

Autumn Term 2023		Summer Term 2023		Summer Term 2024	
18 DEC	WK 1	17 JUL	WK 2	17 APR	WK 1
11 DEC	WK 3	10 JUL	WK 1	24 APR	WK 2
4 DEC	WK 2	3 JUL	WK 3	1 MAY	WK 3
27 NOV	WK 1	26 JUN	WK 2	8 MAY	WK 1
20 NOV	WK 3	19 JUN	WK 1	15 MAY	WK 2
13 NOV	WK 2	12 JUN	WK 3	22 MAY	WK 3
6 NOV	WK 1	5 JUN	WK 2	29 MAY	WK 1
30 OCT - HALF TERM		29 MAY - HALF TERM		5 JUN	WK 2
23 OCT	WK 2	22 MAY	WK 3	12 JUN	WK 3
16 OCT	WK 1	15 MAY	WK 2	19 JUN	WK 1
9 OCT	WK 3	8 MAY	WK 1	26 JUN	WK 2
2 OCT	WK 2	1 MAY	WK 3	3 JUL	WK 3
25 SEPT	WK 1	24 APR	WK 2	10 JUL	WK 1
18 SEPT	WK 3	17 APR	WK 1	17 JUL	WK 2
11 SEPT	WK 2				
4 SEPT	WK 1				
Spring Term 2024					

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, 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 a year (after tax and not including any benefits you get)
- Universal Credit – your household income must be less than £7,400

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 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.



- 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 MENUS



Protect, care and invest to create a better borough

Let's Dine  
PRIMARY SCHOOL MENU



April  
2023

TO

March  
2024



V Vegetarian  
Ve Vegan  
H Halal

# WEEK 1

# WEEK 2

# WEEK 3

## Monday

**Gluten Free Pork Meatballs** *Farm Assured Pork Meatballs served with a Rich and Tasty Tomato Sauce or Gravy*

**Vegetarian Balls** *served with a Rich and Tasty Tomato Sauce or Gravy* V

**Pasta, Seasonal Vegetable Selection, Fresh Green Salad Bar** with Homemade Coleslaw, Homemade Bread, Garlic Bread

Iced Lemon Sponge

## Tuesday

**Hot Wrap Day** *A floured wrap served with Chicken Strips or Cheese and Beans* V

**Diced Potatoes, Mixed Pepper Couscous, Seasonal Vegetable Selection, Seasonal Salad Bar,** Homemade Bread

**Homemade Chocolate Fudge Cake** and Chocolate Sauce or Fruit Salad

## Wednesday

**Traditional Roast with Rich and Tasty Gravy** *Farm Assured Sliced Meat*

**Oven Roasted Vegetables** *Mixed Bean and Vegetables served in a Yorkshire Pudding* V

**Roast Potatoes, Creamed Potato, Fresh Baton Carrots, Cauliflower and Broccoli, Garden Peas,** Homemade Bread

**Chocolate and Vanilla Swirl Mousse** or Strawberry and Vanilla Swirl Mousse

## Thursday

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

**Vegetarian Sausage, Free Range Scrambled Egg** V

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

Orange Jelly with a Swirl of Cream

## Friday

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

**Macaroni Cheese** *Pasta Twists in a Creamy homemade Mature Cheese Sauce* V

**Chips, Lemon Couscous, Sweetcorn, Baked Beans, Seasonal Salad Bar,** Homemade Bread

Chocolate Orange Muffin

## Monday

**Pizza Bar** *Selection of Topped Pizzas with a Deep Crust Base to include Ham*

**Cheese and Tomato Pizza** V

**Diced Potatoes, Big Seasonal Salad Bar** including Fresh Green Salad, Pasta Salad, Coleslaw, Homemade Bread

Golden Shortbread

## Tuesday

**Pasta Day** *Choose a Sauce to go over your Pasta Twists* **Carbonara** *Chef's Creamy Sauce* or **Rustic Tomato** V *Chef's Tomato Sauce with added Vegetables and Beans* or **Chef's Cheese Sauce** V

**Salad Bar** – Peppers, Celery, Cucumber, Spring Onion and Carrot Sticks, Homemade Bread

Syrup Sponge and Custard

## Wednesday

**Traditional Roast with Rich and Tasty Gravy** *Farm Assured Sliced Meat*

**Quorn and Roasted Vegetable Parcel** *Quorn and Seasonal Vegetables encased in Puff Pastry* V

**Roast Potatoes, Creamed Swede Mash, Mashed Potato, Fresh Carrots, Cauliflower and Broccoli,** Homemade Bread

**Strawberry and Vanilla Swirl Mousse** or Chocolate and Vanilla Swirl Mousse

## Thursday

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

**Vegetarian Sausage, Free Range Scrambled Egg** V

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

Muffin Selection



**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,* **Fish Finger** or **Salmon Fishcake**

**Macaroni Cheese** *Pasta Macaroni Baked in a Creamy Cheese Sauce Topped with Sliced Tomatoes* V

**Chips, Couscous, Sweetcorn, Baked Beans, Seasonal Salad Selection,** Homemade Bread

Cookie Selection

## Monday

**Homemade Beef Burger** *Farm Assured Minced Beef Burger served in a Soft White Roll with Cheese Slice*

**Vegetarian Burger** *served in a Soft White Roll with Cheese Slice* V or **Cheese Flan** V

**Diced Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection,** Homemade Bread

Jam Sponge

## Tuesday

**Hunters Chicken** *Farm Assured Chicken in a BBQ Chef's Sauce*

**Pasta Neapolitan** *Pasta and Vegetables in a Rich Tomato Sauce* V

**Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection,** Homemade Bread

Iced Marble Sponge

## Wednesday

**Traditional Roast with Rich and Tasty Gravy** *Farm Assured Sliced Meat*

**Cheese Puff** *Creamed Potato and Grated Cheddar Cheese encased in Puff Pastry* V

**Oven Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Garden Peas,** Homemade Bread

Fruit Jelly with a Swirl of Cream

## Thursday

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

**Vegetarian Sausage, Free Range Scrambled Egg** V

**Hash Browns, Baked Beans, Plum Tomatoes, Mushrooms, Seasonal Salad Selection,** Homemade Bread

**Vanilla, Strawberry or Chocolate Ice Cream**

## Friday

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

**Mac 'n' Cheese** *Macaroni Pasta baked in a Chef's Sauce* V

**Chips, Couscous, Sweetcorn, Baked Beans, Seasonal Salad Selection,** Homemade Bread

Honey and Oat Cookie



**FUN FOOD FACT**

### APPLES

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.



**FUN FOOD FACT**

### BROCCOLI

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 and Crackers available Monday, Wednesday and Friday. Individual Yoghurts available Tuesday and Thursday. All items subject to availability.