

V Vegetarian
Ve Vegan
H Halal

Week 1

Week 2

Week 3

Monday

Pork Sausage served with a Tasty Gravy *Farm Assured Pork Sausage*

Vegetarian Sausage served with a Tasty Gravy **V**

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

Homemade Shortbread

Tuesday

Ham & Pineapple topped Pizza with a Deep Crust Base

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

Jacket Potato, Wedges, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Wednesday

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

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

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

Homemade Iced Sponge & Chocolate Custard

Thursday

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

Quorn Curry *Quorn pieces in a Chef's Curry Sauce* **V**

Boiled Rice, Big Seasonal Salad Selection, Seasonal Salad Selection, Homemade Bread Selection

Homemade Sultana Sponge

Friday

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

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

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

Homemade Muffin Selection

Monday

Homemade Beef Burger *Farm Assured Beef Burger served in a Soft White Roll*

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

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

Homemade Cookie Selection

Tuesday

Wrap Day - Chicken in a Tomato Sauce, Ham in a Cheese Sauce or Vegetarian Chilli **V**

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 Chocolate Brownie

Wednesday

Traditional Roast with Rich & Tasty Gravy *Farm Assured Sliced meat*

Shepherdess Pie *Quorn Mince & Roasted Vegetables in a Tasty Gravy topped with Creamed Potato* **V**

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

Homemade Rice Pudding

Thursday

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

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

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

Fruit Jelly with a Swirl of Cream



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 Breadcrumbs* 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

Let's Dine Fresh from the Farm Ice Cream

Monday

Big Breakfast *Farm Assured Pork Sausage, Back Bacon,*

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

Hash Browns, 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*

Macaroni Cheese *Macaroni in a Creamy Cheese Sauce topped with Sliced Tomatoes* **V**

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

Homemade Chocolate Brownie

Wednesday

Traditional Roast with Rich & Tasty Gravy *Farm Assured Sliced meat*

Oven Roasted Vegetables *Served in a Yorkshire Pudding & topped with Mature Cheese* **V**

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

Fruit Jelly with a Swirl of Cream

Thursday

Homemade Breaded Chicken Dunkers *Farm Assured Chicken in a Chef's BBQ or a Rich Tomato based Sauce*

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

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

Homemade Sponge & Custard

Chip Shop Friday

Fish Finger *Fillet of Fish Coated in a Crispy Breadcrumbs* 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

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar

Available daily by pre order

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.

Free School Meals

DID YOU KNOW?

Menu calendar

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

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 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

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



Our menus

School Meal Price £2.45

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 biodiesel 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.

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