

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

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

Pork Sausage and Gravy *Farm Assured Pork Sausage with a Rich and Tasty Gravy*

Pasta Bake *Roasted Seasonal Vegetables and Pasta with Grated Cheese* V

Pasta, Garden Peas, Carrots, Seasonal Salad Selection, Homemade Bread Selection

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

Wednesday

Chicken Curry *Farm Assured Diced Chicken in a Chef's Korma Sauce or Katsu Sauce*

Pasta Neapolitan *Roasted Seasonal Vegetables, Mixed Beans and Pasta in a Rich Tomato Sauce* V

Boiled Rice, Sweetcorn, Mixed Vegetables, Homemade Bread Selection

Apple Flapjack

Monday

Sausage Roll *Sausage Meat encased in Puff Pastry*

Vegetable Sausage V

Diced Potato, Garden Peas, Baked Beans, Seasonal Salad Selection, Homemade Bread Selection

Chocolate and Vanilla Swirl Mousse or Strawberry and Vanilla Swirl Mousse

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 Selection

Chocolate Brownie

Monday

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

Quorn Nuggets *Quorn pieces coated in a Light Batter* V

Pasta, Sweetcorn, Green Beans, Seasonal Salad Selection, Homemade Bread Selection

Let's Dine Fresh from the Farm Ice Cream

Thursday

Pasta Day – Pasta Bake, Cheese Pasta Bake V, **Vegetable Pasta Bake** V

Mixed Vegetables, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Iced Sponge

Tuesday

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

Vegetarian Sausage, Free Range Scrambled Egg V

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

Chocolate Fudge Cake

Thursday

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

Cheese and Tomato Pizza *Deep Crust Base* V

Pasta Twists, Broccoli, Seasonal Vegetables, Seasonal Salad Selection, Homemade Bread Selection

Chocolate Sponge and Custard

Tuesday

Wrap Day *A floured wrap with a choice of filling of Ham and Salad, Chicken and Salad or Cheese and Salad* V

Pasta, Seasonal Vegetables, Sweetcorn, Seasonal Salad Selection, Homemade Bread Selection

Iced Sponge



eatwell

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

Tuesday

Mild Beef Chilli *Farm Assured Minced Beef in a Chef's Mild Chilli Sauce*

Pasta Neapolitan *Roasted Seasonal Vegetables, Mixed Beans and Pasta in a Rich Tomato Sauce* V

Boiled Rice or Jacket Potato, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread Selection

Homemade Biscuit Selection

Friday

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

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

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

Muffin Selection

Wednesday

Chicken Dunkers *Chicken Pieces coated in natural Breadcrumbs*

Quorn Dunkers *Quorn pieces in a Light Batter* V

Jacket Wedges, Sweetcorn, Carrots, Homemade Bread Selection

Rice Pudding with Jam or Shortbread Biscuit

Friday

Jumbo Fish Finger *White fillet of Fish coated in Golden Breadcrumbs or Battered Fillet of Fish* *White Fillet coated in a light batter* or **Salmon Fish Cake**

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

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

Muffin Selection

Wednesday

Traditional Roast of the Day *Farm Assured Sliced Meat*

Roasted Vegetable Tart *Roasted Vegetables in a Short Crust Pastry Flan* V

Roast Potatoes, Creamed Potato, Carrots, Broccoli, Homemade Bread Selection

Fruit Jelly with a Swirl of Cream or Golden Shortbread



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.

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.

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