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# 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



Telford & Wrekin Co-operative Council | Protect, care and invest to create a better borough

# Let's Dine Primary School Menu

April 2024 to March 2025

Designed by the School Council 'Working together as one'



Randlay Primary School and Nursery



[www.telford.gov.uk/treeschoolmeals](http://www.telford.gov.uk/treeschoolmeals)

Spring Term 2025		Autumn Term 2024	
6 JAN	WK 1	2 SEPT	WK 1
13 JAN	WK 2	9 SEPT	WK 2
20 JAN	WK 3	16 SEPT	WK 3
27 JAN	WK 1	23 SEPT	WK 1
3 FEB	WK 2	30 SEPT	WK 2
10 FEB	WK 3	7 OCT	WK 3
17 FEB - HALF TERM		14 OCT	WK 1
24 FEB	WK 2	21 OCT	WK 2
3 MAR	WK 3	28 OCT - HALF TERM	
10 MAR	WK 1	4 NOV	WK 1
17 MAR	WK 2	11 NOV	WK 2
24 MAR	WK 3	18 NOV	WK 3
31 MAR	WK 1	25 NOV	WK 1
7 APR	WK 2	2 DEC	WK 2
14 APR	WK 3	9 DEC	WK 3
21 APR	WK 1	16 DEC	WK 1

## Menu calendar

# 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 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
- 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
- Working Tax Credit 'run-on' - the payment someone may receive for 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



# 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 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.



Make a picture with your food, it's fun and looks faster!



V Vegetarian  
Ve Vegan  
H Halal

# Week 1

**Respect**  
'People like different foods, we all have a choice'

# Week 2

**Excellence**  
'We hope you think our menu is excellent, there's loads to choose from.'



# Week 3

**Sandwich Bar**  
**Monday**

**Beef Bolognese** *Farm Assured Minced Beef in a Rich Tomato Sauce*

**Quorn Bolognese** **V**

Pasta, Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Chocolate Crunch

**Sandwich Bar**  
**Thursday**

**Beef Burger** *Farm Assured Minced Beef Pattie*

**Vegetarian Burger** **V**

Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Iced Buns

**Sandwich Bar**  
**Monday**

**Cheese and Tomato Pizza** *Deep Crust Pizza base with Various Toppings to include Vegetarian Option* **V**

**Jacket Wedges, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Golden Shortbread

**Sandwich Bar**  
**Thursday**

**Chicken Curry** *Farm Assured Chicken in a Chef's Curry Sauce*

**Vegetable Curry** *Seasonal Vegetables and Mixed Beans in a Chef's Curry Sauce* **V**

**Boiled Rice, Pasta, Seasonal Vegetable Selection, Seasonal Salad Selection, Pitta Bread**

Muffin Selection

**Sandwich Bar**  
**Monday**

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

**Cauliflower and Broccoli Bake** **V**

Pasta, Spaghetti, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread

Flapjack

**Sandwich Bar**  
**Thursday**

**Pasta Neapolitan** *Roasted Seasonal Vegetables in a Rich Tomato Sauce with Pasta and Topped with Cheese*

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

**New Potatoes, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Apple Crumble and Custard

**Sandwich Bar**  
**Tuesday**

**Cheese and Tomato Pizza** *Deep Crust Pizza base with Various Toppings to include Vegetarian Option* **V**

**Pasta Bake** *Seasonal Roasted Vegetable and Pasta in a Chef's Sauce* **V**

**Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Cookie Selection

**Sandwich Bar**  
**Friday**

**Jumbo Fish Finger** *White fillet of Fish coated in Golden Breadcrumbs*

**Cheese Flan** *Savoury Cheese filling in a Pastry Flan Case* **V**

**Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Vanilla Ice Cream

**Sandwich Bar**  
**Tuesday**

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

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

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

Fresh Fruit Salad or Melon

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

**Sandwich Bar**  
**Tuesday**

**Sausage Roll** *Farm Assured Pork Sausage Encased in Puff Pastry*

**Cheese and Potato Bake** *Creamed Potato and Cheese topped with Sliced Tomatoes* **V**

**Jacket Wedges, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

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

**Sandwich Bar**  
**Friday**

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

**Vegetable Nuggets** **V**

**Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Vanilla Ice Cream

**Sandwich Bar**  
**Wednesday**

**Toad in the Hole** *Farm Assured Sausage in a Yorkshire Pudding with Rich Tasty Gravy*

**Quorn in Yorkshire Pudding** **V**

**Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Jelly with a Swirl of Cream



**Sandwich Bar**  
**Wednesday**

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

**Quorn and Vegetable Parcel** *Seasonal Vegetables, Diced Quorn in a Puff Pastry Parcel* **V**

**Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Chocolate Sponge Cake

**Sandwich Bar**  
**Friday**

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

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

**Chips, Couscous, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Vanilla Ice Cream

**Sandwich Bar**  
**Wednesday**

**Roast Turkey, Sage and Onion Stuffing with Rich and Tasty Gravy** *Farm Assured Sliced Meat*

**Quorn Pieces in a Rich and Tasty Gravy** **V**

**Roast Potatoes, Creamed Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Bread**

Iced Sponge Cake



**Sandwich Bar**  
Available daily by pre order

**Collaboration**  
'Designed by the School Council in collaboration with Let's Dine.'

**FUN FOOD FACTS**  
Lemons float, but limes sink... and ripe cranberries bounce like rubber balls.

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

**FUN FOOD FACTS**  
Rhubarb grows so quickly that you can hear it.

**Courage**  
'Try new foods and flavours, don't be afraid.'