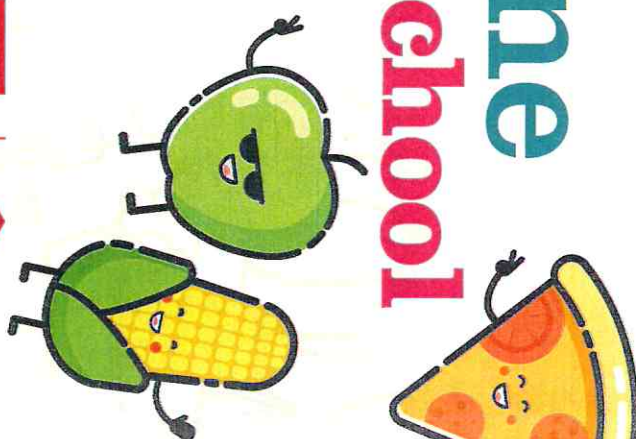


Download your copy at  
[www.telford.gov.uk/schoolmeals](http://www.telford.gov.uk/schoolmeals)

April 2020 to March 2021

# Let's Dine Primary School Menu



## Our menu

- 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.




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



53.23  
 School Meal Price

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!



**THANK YOU**  
 to our suppliers for their continued support and helping us with our special event days

Dried, frozen and chilled goods - sourced locally from Birkid in Ludlow from a network of local producers.

# Our ingredients

Where our food comes from

**Fresh Fruit, Salads and Vegetables** - selected by Rowlands in Shrewsbury.

**The Welsh Sausage company** - based in Welsipool 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 Dairies, 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.

# 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-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)

## 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 1
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	



# Week 1



## Monday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base **V**  
Pasta, Baked Beans, Sweetcorn, Big Seasonal Salad Selection, Homemade Bread Selection, Garlic Bread  
Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

## Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat  
Oven Roast Vegetables **V** Served in a Yorkshire pudding & topped with Mature Cheese  
Roast Potatoes, Creamed Potato, Fresh Carrots, Broccoli, Cauliflower, Homemade Bread Selection  
Fruit Muffins

## Tuesday

Chicken Curry Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce or Sweet & Sour Chicken Tender pieces of Farm Assured Chicken in a Chef's Sweet & Sour Sauce  
Vegetable Curry **V** Seasonal Vegetables in a Chef's Curry Sauce  
Mixed Rice, Seasonal Salad Selection, Seasonal Vegetable Selection, Pitta Bread  
Lentil Lemon Shortbread

## Thursday

Big Breakfast - Back Bacon, Pork Sausage, Free Range Scrambled Egg **V**  
Vegetarian Sausage **V** Hash Browns, Mushrooms, Baked Beans, Plum Tomatoes, Seasonal Salad Selection, Homemade Bread Selection  
Pineapple Upside Down Cake & Custard

## Friday

Battered Fillet of Fish White Fillet coated in a light batter or Salmon Fishcake  
Homemade Cheese & Onion Pasty **V** Mature Cheese, sliced onion and creamed potato encased in Puff Pastry  
Chips, Couscous, Sweetcorn, Garden Peas, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection  
Let's Dine Fresh from the Farm Ice Cream



# Week 2



## Monday

Red Tractor Beef Bolognaise Fresh Minced Beef cooked in a Rich Tomato based Sauce  
Vegetable Bolognaise **V** Seasonal Vegetables in a Chef's Curry Sauce  
Creamed Potato, Pasta Twists, Garden Peas, Fresh Carrots, Seasonal Salad Selection, Homemade Bread Selection  
Selection of Homemade Biscuits

## Tuesday

Homemade Chicken Dunks Farm Assured Chicken coated in a Natural Breadcrumb  
Quorn Dunks **V** Quorn pieces coated in a light batter & baked  
Pasta, Baked Beans, Sweetcorn, Big Seasonal Salad Selection, Homemade Bread Selection  
Lemon Sponge & Custard

## Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat  
Vegetable Parcel **V** Roast Vegetables encased in Puff Pastry  
Roast Potatoes, Creamed Potato, Fresh Carrots, Cauliflower, Garden Peas, Homemade Bread Selection  
Fruit topped Cheesecake

## Thursday

Wrap Selection to include Beef Chilli, Chicken, Tuna, Cheese **V**, Spicy Mixed Bean **V**  
Sliced Potatoes, Broccoli, Fresh Carrots, Seasonal Salad Selection, Homemade Bread Selection  
Marble Sponge & Custard



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

## Friday

Battered Fillet of Fish White Fillet coated in a light batter or Fish Finger Fillet of Fish coated in a Crispy Breadcrumb  
Vegetable Enchilada **V** Seasonal Vegetables with Chilli wrapped in a flour Tortilla and topped with a Rustic Tomato sauce and Cheese  
Chips, Couscous, Baked Bean, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection  
Jelly with a Swirl of Cream

# Week 3



## Monday

Pizza Bar **V** Selection of Topped Pizzas with a Deep Crust Base  
Jacket Wedges, Big Seasonal Salad Bar, Homemade Bread Selection,  
Chocolate Sponge & Chocolate Sauce

## Tuesday

Homemade Sausage Rolls Farm Assured Pork Sausage encased in Puff Pastry  
Vegetable Bolognaise **V** Seasonal Vegetables cooked in a Rich Tomato based Sauce  
Diced Potatoes, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection  
Jam or Lemon Tart & Custard

## Wednesday

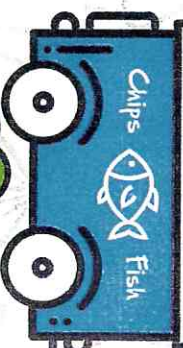
Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat  
Vegetable Parcels **V** Roast Vegetables encased in Puff Pastry  
Roast Potatoes, Creamed Potato, Broccoli, Cauliflower, Garden Peas, Homemade Bread Selection  
Fruit Jelly with a Swirl of Cream

## Thursday

Chicken Curry Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce  
Crispy Garlic Bake **V** Selection of Seasonal vegetables cooked with garlic & herbs topped with French Bread slices  
Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection  
Homemade Cookie Selection

## Chip Shop Friday

Battered Fillet of Fish White Fillet coated in a light batter or Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb  
Pasta Bake **V** Chefs homemade Cheese Sauce with Pasta Twists  
Chips, Lemon Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection  
Lentil Muffin



### FUN FOOD FACTS

The word 'broccoli' is the plural or flowering top of a cabbage. According to a survey in 2009, broccoli is the sixth most commonly misspelled word in English.

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