

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

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!

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-out' - 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.

Download your copy at [www.telford.gov.uk/schoolmeals](http://www.telford.gov.uk/schoolmeals)



- 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

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

Let's Dine

# LIGHTMOOR PRIMARY SCHOOL MENU

April 2023 to March 2024



V Vegetarian  
 Ve Vegan  
 H Halal

# Week 1 Week 2 Week 3

## Monday

**Homemade Pizza** *Cheese Topped Pizza with a Thin and Crispy Base with a choice of toppings*

**Vegetable Parcels** *Roast Vegetables and Mixed Beans encased in Puff Pastry* V

**Pasta Twists, Sweetcorn, Peas, Seasonal Salad, Homemade Bread Selection**

Let's Dine Fresh from the Farm Ice Cream

## Tuesday

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

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

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

Homemade Biscuit Selection

## Wednesday

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

**Oven Roasted Vegetables in a Yorkshire Pudding** *Seasonal Roasted Vegetables and Mixed Beans Served in a Yorkshire Pudding* V

**Creamed Potato, Cauliflower, Carrots, Green Beans, Homemade Bread Selection**

Fruit Jelly with a Swirl of Cream

## Thursday

**Chicken Pasta Bake** *Chicken and Pasta Twists in a Tasty Tomato or Creamy White Sauce*

**Quorn Curry** *Diced Quorn Pieces with Seasonal Vegetables in a Chef's Mild Curry Sauce and Naan* V

**Vegetable Rice, Sweetcorn, Broccoli, Seasonal Salad, Homemade Garlic Bread**

Homemade Marble Sponge and Custard

## Friday

**Fish Finger** *Fillet of Fish Coated in Crispy Breadcrumbs*

**Vegetable Fingers or Fishless Fingers** V

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

Chocolate Mousse or Strawberry Mousse

## Monday

**Gluten Free Meatballs** *Pork Meatballs served in a Rich Tomato Sauce or Gravy*

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

**Spaghetti, Broccoli, Sweetcorn, Seasonal Salad, Homemade Bread Selection**

Homemade Biscuit Selection

## Tuesday

**Homemade Pizza** *on a Thin Crust Base with a choice of toppings*

**Homemade Cheese and Onion Pie** *Shortcrust Pastry Case with Creamed Potato, Onion and Grated Cheese filling* V

**Herby Diced Potatoes, Farm House Mixed Vegetables, Big Seasonal Salad, Homemade Bread Selection**

Homemade Fruity Flapjack

## Wednesday

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

**Oven Roasted Vegetables and Quorn in a Yorkshire Pudding** *Seasonal Roasted Vegetables and Mincing Quorn served in a Yorkshire Pudding* V

**Roast Potatoes, Creamed Potato, Carrots, Cabbage, Cauliflower**

Homemade Fruit Cheesecake

## Thursday

**Build a Burger**

**Beef Burger** *Homemade Beef Burger served in a Soft White Roll*

**Veggie Burger** *Homemade Meatless Burger served in a Soft White Roll* V

**Potato Wedges, Garden Peas, Sweetcorn, Onions, Big Seasonal Salad, Soft Bap**

Homemade Chocolate and Banana Muffin and Custard



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

## Friday

**Battered Fish** *Fillet of Fish Coated in a Light Crispy Batter or Fish Cake Salmon Fishcake in Breadcrumbs*

**Cauliflower and Broccoli Bake** *Cauliflower and Broccoli florets in a Creamy Mature Cheese Sauce* V

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

Let's Dine Fresh from the Farm Ice Cream

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

## Monday

**Pork Sausages** *Farm Assured Pork Sausage served with Rich and Tasty Gravy*

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

**Creamed Potato, Mixed Vegetables, Sweetcorn, Seasonal Salad, Homemade Bread Selection**

Homemade Fruity Flapjack

## Tuesday

**Beef Bolognese Bake** *Farm Assured Mincing Beef in a Rich and Tasty Tomato Sauce and Pasta Twists*

**Vegetarian Lasagne** V

**Herby Diced Potatoes, Carrots, Garden Peas, Seasonal Salad, Homemade Garlic Bread**

Homemade Chocolate and Cherry Cookie

## Wednesday

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

**Vegetarian Toad in the Hole** *Quorn Sausage in Yorkshire Pudding* V

**Roast Potatoes, Creamed Potato, Broccoli, Carrots, Green Beans, Homemade Bread Selection**

Let's Dine Fresh from the Farm Ice Cream

## Thursday

**Chicken Dunkers** *Chicken coated in Tasty Breadcrumbs with BBQ, Sweet Chili or Tomato Sauce*

**Quorn Dunkers** *with Sweet Chili or Tomato Sauce* V

**Pasta Twists or Savoury Rice, Cauliflower, Garden Peas, Seasonal Salad, Homemade Bread Selection**

Homemade Fruit Jam and Coconut Sponge with Custard

## Friday

**Battered Fillet of Fish** *Fillet of Fish Coated in a Light Crispy Batter*

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

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

Homemade Chocolate Crunch



**Sandwich Bar**  
 Available daily by pre order

