

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

Menu calendar

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

Free School Meals DID YOU KNOW?

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 2021 to March 2022

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



Protect Care and Invest to create a better borough



Our menus



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

£2.40 School Meal Price

- 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 biodiesel 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.

V Vegetarian
Ve Vegan
H Halal

Week 1



Monday

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

Vegetarian option available V

Pasta, Baked Beans, Sweetcorn, Big Seasonal Salad Selection, Homemade Bread Selection, Garlic Bread

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

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 Seasonal Vegetables & Mixed Beans in a Chef's Curry Sauce V

Mixed Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Naan Bread

Iced Lemon Shortbread



Wednesday

Traditional Roast with Rich & Tasty Gravy Farm Assured Sliced meat

Oven Roasted Vegetables Mixed Beans Served in a Yorkshire Pudding V

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

Muffin Selection

Thursday

Big Breakfast - Back Bacon, Farm Assured 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**

Cheese Puff Mature Cheese & Creamed Potato encased in Puff Pastry V

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

Beef Bolognese Farm Assured Minced Beef cooked in a Rich Tomato based Sauce

Vegetarian Bolognese Seasonal Vegetables & Mixed Beans in a Chef's Tomato based Sauce V

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

Cookie Selection

Tuesday

Homemade Chicken Dunkers Farm Assured Chicken coated in a Natural Breadcrumb

Quorn Dunkers Quorn pieces coated in a light batter & baked V

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 & Bean Parcel Roast Vegetables & Mixed Beans encased in Puff Pastry V

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

Fruit topped Cheesecake

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.

Thursday

Wrap Selection to include Beef Chilli, Chicken, Tuna, Cheese V, Spicy Mixed Bean V

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

Marble Sponge & Custard



eatwell

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 Seasonal Vegetables & Mixed Beans with Chilli wrapped in a floured Tortilla and topped with a Rustic Tomato sauce and Cheese V

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

Jelly with a Swirl of Cream

Week 3



Monday

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

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

Vegetarian Bolognese Seasonal Vegetables & Mixed Beans cooked in a Rich Tomato based Sauce V

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 & Bean Parcel Roast Vegetables & Mixed Beans encased in Puff Pastry V

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 Selection of Seasonal Vegetables cooked with garlic & herbs topped with French Bread slices V

Boiled Rice, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

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

Creamy Cheese Pasta Chef's homemade Cheese Sauce with Pasta Twists V

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

Muffin Selection

Sandwich Bar

Chips Fish

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.