPT	WK 1
12 SEPT	WK 2
19 SEPT	WK 3
26 SEPT	WK 1
3 OCT	WK 2
10 OCT	WK 3
17 OCT	WK 1
24 OCT - HALF TERM	
31 OCT	WK3
7 NOV	WK 1
14 NOV	WK 2
21 NOV	WK 3
28 NOV	WK 1
5 DEC	WK 2
12 DEC	WK 3

Spring Term 2023	
3 JAN	WK 1
9 JAN	WK 2
16 JAN	WK 3
23 JAN	WK 1
30 JAN	WK 2
6 FEB	WK 3
13 FEB	WK 1
20 FEB - HALF TERM	
27 FEB	WK 3
6 MAR	WK 1
13 MAR	WK 2
20 MAR	WK 3
27 MAR	WK 1

www.telford.gov.uk/freeschoolmeals

V Vegetarian
Ve Vegan
H Halal

Week 1

Monday

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

Vegetarian Sausage, Free Range Scrambled Egg V

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

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

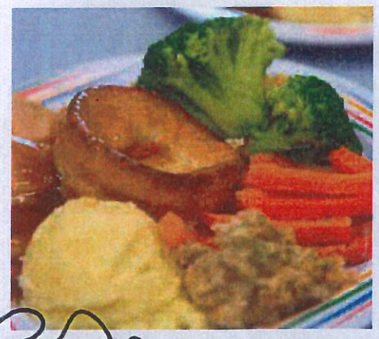
Tuesday

Gluten Free Pork Meatballs *Farm Assured Pork Meatballs served with a Rich Tomato Sauce or Gravy*

Vegetarian Balls *served with a Rich Tomato Sauce or Gravy* V

Creamed Potato or Rice, Seasonal Vegetables, Seasonal Salad Selection, Garlic Bread

Homemade Iced Buns



Wednesday

Pizza Bar *Selection of Topped Pizzas on a Deep Crust Base*

Oven Roasted Vegetables *Seasonal Vegetables served in a Yorkshire Pudding & topped with Mature Cheddar* V

Herby Diced Potatoes, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Homemade Muffin Selection

Thursday

Chicken Dunkers *Farm Assured Diced Chicken in Breadcrumbs*

Quorn Dunkers *Quorn pieces in light Batter* V

Spaghetti in a a Rich Tomato Sauce, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Homemade Chocolate Brownie with Custard

Friday

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

Vegetable & Bean Pasta Bake *Mixed Beans & Pasta Twists cooked in a Rich Tomato Sauce topped with Cheese* V

Chips, Couscous, Seasonal Vegetables, Baked Beans, 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.

Week 2

Monday

Homemade Sausage Roll *Farm Assured Pork Sausage encased in Puff Pastry served with Onion Gravy*

Quorn Sausage Roll Sausage *Encased in Puff Pastry served with Onion Gravy* V

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

Homemade Cookie Selection

Tuesday

Pizza Bar *Selection of Topped Pizzas on a Deep Crust Base*

Vegetable Pasta Bake *Mixed Beans, Pasta & Roast Vegetables in a Rich Tomato Sauce* V

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

Homemade Fruit Flapjack

Wednesday

Roast of Day *Farm Assured Sliced Meat served with Tasty Gravy*

Vegetarian Toad in the Hole *Vegetarian Sausage in a Yorkshire Pudding served with Onion Gravy* V

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

Homemade Marble Sponge & Custard

Thursday

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

Quorn Bolognaise *Minced Quorn in a Rich Tomato Sauce* V

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

Homemade Lemon Crunch

eatwell

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

Vegetable & Bean Parcel *Mixed Beans & Roast Vegetables encased in Puff Pastry* V

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

Jelly with a Swirl of Cream

Sandwich Bar
Available daily by pre order

Week 3

Monday

Homemade Beef Burger *Served in a Soft White Roll*

Vegetarian Burger *served in a Soft White Roll* V

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

Homemade Cookie Selection

Tuesday

Pizza Bar *Selection of Topped Pizzas on a Deep Crust Base*

Quorn Dunkers *Quorn pieces coated in a light batter & oven baked* V

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

Homemade Chocolate Crunch

Wednesday

Toad in the Hole *Farm Assured Pork Sausage in a Yorkshire Pudding served with Onion Gravy*

Vegetarian Toad in the Hole *Vegetarian Sausage in a Yorkshire Pudding served with Onion Gravy* V

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

Let's Dine Fresh from the Farm Ice Cream

Thursday

Beef Chilli *Farm Assured Minced Beef in a Mild Chilli Sauce*

Vegetarian Balls *served with a Rich Tomato Sauce* V

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

Homemade Fruit Sponge & Custard

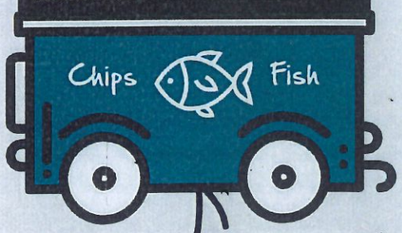
Chip Shop Friday

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

Vegetable Pasta Bake *Mixed Beans, Pasta & Roast Vegetables in a Rich Tomato Sauce* V Ve

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

Homemade Fruit Cheesecake



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.

Newport Infants