

Vegan
H Halal

WEEK 1

WEEK 2

WEEK 3

Monday

Pork Sausage served with a Rich and Tasty Gravy
Vegetarian Sausage **V**
Creamed Potato and a Mini Yorkshire Pudding, Green Beans, Cauliflower, Seasonal Salad Selection, Homemade Bread Selection
Golden Shortbread

Tuesday

Pasta Twists served with Chicken, Tomato and Herb Sauce or Vegetarian Bolognese Sauce **V**
Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection
Muffin Selection

Wednesday

Traditional Roast of the Day served with Rich and Tasty Gravy Farm Assured Sliced Meat
Crispy Garlic Bake Seasonal Vegetables topped with French Bread **V**
Roast Potatoes, Creamed Potato, Broccoli, Cauliflower, Seasonal Salad Selection, Homemade Bread Selection
Fruit topped Cheesecake

Thursday

Beef Bolognese
Cheese and Potato Bake **V**
Pasta Twists, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection, Garlic Bread
Fruit Crumble and Custard

Friday

Fish Friday – Battered Fillet of Fish or Jumbo Fish Finger
Quorn Dunks **V**
Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection
Fresh from the Farm Ice Cream Tub

Monday

Big Breakfast – Pork Sausage, Bacon and Scrambled Egg
Vegetarian Sausage and Scrambled Egg **V**
Hash Browns, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Homemade Bread Selection
Strawberry and Vanilla Swirl Mousse

Tuesday

Chicken Curry
Vegetarian Balls served with Gravy or Tomato Sauce **V**
Boiled Rice or Pasta, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection
Chocolate Sponge and Sauce

Wednesday

Traditional Roast of the Day served with Rich and Tasty Gravy Farm Assured Sliced Meat
Oven Roasted Vegetables and Beans served in a Yorkshire Pudding **V**
Roast Potatoes, Creamed Potato, Broccoli, Cauliflower, Seasonal Salad Selection, Homemade Bread Selection
Flapjack

Thursday

Hot Chicken Wraps
Cauliflower and Broccoli Bake **V**
Diced Potatoes, Green Beans, Baton Carrots, Seasonal Salad Selection, Homemade Bread Selection
Iced Sponge Finger with Sprinkles

**John Randall**
The People, The Products, The Place

Friday

Fish Friday – Salmon Fishcake or Jumbo Fish Finger
Quorn Dunks **V**
Chips, Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection
Jelly with a Swirl of Cream

Monday

Homemade Beef Burger
Macaroni Cheese **V**
Potato Wedges, Baked Beans, Garden Peas, Seasonal Salad Selection, Homemade Bread Selection
Chocolate and Vanilla Swirl Mousse

Tuesday

Lasagne
Vegetarian Curry **V**
Boiled Rice, Pasta Twists, Carrots, Green Beans, Seasonal Salad Selection, Homemade Bread Selection
Sponge and Custard

Wednesday

Traditional Roast of the Day served with Rich and Tasty Gravy Farm Assured Sliced Meat
Vegetarian Hotpot **V**
Roast Potatoes, Creamed Potato, Selection Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection
Cookie Selection

Thursday

Chicken Dunkers
Cheese and Tomato Pizza **V**
Herby Diced Potato, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection
Muffin Selection

Friday

Fish Friday – Battered Fillet of Fish or Jumbo Fish Finger
Quorn Nuggets **V**
Chips, Couscous, Garden Peas, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection
Fresh from the Farm Ice Cream Tub

Be Ready 
Be Safe 
Be Respectful 

How many smiley faces can you find? 

 SANDWICH OPTION AVAILABLE

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



Spring Term 2024		Autumn Term 2023	
8 JAN	WK 1	4 SEPT	WK 1
15 JAN	WK 2	11 SEPT	WK 2
22 JAN	WK 3	18 SEPT	WK 3
29 JAN	WK 4	25 SEPT	WK 4
5 FEB	WK 1	2 OCT	WK 1
12 FEB	WK 2	9 OCT	WK 2
19 FEB	WK 3	16 OCT	WK 3
26 FEB	WK 4	23 OCT	WK 4
4 MAR	WK 1	30 OCT - HALF TERM	
11 MAR	WK 2	6 NOV	WK 1
18 MAR	WK 3	13 NOV	WK 2
		20 NOV	WK 3
		27 NOV	WK 4
		4 DEC	WK 1
		11 DEC	WK 2
		18 DEC	WK 3

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 2025.

Free School Meals (FSM) also provides extra funding to your school, which can be used for a range of other 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 a further four weeks after they stop qualifying for Working Tax Credit
- Working Tax Credit 'run-on' - the payment someone may receive for that does not exceed £19,190
- 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.

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 Birkold 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.



- 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.
- 10 Some of our menu choices are developed with children through the Eatwell Project.
- 9 All of our suppliers ensure full traceability of our Food.
- 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.
- 7 We only use Fresh Milk in our recipes.
- 6 We Oven Bake in preference to Frying.



OUR MENUS

Telford & Wrekin Cooperative Council | Protect, care and invest to create a better borough



Let's Dine PRIMARY SCHOOL MENU

Be Ready April 2023 TO Be Respectful March 2024 Be Safe