

# 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.

**Chesse** - 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

**LLAETH YLLAN** **WENLOCK SPRINGS** **Quorn** **Unilever Food Solutions** **FAIRTRADE Foundation** **Rainforest Alliance**

**YOUNG'S** **CLUN FARM EGGS** **fish4life** **HEILMANN'S**

**Woolmark** **ASSURED FOOD STANDARDS** **British Free Range Eggs** **EGG AWARDS**

**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.

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**  
You can pay in cash too!

**eatwell**

**Soil Association**  
**Food for Life**

