Let's Dine

PRIMARY SCHOOL MENU

April 2023 to March 2024

Telford & Wrekin Co-operative Council

Protect, care and invest to create a better borough

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 Bilkold 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.

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.
6. We Oven Bake in preference to Frying.

   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

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 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
- 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 2023	
17 APR	WK 1
24 MAY	WK 2
1 MAY	WK 3
8 MAY	WK 1
15 MAY	WK 2
22 MAY	WK 3
29 MAY - HALF TERM	
5 JUN	WK 2
12 JUN	WK 3
19 JUN	WK 1
26 JUN	WK 2
3 JUL	WK 3
10 JUL	WK 1
17 JUN	WK 2

Autumn Term 2023	
4 SEPT	WK 1
11 SEPT	WK 2
18 SEPT	WK 3
25 SEPT	WK 1
2 OCT	WK 2
9 OCT	WK 3
16 OCT	WK 1
23 OCT	WK 2
30 OCT - HALF TERM	
6 NOV	WK 1
13 NOV	WK 2
20 NOV	WK 3
27 NOV	WK 1
4 DEC	WK 2
11 DEC	WK 3
18 DEC	WK 1

Spring Term 2024	
8 JAN	WK 1
15 JAN	WK 2
22 JAN	WK 3
29 JAN	WK 1
5 FEB	WK 2
12 FEB - HALF TERM	
19 FEB	WK 1
26 FEB	WK 2
4 MAR	WK 3
11 MAR	WK 1
18 MAR	WK 2

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 and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

Tuesday

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

Vegetarian Toad in the Hole *Roasted Vegetables and Vegetarian Sausage in a Yorkshire Pudding* V

Herby Diced Potatoes, Sweetcorn, Garden Peas, Seasonal Salad Selection, Garlic Bread, Homemade Bread

Homemade Muffin Selection

Wednesday

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

Pasta Twists, Farmhouse Mixed Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Homemade Iced Buns

Thursday

Wrap Day *With a selection of Fillings* **Chicken in Tomato Sauce, Tuna, Cheese and Ham, Cheese Wrap** V

Couscous, Jacket Wedges, Roasted Vegetables, Big Salad Bar, Homemade Bread Selection

Homemade Cornflake Tart and Custard

Friday

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

Vegetable and Bean Pasta Bake *Seasonal Vegetables, Mixed Beans and Pasta Twists cooked in a Rich Tomato Sauce topped with Cheese* V

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

Let's Dine Fresh from the Farm Ice Cream



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.

WEEK 2

Monday

Sausage Roll *Pork Sausage Meat encased in Puff Pastry*

Quorn Sausage *Roll Sausage encased in Puff Pastry* V

Homemade Spaghetti in a Rich Tomato Sauce, Garden Peas, Sweetcorn, 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 and Roast Vegetables in a Rich Tomato Sauce* V

Jacket Wedges, Baked Beans, Green Beans, Seasonal Salad Selection, Homemade Bread Selection

Homemade Fruit Flapjack

Wednesday

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

Oven Roasted Vegetables and Mixed Beans in a Yorkshire Pudding *served with Gravy* V

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

Rice Pudding with Fruit Coulis

Thursday

Beef Bolognaise *Farm Assured Minced Beef in a Chef's Rich Tomato Sauce*

Quorn Bolognaise *Minced Quorn in a Chef's Rich Tomato Sauce* V

Pasta Twists, Broccoli, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Homemade Marble Sponge and Custard

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

Vegetable Nuggets V

Chips, Couscous, Baked Bean, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection

Jelly with a Swirl of Cream

SANDWICH OPTION
Packed lunch available

WEEK 3

Monday

Homemade Beef Burger or Hot Dog *Served in a Soft White Roll*

Vegetarian Burger or Hot Dog *Served in a Soft White Roll* V

Mini Waffles, Garden Peas, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Homemade Cookie Selection

Tuesday

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

Cheese and Tomato Pizza *Cheese and Tomato Pizza on a Thin Crust Base*

Herby Diced Potatoes, Baked Beans, Big Salad Selection, Homemade Bread Selection

Homemade Fruit Muffin Selection

Wednesday

Cottage Pie *Farm Assured Minced Beef in a Rich and Tasty Gravy topped with Creamed Potato*

Quorn Bolognaise *Minced Quorn served with a Rich Tomato Sauce* V

Roast Potatoes, Creamed Potato, Pasta Twists, Carrots, Broccoli, Carrots, Cauliflower, Broccoli, Homemade Bread Selection

Mini Shortbread Biscuit and Milkshake

Thursday

Chicken in Tomato Sauce *Chicken Pieces served with a Rich Tomato Sauce*

Macaroni Cheese *Macaroni Pasta in a Creamy Cheese Sauce* V

Boiled Rice, Farmhouse Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Homemade Iced Fruit Sponge and Custard

Friday

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

Vegetable and Bean Parcel *Mixed Beans and Roasted Vegetables encased in Puff Pastry* V

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

Let's Dine Fresh from the Farm Ice Cream



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.

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

Newport Infants