

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 1	25 SEPT	WK 1
5 FEB	WK 2	2 OCT	WK 2
12 FEB - HALF TERM		9 OCT	WK 3
19 FEB	WK 1	16 OCT	WK 1
26 FEB	WK 2	23 OCT	WK 2
4 MAR	WK 3	30 OCT - HALF TERM	
11 MAR	WK 1	6 NOV	WK 1
18 MAR	WK 2	13 NOV	WK 2
		20 NOV	WK 3
		27 NOV	WK 1
		4 DEC	WK 2
		11 DEC	WK 3
		18 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
- 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

# 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.

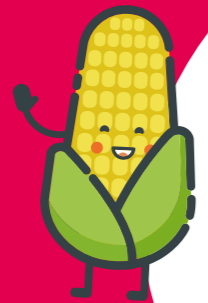
**Cheese** - produced in Nantwich, Cheshire.

**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.



# Let's Dine

## PRIMARY SCHOOL MENU

April 2023 TO March 2024

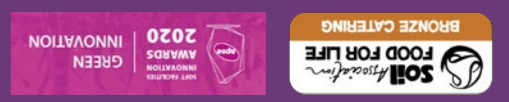


- We Oven Bake in preference to Frying.
- We only use fresh Milk in our recipes.
- We offer a Vegetarian option as standard and a Vegan option where possible. We endeavour to cater for special dietary requirements, medical or cultural.
- All of our suppliers ensure full traceability of our Food.
- Some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



# OUR MENUS

- All our meals are freshly prepared in our kitchens daily and comply with the Government Food Standards.
- We provide a choice of Vegetables, Salad and Fresh Fruit daily.
- 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.
- Our recipes are low in Sugar and Fat, supporting the national obesity strategy.
- We recycle our Rapeseed Oil. It is cleaned, filtered and processed into biofuel for use as vehicle fuel or for power and energy generation.



V Vegetarian  
 Ve Vegan  
 H Halal

# WEEK 1

# WEEK 2

# WEEK 3

**Monday**

**Pasta Bar** *a selection of Sauces to include Spicy Chicken, Herby Tomato Sauce V, Creamy Cheese Sauce V, Baked Beans V, Grated Cheese V*

Pasta, Seasonal Vegetables to include Mixed Farmhouse Vegetables, Seasonal Salad Selection, Garlic Bread Slice, Homemade Bread

Iced Chocolate Cake

**Wednesday**

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

**Cheese, Leek and Potato Pie** *Creamed Potato, Cheese and Leek in a Short Crust Pastry Flan V*

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

Shortbread Selection

**Monday**

**Pizza Bar – Cheese and Tomato Pizza** *Selection of Topped Pizzas with a Deep Crust Base V*

**Jacket Potato** *Served with Baked Beans and topped with Grated Cheese V*

Diced Potato, Sweetcorn, Garden Peas, Seasonal Salad Selection, Homemade Bread,

Flapjacks

**Thursday**

**Hot Dogs - Farm Assured Pork Sausage** *served in a Soft Bread Roll*

**Vegetarian Hot Dog** *Vegetarian Sausage served in a Soft Bread Roll V*

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

Iced Sponge

**Monday**

**Gluten Free Pork Meatballs** *Pork Meatballs served with a Rich Tomato Sauce*

**Vegetarian Balls in a Rich Tomato Sauce V**

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

Selection of Cupcakes

**Thursday**

**Chicken Dunkers** *Chicken pieces coated in a Light Batter*

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

**Herby Diced Potatoes, Garden Peas, Sweetcorn, Seasonal Salad Selection, Homemade Bread**

Crispy Cornflake Cakes

**Tuesday**

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

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

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

Jelly with a Swirl of Cream

**Thursday**

**Homemade Beef Burger** *Farm Assured Minced Beef Burger served in a Soft Roll with Tomato Sauce*

**Vegetarian Burger** *Served in a Soft Bread Roll with Tomato Sauce V*

**Potato Waffles, Seasonal Vegetable Selection, Seasonal Salad Selection, Homemade Bread**

Shortbread Selection

**Tuesday**

**Chicken Korma** *Tender pieces of Farm Assured Chicken in a Chef's Curry Sauce*

**Chickpeas, Spinach, Lentil and Cauliflower Curry** *Vegetables, Chickpeas and Lentils in a Chef's Curry Sauce V*

Boiled Rice, Green Beans, Cauliflower, Seasonal Salad Selection, Homemade Bread

Swiss Crumble and Custard



**eatwell**

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

**Tuesday**

**Sausage Roll** *Pork Sausage Meat encased in Puff Pastry*

**Vegetarian Sausage** *Vegetarian Sausage encased in Puff Pastry V*

**Potato Waffles, Sweetcorn, Green Beans, Seasonal Salad Selection, Homemade Bread**

Jelly with a Swirl of Cream

**Friday**

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

**Roasted Vegetable Pasta Bake** *Roasted Vegetables and Pasta Twists in a Rich Tomato Sauce and topped with Cheese*

**Chips, Couscous, Baked Beans, MUSHY Peas, Seasonal Salad Selection, Homemade Bread**

Let's Dine Fresh from the Farm Ice Cream



**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.

**Friday**

**Battered Fillet of Fish** *White Fillet coated in a Light Batter or Jumbo Fish Finger* *Fillet of Fish coated in a Crispy Breadcrumbs*

**Roasted Vegetable Pasta Bake** *Roasted Vegetables and Pasta Twists in a Rich Tomato Sauce and topped with Cheese V*

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

Let's Dine Fresh from the Farm Ice Cream

**Wednesday**

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

**Roasted Vegetable Pasta Bake V**

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

Oat Cookies

**Friday**

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

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

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

Strawberry and Vanilla Swirl Mousse or Chocolate and Vanilla Swirl Mousse


**Wednesday**

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

**Cheese, Leek and Potato Pie** *Creamed Potato, Cheese and Leek in a Short Crust Pastry Flan V*

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

Iced Sponge



**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.