

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.

www.telford.gov.uk/freeschoolmeals

Menu calendar

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



Protect, care and invest to create a better borough

Let's Dine

Primary School Menu

April 2022 to March 2023

Our menus

£2.45 School Meal Price

Pay for your child's school meals at www.telford.gov.uk/payfort

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 biofuel 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

V Vegetarian
 Ve Vegan
 H Halal

Week 1

Week 2

Week 3

Monday

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

Creamy Pasta Bake or Spicy Mixed Bean Stroganoff V

Pasta, Seasonal Vegetable Selection, Fresh Green Salad Bar with Homemade Coleslaw, Homemade Bread Selection, Garlic Bread

Iced Lemon Sponge

Wednesday

Roast Turkey or Roast Pork Farm Assured meat with Rich & Tasty Gravy

Oven Roasted Vegetables Mixed Bean Served in a Yorkshire Pudding V

Roast Potatoes, Creamed Sweet Potato Mash, Fresh Baton Carrots, Cauliflower & Broccoli, Garden Peas, Homemade Bread Selection

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Monday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base including Ham

Cheese & Tomato Pizza V

Diced Potatoes, Big Seasonal Salad Bar including Fresh Green Salad, Pasta Salad, Coleslaw, Homemade Bread Selection

Apple Flapjack

Tuesday

Beef Chilli Farm Assured Minced Beef in a Mild Chef's Chilli Sauce with a Taco Shell

Vegetarian Chilli Seasonal Vegetables & Mixed Beans in a Mild Chef's Chilli Sauce with a Taco Shell V

Rice, Noodles, Salad Bar - Peppers, Celery, Cucumber, Spring Onion and Carrot Sticks, Homemade Bread Selection

Apple Whirl & Custard or Cheese & Crackers

Wednesday

Roast Beef or Roast Turkey Farm Assured with a Rich & Tasty Gravy

Oven Roasted Vegetables Mixed Beans Served in a Yorkshire Pudding V

Roast Potatoes, Creamed Swede Mash, Mashed Potato, Fresh Baton Carrots, Cauliflower & Broccoli, Garden Peas, Homemade Bread Selection

Chocolate & Strawberry Angel Delight Mousse

Sandwich Bar

Available daily by pre order

Thursday

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

Vegetarian Sausage V

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

Let's Dine Fresh from the Farm Ice Cream & a Mini Fruit Tot

Friday

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

Macaroni Cheese Pasta Macaroni cooked and Baked in a Creamy Cheese Sauce Topped with Sliced Tomatoes V

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

Lemon Cookie

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.

Monday

Homemade Beef Burger Farm Assured Beef Burger served in a Soft White Roll with a Cheese Slice

Vegetarian Burger served in a Soft White Roll with a Cheese Slice V or Cheese Flan V

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

Strawberry Cheesecake

Tuesday

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

Vegetarian Curry V or **Vegetable Garlic Bake** Selection of Seasonal Vegetables cooked with garlic & herbs topped with French Bread slices V

Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Iced Marble Sponge

Wednesday

Roast Turkey Farm Assured meat with a Rich & Tasty Gravy

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

Oven Roast Potato, Creamed Potato, Carrots, Cauliflower, Garden Peas, Homemade Bread Selection

Rice Crispie Cakes

Thursday

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

Vegetarian Sausage Free Range Scrambled Egg V

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

Vanilla, Strawberry or Chocolate Ice Cream

Chip Shop Friday

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

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

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

Honey & Oat Cookie

Chips Fish

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.

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