

# 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 2020 to March 2021

Download your copy at  
[www.telford.gov.uk/schoolmeals](http://www.telford.gov.uk/schoolmeals)



# 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.



Our Wallace & Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.

- 6 We Oven Bake in preference to Frying.
- 7 We only use fresh Milk in our recipes.
- 8 We offer a Vegetarian and Vegan option and 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.



Pay for your child's school meals at  
[www.telford.gov.uk/payforit](http://www.telford.gov.uk/payforit)  
You can pay in cash too!  
**School Meal Price £2.35**

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 2022.

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 than £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 2020   |      | Autumn Term 2020   |      | Spring Term 2021   |      |
|--------------------|------|--------------------|------|--------------------|------|
| 20 APR             | WK 1 | 31 AUG             | WK 1 | 4 JAN              | WK 1 |
| 27 APR             | WK 2 | 7 SEPT             | WK 2 | 11 JAN             | WK 2 |
| 4 MAY              | WK 3 | 14 SEPT            | WK 3 | 18 JAN             | WK 3 |
| 11 MAY             | WK 1 | 21 SEPT            | WK 1 | 25 JAN             | WK 1 |
| 18 MAY             | WK 2 | 28 SEPT            | WK 2 | 1 FEB              | WK 2 |
| 25 MAY - HALF TERM |      | 5 OCT              | WK 3 | 8 FEB              | WK 3 |
| 1 JUN              | WK 1 | 12 OCT             | WK 1 | 15 FEB - HALF TERM |      |
| 8 JUN              | WK 2 | 19 OCT             | WK 2 | 22 FEB             | WK 2 |
| 15 JUN             | WK 3 | 26 OCT - HALF TERM |      | 1 MAR              | WK 3 |
| 22 JUN             | WK 1 | 2 NOV              | WK 1 | 8 MAR              | WK 1 |
| 29 JUN             | WK 2 | 9 NOV              | WK 2 | 15 MAR             | WK 2 |
| 6 JUL              | WK 3 | 16 NOV             | WK 3 | 22 MAR             | WK 3 |
| 13 JUL             | WK 1 | 23 NOV             | WK 1 | 29 MAR             | WK 1 |
|                    |      | 30 NOV             | WK 2 |                    |      |
|                    |      | 7 DEC              | WK 3 |                    |      |
|                    |      | 14 DEC             | WK 1 |                    |      |

[www.telford.gov.uk/freeschoolmeals](http://www.telford.gov.uk/freeschoolmeals)



V Vegetarian  
Ve Vegan  
H Halal

# Week 1



## Monday

**Gluten Free Pork Meatballs** Farm Assured Pork Meatballs served with a Rich & Tasty Tomato Sauce

**Cheese & Onion Puffs** V

**Baby Jacket Potatoes, Couscous, Broccoli, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection**

**Golden Shortbread Finger & Fruit Salad**

## Tuesday

**Jacket Potato Bar** - Beef Chilli, Curry, Cheese & Beans V, Tuna Mayonnaise

**Macaroni Cheese** Pasta Twists in a creamy homemade Mature Cheese Sauce V

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

**Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse**



# 1

## Wednesday

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

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

**Roast Potatoes, Creamed Potato, Broccoli, Cauliflower, Garden Peas, Homemade Bread Selection**

**Apple & Rhubarb Crumble & Custard**

## Thursday

**Homemade Sausage Roll** Farm Assured Pork sausage meat encased in Puff Pastry **or Chicken Curry** Tender pieces of Chicken Breast in a Chef's Curry Sauce

**Vegetable Pasty** Seasonal Vegetables in a handmade pasty V

**Jacket Wedges, Sweetcorn, Green Beans, Seasonal Salad Selection, Homemade Bread Selection**

**Let's Dine Fresh from the Farm Ice Cream**

## Friday

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

**Savoury Muffin** V

**Chips, Pasta Twists, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection**

**Homemade Cookie Selection**

### FUN FOOD FACTS

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

**Pizza Bar** Selection of Topped Pizzas with a Thin & Crispy Base V

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

**Oaty Flapjack**

## Tuesday

**Beef Burgers** Handmade Farm Assured Minced Beef Burger

**Vegetarian Sausage** V Ve

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

**Jelly with a Swirl of Cream**

## Wednesday

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

**Vegetable Parcels** Roast Seasonal Vegetables encased in Puff Pastry V Ve

**Roast Potatoes, Creamed Potato, Fresh Carrots, Cauliflower, Garden Peas, Homemade Bread Selection**

**Chocolate Sponge & Peppermint Custard**

## Thursday

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

**Homemade Vegetable Pasty** Cooked Vegetables encased in Puff Pastry V

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

**Fruit topped Cheesecake**



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

**Savoury Muffin** V

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

**Fruit Muffins**

# Week 3



## Monday

**Hot Dogs or Beef Burger** Handmade Farm Assured Minced Beef Burger In a Soft Bread Roll

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

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

**Shortbread & Custard**

## Tuesday

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

**Vegetable Crumble** Seasonal Vegetables topped with a Oaty Wholemeal Crumble V Ve

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

**Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse**

## Wednesday

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

**Oven Roast Vegetables** Served in a Yorkshire pudding & topped with Mature Cheese V

**Roast Potatoes, Creamed Potato, Fresh Carrots, Broccoli, Cauliflower, Homemade Bread Selection**

**Fruit Crumble & Custard**

## Thursday

**Chicken Curry** Tender pieces of Farm Assured Chicken in a Chefs Curry Sauce **or Red Tractor Beef Bolognese** Farm Assured Minced Beef cooked in a Rich Tomato based Sauce

**Vegetable Parcels** Roast Seasonal Vegetables encased in Puff Pastry V Ve

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

**Fruit Muffins**

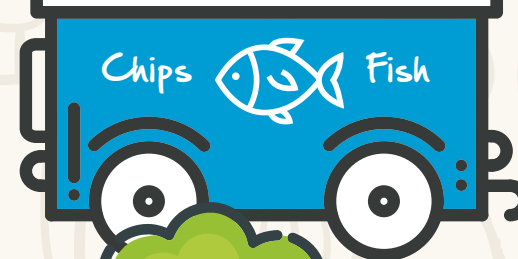
### Chip Shop Friday

**Battered Fillet of Fish** White Fillet coated in a light batter **or Salmon Fishcake**

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

**Chips, Pasta Twists, Baked Beans, Garden Peas, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection**

**Let's Dine Fresh from the Farm Ice Cream**



### FUN FOOD FACTS

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 & Crackers available Monday, Wednesday & Friday. Individual Yoghurts available Tuesday & Thursday. All items subject to availability.