

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



Free School Meals DID YOU KNOW?

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
26 JUL	WK 3	6 DEC	WK 3	11 APR	WK 3
2 AUG	WK 1	13 DEC	WK 1	18 APR	WK 1
9 AUG	WK 2	20 DEC	WK 2	25 APR	WK 2
16 AUG	WK 3	27 DEC	WK 3	2 FEB	WK 3
23 AUG	WK 1	3 JAN	WK 1	9 FEB	WK 1
30 AUG	WK 2	7 JAN	WK 2	16 FEB	WK 2
6 SEPT	WK 3	14 JAN	WK 3	23 FEB	WK 3
13 SEPT	WK 1	21 JAN	WK 1	30 FEB	WK 1
20 SEPT	WK 2	28 JAN	WK 2	7 MAR	WK 3
27 SEPT	WK 3	4 FEB	WK 3	14 MAR	WK 1
4 OCT	WK 1	11 FEB	WK 1	21 MAR	WK 2
11 OCT	WK 2	18 FEB	WK 2	28 MAR	WK 3
18 OCT	WK 3	25 FEB	WK 3	5 APR	WK 1
25 OCT - HALF TERM		4 MAR	WK 1	12 APR	WK 2
1 NOV	WK 1	11 MAR	WK 2	19 APR	WK 3
8 NOV	WK 2	18 MAR	WK 3	26 APR	WK 1
15 NOV	WK 3	25 MAR	WK 1	3 MAY	WK 2
22 NOV	WK 1	1 APR	WK 3	10 MAY	WK 1
29 NOV	WK 2	8 APR	WK 1	17 MAY	WK 2
6 DEC	WK 3	15 APR	WK 2	24 MAY	WK 3
13 DEC	WK 1	22 APR	WK 3	31 MAY - HALF TERM	
20 DEC	WK 2	29 APR	WK 1	7 JUN	WK 2
27 DEC	WK 3	6 MAY	WK 2	14 JUN	WK 3
3 JAN	WK 1	13 MAY	WK 3	21 JUN	WK 1
7 JAN	WK 2	20 MAY	WK 1	28 JUN	WK 2
14 JAN	WK 3	27 MAY	WK 2	5 JUL	WK 3
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28 JAN	WK 2	10 JUN	WK 1	19 JUL	WK 2
4 FEB	WK 3	17 JUN	WK 2	26 JUL	WK 3
11 FEB	WK 1	24 JUN	WK 3	2 AUG	WK 1
18 FEB	WK 2	1 JUL	WK 1	9 AUG	WK 2
25 FEB - HALF TERM		8 JUL	WK 2	16 AUG	WK 3
4 MAR	WK 1	15 JUL	WK 3	23 AUG	WK 1
11 MAR	WK 2	22 JUL	WK 1	30 AUG	WK 2
18 MAR	WK 3	29 JUL	WK 2	6 SEPT	WK 3
25 MAR	WK 1	5 AUG	WK 3	13 SEPT	WK 1
1 APR	WK 2	12 AUG	WK 1	20 SEPT	WK 2
8 APR	WK 3	19 AUG	WK 2	27 SEPT	WK 3
15 APR	WK 1	26 AUG	WK 3	4 OCT	WK 1
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17 OCT	WK 1	27 OCT	WK 3	6 DEC	WK 3
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31 DEC	WK 3	12 JAN	WK 2	18 FEB	WK 2

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

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

School Meal Price
£2.40



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 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.



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



BRONZE CATERING

V Vegetarian
Ve Vegan
H Halal

Week 1



Sandwich Bar Monday

Pizza Bar Selection of Topped Pizzas with a Deep Crust Base

Vegetable Enchiladas V

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

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

Sandwich Bar Wednesday

Traditional Roast with a 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

Muffin Selection

Sandwich Bar Thursday

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

Vegetable Sausage V

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

Pineapple Upside Down Cake & Custard

Sandwich Bar Friday

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

Cheese Puff Mature Cheese, diced onion and Creamed Potato encased in Puff Pastry V

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

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.

Week 2



Sandwich Bar Monday

Homemade Toad in the Hole & Onion Gravy Farm Assured Pork Sausages in a Homemade Yorkshire Pudding

Homemade Vegetarian Toad in the Hole Vegetarian Sausage in a Homemade Yorkshire Pudding V

Creamed Potato, Garden Peas, Fresh Carrots, Seasonal Salad Selection, Homemade Bread

Cookie Selection

Sandwich Bar Tuesday

Homemade Chicken Dunkers Farm Assured Chicken coated in a Natural Breadcrumbs

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

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

Lemon Sponge & Lemon Curd Sauce

Sandwich Bar Wednesday

Traditional Roast Pork with a Rich & Tasty Gravy Farm Assured sliced meat

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

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

Homemade Jam & Cream filled Scones

Sandwich Bar

Available daily by pre order

Sandwich Bar Thursday

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

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

Pasta, Broccoli, Fresh Carrots, Seasonal Salad Selection, Homemade Bread

Chocolate & Vanilla Swirl Mousse or Strawberry & Vanilla Swirl Mousse

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

Sandwich Bar Friday

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

Vegetable Enchilada Mixed Bean Chilli wrapped in a floured Tortilla and topped with a Rustic Tomato Sauce & Cheese V

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

Fruit Jelly with a Swirl of Cream

Week 3



Sandwich Bar Monday

Homemade Chicken Pie Farm Assured diced Chicken topped with Puff Pastry

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

Baby New Potatoes, Sweetcorn, Garden Peas, Seasonal Cabbage, Seasonal Salad Selection, Homemade Bread, Garlic Bread

Chocolate Sponge & Chocolate Sauce

Sandwich Bar Tuesday

Gluten Free Pork Meatballs Pork Meatballs served with a Rich Tomato Sauce

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

Pasta, Fresh Carrots, Green Beans, Seasonal Salad Selection, Homemade Bread

Let's Dine Fresh from the Farm Ice Cream

Sandwich Bar Wednesday

Roast Turkey with Rich Roast Gravy Farm Assured Sliced Roast Turkey

Cheese Flan V

Roast Potatoes, Creamed Potato, Broccoli, Cauliflower, Garden Peas, Homemade Bread

Fruit Jelly with a Swirl of Cream

Sandwich Bar Thursday

Hunters Chicken Farm Assured Chicken in a BBQ Sauce topped with Cheese or **Sweet & Sour Chicken** Farm Assured Chicken in a Chef's Sweet & Sour Sauce

Quorn Fillet topped with BBQ Sauce V

Savoury Rice, Broccoli, Fresh Carrots, Seasonal Salad Selection, Homemade Bread

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 Breadcrumbs

Savoury Muffin V

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

Muffin Selection



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.