

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

### Menu calendar

# 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

# 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.

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

# £2.45

## School Meal Price



We Oven Bake in preference to Frying.

We only use fresh Milk in our recipes.

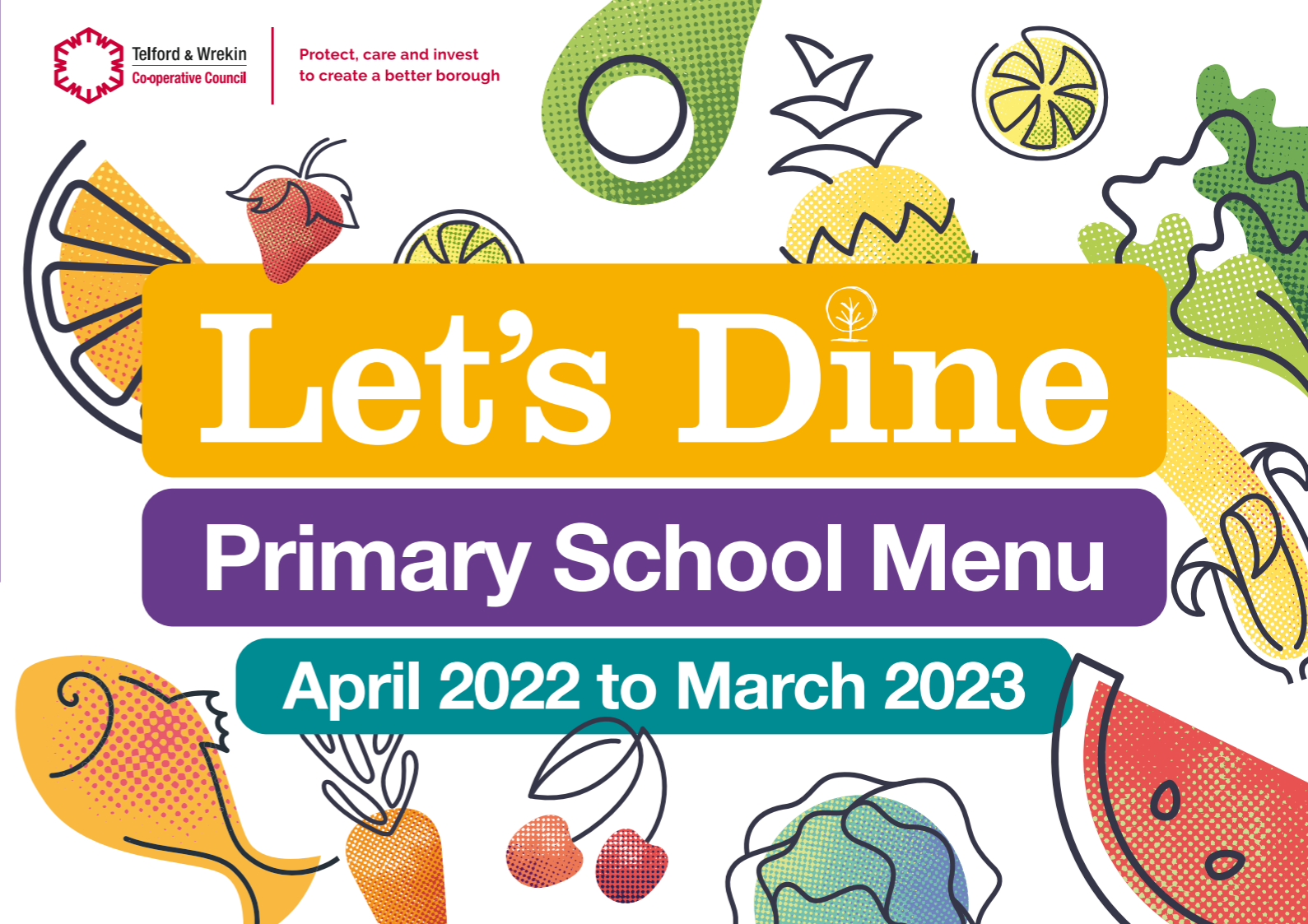
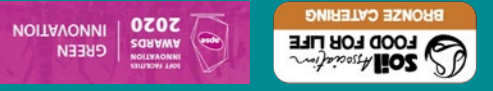
We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.

All of our suppliers ensure full traceability of our Food.

Some of our menu choices are developed with children through the Eatwell Project.

# Our menus

- All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 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.
- Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

# Week 2

# Week 3

## Monday

**Cheese, Potato with Sweet Peppers Pastie** Mashed Potato with Cheese and Sweet Peppers in a Puff Pastry case

**Fish Less Fingers** Quorn Vegan Fishless Fingers **V**

Diced Potatoes, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Doughnuts and Chocolate Sauce

## Wednesday

**Roast Beef with Yorkshire Pudding**

**Vegetable and Bean Bake Served in Yorkshire Pudding** **V H**

**Roast Potatoes, Mashed Potatoes, Carrots and Broccoli, Seasonal Salad Selection, Homemade Bread Selection**

Orange and Chocolate Flapjack

## Tuesday

**Pork Sausages** Farm Assured Pork Sausages served with a Rich & Tasty Gravy

**Quorn Sausage** **V**

**Mashed Potato, Carrots, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection**

Jam Tart Biscuit



## Thursday

**Meatballs** Farm Assured Red Tractor Pork Meat Balls served in Gravy or Tomato Sauce

**Vegetable & Bean Pasta Bake** Roasted Vegetables & Mixed Beans in a Tomato Sauce **V H**

**Pasta Twists, Seasonal Vegetables, Seasonal Salad Selection, Garlic Bread**

Marbled Sponge and Custard

## Friday

**Pizza with Ham Topping** Cheese & Tomato Pizzas Crust Base with a Cheese & Ham Topping

**Cheese and Tomato Pizza** Cheese & Tomato Pizzas Crust Base with a Cheese Topping

**Chipped Potatoes, Sweetcorn and Peas, Seasonal Salad Selection, Homemade Bread Selection**

Ice Cream

## Monday

**Quorn Dippers with BBQ Sauce**

**Vegetable Lasagne** **V**

**Pasta Twists, Peas and Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection**

Iced Bun

## Tuesday

**Crispy Fillet of Fish** Fillet of Fish Coated in a Crispy Batter or Salmon Fishcake **H**

**Cheese Flan** Pastry Tart filled with a savoury Egg Custard with Cheese & Onion **V H**

**Chipped Potatoes, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection**

Cherry Cookie

## Wednesday

**Traditional Roast with Yorkshire Pudding** Farm Assured Sliced Meat served with a Rich Roast Gravy

**Quorn Fillet with Yorkshire Pudding** **V**

**Roast Potatoes, Mashed Potato, Baton Carrots, Broccoli, Seasonal Salad Selection, Homemade Bread Selection**

Lemon Iced Sponge

## Thursday

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

**Vegetarian Sausage** **V**

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

Chocolate Crunch

**eatwell**

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

## Friday

**Beef Burger in Bap** A Beef Pattie served in a Floured Bap

**Southern Fried Quorn Burger** **V H**

**Potato Wedges, Sweetcorn Kernels, Seasonal Salad Selection, Homemade Bread Selection**

Cupcake Selection

## Monday

**Meat free Monday Quorn Bolognese** Vegetable & Minced Quorn cooked in a Rich Italian Tomato based Sauce **V**

**Vegetable & Bean Pasta Bake** **V**

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

Shortbread Biscuit

## Tuesday

**Chicken Curry** Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce

**Vegetarian Meatballs** **V H**

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

Apple Crumble and Custard

## Wednesday

**Toad in the Hole** Yorkshire Pudding served with Pork Sausages

**Cheese and Potato Pie** **V**

**Mashed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection**

Shrewsbury Biscuit

## Thursday

**Homemade Breaded Chicken Dunkers** Farm Assured Chicken coated in a Natural Breadcrumbs served with BBQ Sauce

**Quorn Nuggets** Individual Shaped Pattie coated in Crispy Batter **V H**

**Potato Wedges, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection**

Brownie with Chocolate Sauce

## Friday

**Pizza with Ham Topping** Cheese & Tomato Pizzas Crust Base with a Cheese & Ham Topping

**Cheese and Tomato Pizza** Cheese & Tomato Pizzas Crust Base with a Cheese Topping

**Chipped Potatoes, Peas and Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection**

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.

### Sandwich Option

Cheese or Tuna sandwich packed lunch available

### 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.