

# 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.

# 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. (This is currently being reviewed by department for education as this may be extended, but no decision has yet been made).

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 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

### Menu calendar

Summer Term 2025		Autumn Term 2025		Spring Term 2026	
28 APR	WK 1	1 SEPT	WK 1	5 JAN	WK 1
5 MAY	WK 2	8 SEPT	WK 2	12 JAN	WK 2
12 MAY	WK 3	15 SEPT	WK 3	19 JAN	WK 3
19 MAY	WK 1	22 SEPT	WK 1	26 JAN	WK 1
26 MAY - HALF TERM		29 SEPT	WK 2	2 FEB	WK 2
2 JUN	WK 3	6 OCT	WK 3	9 FEB	WK 3
9 JUN	WK 1	13 OCT	WK 1	16 FEB - HALF TERM	
16 JUN	WK 2	20 OCT	WK 2	23 FEB	WK 2
23 JUN	WK 3	27 OCT - HALF TERM		2 MAR	WK 3
30 JUN	WK 1	3 NOV	WK 1	9 MAR	WK 1
7 JUL	WK 2	10 NOV	WK 2	16 MAR	WK 2
14 JUL	WK 3	17 NOV	WK 3	23 MAR	WK 3
15 DEC	WK 1	24 NOV	WK 1		
1 DEC	WK 2				
8 DEC	WK 3				
15 DEC	WK 1				

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



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

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

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

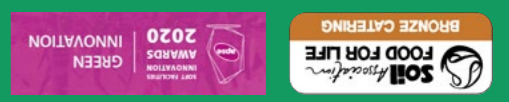
# Let's Dine

## LIGHTMOOR PRIMARY SCHOOL MENU

April 2025 to March 2026



- 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

**Pizza Bar** – Cheese and Tomato Pizzas with a choice of toppings including **Pineapple V**, **Sweetcorn V**, **Mixed Peppers V**, **Gherkins V**

**Pasta Twists or Jacket Wedges**, Sweetcorn, Garden Peas, Seasonal Salad Selection, Bread

Biscuit Selection

## Tuesday

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

**Vegetarian Sausage** served with a Rich and Tasty Gravy V

**Creamed Potato, Carrots, Broccoli**, Seasonal Salad Selection, Bread

Fruit Jelly

## Wednesday

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

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

**Roast Potatoes, New Potatoes, Cauliflower, Carrots, Green Beans**, Seasonal Salad Selection, Bread

Vanilla Ice Cream

## Thursday

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

**Quorn Curry** Diced Quorn pieces served in a Chef's Tikka or Korma Sauce V

**Boiled Rice, Sweetcorn, Broccoli**, Seasonal Salad Selection, Bread, Naan Bread Finger

Iced Sponge Cake and Custard

## Friday

**Jumbo Fish Finger** White fillet of fish coated in breadcrumbs

**Vegetable Fingers or Fishless Fingers** V

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

Flapjack

## Monday

**Meatball Monday!** – Gluten Free Pork Meatballs served with a Rich Tomato Sauce or Gravy

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

**Pasta Twists, Sweetcorn, Broccoli**, Seasonal Salad Selection, Bread

Golden Shortbread

## Tuesday

**Pizza Bar** – Cheese and Tomato Pizzas with a choice of toppings including **Pineapple V**, **Sweetcorn V**, **Mixed Peppers V**, **Gherkins V**

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

Fruit Muffin

## Wednesday

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

**Vegetarian Toad in the Hole** Quorn Sausage with a Yorkshire Pudding served with Rich and Tasty Gravy V

**Roast Potatoes, Creamed Potato, Cauliflower, Carrots, Green Beans**, Seasonal Salad Selection, Bread

Vanilla Ice Cream

## Thursday

**Build your own Beef Burger** – Farm Assured Minced Beef Burger served in a Soft Burger Bap

**Vegetarian Burger** served in a Soft Burger Bap V

**Potato Wedges, Sweetcorn, Garden Peas, Seasonal Salad Selection**, Bread

Sponge Cake and Custard

## Friday

**Battered Fish** White fillet of fish coated in a light batter or Fishcake

**Oven Roasted Vegetables and Mixed Bean Parcels** Seasonal Roasted Vegetables and Mixed Beans in a Pastry Parcel V

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

Chocolate Brownie

## Monday

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

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

**Smiley Faces, Baked Beans, Plum Tomatoes, Seasonal Salad Selection**, Bread

Biscuit Selection

## Tuesday

**Taco Tuesday** – Mild Beef Chili served in a Crispy Taco Shell or a Soft Tortilla Wrap

**Roasted Vegetable Wraps** Oven Roasted Vegetables and Mixed Beans served in a Crispy Taco Shell or a Soft Tortilla Wrap V

**Boiled Rice, Garden Peas, Sweetcorn, Seasonal Salad Selection**, Bread

Chocolate Cake with Custard

## Wednesday

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

**Quorn Roast** Vegan fillet slices served with Rich and Tasty Gravy V

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

Angel Delight Dessert

## Thursday

**Chicken Dunkers** Farm Assured Chicken coated in Natural Breadcrumbs served with a choice of **BBQ, Sweet Chili or Tomato Sauce**

**Quorn Dunkers** served with a choice of **BBQ, Sweet Chili or Tomato Sauce** V

**Pasta Twists, Cauliflower, Garden Peas, Seasonal Salad Selection**, Bread

Fruit Jelly

## Friday

**Battered Fish** White fillet of fish coated in a light batter

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

**Chips, Couscous, Garden Peas, Sweetcorn, Seasonal Salad Selection**, Bread

Arctic Roll

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

**Sandwich Bar**  
Available daily by pre order

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

