



Telford & Wrekin
Co-operative Council

Protect, care and invest
to create a better borough

Let's Dine

Primary School Menu

APRIL

2026 TO

MARCH
2027

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 until the end of the school year 2025/26, which is known as Transitional Protection. From the start of the 2026/27 this Transitional Protection is ending, and parents will need revert to the following eligibility criteria regardless of whether they were previously protected.

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 and 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) until end of 2025/26 school year, when the criteria will be extended to all children from households in receipt of Universal Credit from the start of 2026/27 regardless of income levels.

All information correct at the time of going to print.

Menu calendar

Summer Term 2026		Autumn Term 2026		Spring Term 2027	
13 APR	WK 1	1 SEPT	WK 1	4 JAN	WK 1
20 APR	WK 2	7 SEPT	WK 2	11 JAN	WK 2
27 APR	WK 3	14 SEPT	WK 3	18 JAN	WK 3
4 MAY	WK 1	21 SEPT	WK 1	25 JAN	WK 1
11 MAY	WK 2	28 SEPT	WK 2	1 FEB	WK 2
18 MAY	WK 3	5 OCT	WK 3	8 FEB	WK 3
25 MAY - HALF TERM		12 OCT	WK 1	15 FEB - HALF TERM	
1 JUN	WK 2	19 OCT	WK 2	22 FEB	WK 2
8 JUN	WK 3	26 OCT - HALF TERM		1 MAR	WK 3
15 JUN	WK 1	2 NOV	WK 1	8 MAR	WK 1
22 JUN	WK 2	9 NOV	WK 2	15 MAR	WK 2
29 JUN	WK 3	16 NOV	WK 3	22 MAR	WK 3
6 JUL	WK 1	23 NOV	WK 1		
13 JUL	WK 2	30 NOV	WK 2		
		7 DEC	WK 3		
		14 DEC	WK 1		

www.telford.gov.uk/freeschoolmeals

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



Quorn



our menus



All the good stuff

- 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.

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

- 6** We Oven Bake in preference to Frying.
- 7** We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- 8** All of our suppliers ensure full traceability of our Food.
- 9** Some of our menu choices are developed with children through the Eatwell Project.



Ve Vegan
H Halal

Week 1

Monday

Pizza Bar – Cheese and Tomato Pizza **V** with a selection of toppings including **Chicken, Sliced Peppers **V**, Pineapple **V**, Mushrooms **V**, Sliced Onions **V**, Sweetcorn **V****

Diced Potatoes, Garden Peas, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread and White Bread

Banana Muffin or Cheese and Crackers

Early Years options: Banana Muffin or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Tuesday

Beef Bolognaise *Farm Assured Minced Beef in a Chef's Rich Tomato Sauce*

Vegetarian filled Yorkshire Pudding *Seasonal Vegetables and Mixed Beans in a Chef's Sauce served with a Yorkshire Pudding **V***

Pasta Twists, Creamed Potato, Carrots, Cauliflower, Seasonal Salad Selection, Wholemeal Bread and White Bread, Garlic Bread

Flapjack or Fruit Yoghurt

Early Years options: Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Wednesday

Big Breakfast *Farm Assured Pork Sausage, Free Range Scrambled Egg, Baked Beans*

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

Potato Waffles or Hash Browns, Tomatoes, Mushrooms, Seasonal Salad Selection, Wholemeal Bread and White Bread

Chocolate Cake with Custard or Cheese and Crackers

Early Years options: Chocolate and Pear Cake with Custard or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Thursday

EYFS Jumbo Fish Finger *White fillet of Fish coated in Breadcrumbs or Battered Fish White fillet of Fish coated in a Tempura Batter*

Fishless Fingers **V**

Chips, Couscous, Sweetcorn, Green Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fruit Jelly or Fruit Yoghurt

Early Years options: Lemon and Mandarin Cake or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Friday

Pasta Bar *Selection of Pasta Bakes including Ham and Cheese, Chef's Tomato sauce **V**, Tuna and Sweetcorn **V***

Crusty Bread, Baked Beans, Garden Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Lemon Iced Shortbread or Cheese and Crackers

Early Years options: Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Week 2

Monday

Pork Meatballs *Farm Assured served with Gravy or Tomato Sauce*

Quorn Balls *served with Gravy or Tomato Sauce **V***

Pasta, Sweetcorn, Broccoli, Seasonal Salad Selection, Garlic Bread

Assorted Biscuits or Cheese and Crackers

Early Years options: Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Tuesday

Wrap Day *Choose from a selection of filled Wraps to include Beef Chilli, Chicken Strips, Mixed Beans in Tomato Sauce **V**, Tuna Mayo, Cheese **V***

Savoury Rice or Pasta Twists in a Chef's Tomato Sauce, Big Seasonal Salad Selection to include Coleslaw, Potato Salad, Pasta Salad, Wholemeal Bread and White Bread

Fruit Crumble with Custard and Fruit Yoghurt

Early Years options: Chocolate Cake with Custard or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Wednesday

Homemade Chicken Dunkers *Chicken Strips in Natural Breadcrumbs*

Shepherdess Pie *Seasonal Vegetables and Mixed Beans with a Creamed Potato topping **V***

Jacket Wedges, Baked Beans, Seasonal Vegetables, Seasonal Salad Selection, Wholemeal Bread and White Bread

Ice Cream or Cheese and Crackers

Early Years options: Fruit or Cheese Scone or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Thursday

Roast of the Day *Farm Assured Sliced Meat served with a Rich and Tasty Gravy*

Vegetable and Bean Parcel *Roasted Vegetables and Mixed Beans in a Puff Pastry Case served with a Rich and Tasty Gravy **V***

Roast Potatoes, Creamed Potato, Carrots, Garden Peas, Broccoli, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fresh Fruit Salad or Fresh Fruit or Fruit Yoghurt

Early Years options: Fresh Fruit Salad or Fresh Fruit or Cheese and Crackers or Yoghurt with Fruit



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

Friday

Jumbo Fish Finger or **EYFS Battered Fish** *White fillet of Fish coated in a Tempura Batter*

Macaroni Cheese *Maccaroni Pasta in a Chef's Creamy Cheese Sauce **V***

Chips, Couscous, Sweetcorn, Baked Beans, Seasonal Salad Selection, Wholemeal Bread and White Bread

Peach Yoghurt Cake or Cheese and Crackers

Early Years options: Peach Yoghurt Cake or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Fresh Fruit available daily. All items subject to availability.

Week 3

Monday

Pizza Bar – Cheese and Tomato Pizza **V** with a selection of toppings including **Chicken, Sliced Peppers **V**, Pineapple **V**, Mushrooms **V**, Sliced Onions **V**, Sweetcorn **V****

Diced Potatoes, Sweetcorn, Big Seasonal Salad Selection, Wholemeal Bread and White Bread

Chocolate or Strawberry Mousse or Cheese and Crackers

Early Years options: Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Tuesday

Chicken Curry or **Sweet and Sour Chicken** *Farm Assured Diced Chicken in a Chef's Curry or Sweet and Sour Sauce*

Vegetarian Pasta Bake *Pasta Twists, Vegetables and Mixed Beans in a Chef's Tomato Sauce **V***

Boiled Rice, Carrots, Broccoli, Seasonal Salad Selection, Wholemeal Bread and White Bread

Carrot Cake or Fruit Yoghurt

Early Years options: Carrot Cake or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Wednesday

Big Breakfast *Farm Assured Pork Sausage, Free Range Scrambled Egg, Baked Beans*

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

Potato Waffles or Hash Browns, Plum Tomatoes, Mushrooms, Seasonal Salad Selection, Wholemeal Bread and White Bread

Banana Muffin or Cheese and Crackers

Early Years options: Banana Muffin or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Thursday

EYFS Salmon Fish Star *MSC Salmon and Creamed Potato seasoned within a Crispy Crumb or Battered Fish White fillet of Fish coated in a Tempura Batter*

Macaroni Cheese *Maccaroni Pasta in a Chef's Creamy Cheese Sauce **V***

Jacket Wedges, Green Beans, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread and White Bread

Chocolate Brownie or Fruit Yoghurt

Early Years options: Lemon and Mandarin Cake or Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

Friday

EYFS Chicken Fillet or **Chicken Burger** *Chicken Breast coated in a Crispy Golden Crumb*

Vegetable Burger *Vegetable Burger served in a Soft Bun **V***

Chips, Roasted Vegetable Couscous, Baked Beans, Garden Peas, Seasonal Salad Selection, Burger Bun

Assorted Biscuits or Cheese and Crackers

Early Years options: Cheese and Crackers or Yoghurt with Fruit or Fresh Fruit

FUN FOOD FACT

Broccoli contains more protein per calorie than steak, but you would have to eat a LOT more broccoli!!

FUN FOOD FACT

Ripe cranberries bounce like rubber balls