

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.



Let's Dine Primary School Menu

April 2021 to March 2022

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



Protect
Care and Invest
to create a
better borough



Our menus



£2.40
School Meal Price

Pay for your child's school meals at
www.telford.gov.uk/payforit
You can pay in cash too!

- 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.

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

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 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-out' - 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 2021			Autumn Term 2021			Spring Term 2022		
19 APR	WK 1		30 AUG	WK 1		3 JAN	WK 1	
26 APR	WK 2		6 SEPT	WK 2		10 JAN	WK 2	
3 MAY	WK 3		13 SEPT	WK 3		17 JAN	WK 3	
10 MAY	WK 1		20 SEPT	WK 1		24 JAN	WK 1	
17 MAY	WK 2		27 SEPT	WK 2		31 JAN	WK 2	
24 MAY	WK 3		4 OCT	WK 3		7 FEB	WK 3	
31 MAY - HALF TERM			11 OCT	WK 1		14 FEB	WK 1	
7 JUN	WK 2		18 OCT	WK 2		21 FEB - HALF TERM		
14 JUN	WK 3		25 OCT - HALF TERM			28 FEB	WK 3	
21 JUN	WK 1		1 NOV	WK 1		7 MAR	WK 1	
28 JUN	WK 2		8 NOV	WK 2		14 MAR	WK 2	
5 JUL	WK 3		15 NOV	WK 3		21 MAR	WK 3	
12 JUL	WK 1		22 NOV	WK 1		28 MAR	WK 1	
19 JUL	WK 2		29 NOV	WK 2		4 APR	WK 2	
			6 DEC	WK 3				
			13 DEC	WK 1				

www.telford.gov.uk/free-school-meals

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 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



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

Flapjack

Tuesday

Homemade Beef Burgers Handmade Farm Assured Minced Beef Vegetarian Sausage V

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 Loaf V

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

Vegetable & Bean Parcels Roast Seasonal 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

Muffin Selection

Week 3



Monday

Hot Dogs or Homemade Beef Burger Handmade Farm Assured Minced Beef Burger Both served in a Soft Bread Roll

Vegetarian Sausage, Free Range Scrambled Egg V

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

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 Roasted 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 Chef's Curry Sauce or Beef Bolognese Farm Assured Minced Beef cooked in a Rich Tomato based Sauce

Vegetable & Bean Parcels Roast Seasonal Vegetables encased in Puff Pastry V

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

Muffin Selection

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

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.

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.