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.

eatwell

Soil Association FOOD FOR LIFE BRONZE CATERING

SOFT FACILITIES INNOVATION AWARDS 2020 GREEN INNOVATION

Download your copy at
www.telford.gov.uk/schoolmeals

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 until the end of the school year 2025/26, which is known as Transitional Protection. From the start of the 2026/27 this Transitional Protection is ending, and parents will need revert to the following eligibility criteria regardless of whether they were previously protected.

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
- Universal Credit – your household income must be less that £7,400 a year (after tax and not including any benefits you get) until end of 2025/26 school year, when the criteria will be extended to all children from households in receipt of Universal Credit from the start of 2026/27 regardless of income levels.

All information correct at the time of going to print.

Menu calendar

Summer Term 2026	
13 APR	WK 1
20 APR	WK 2
27 APR	WK 3
4 MAY	WK 1
11 MAY	WK 2
18 MAY	WK 3
25 MAY - HALF TERM	
1 JUN	WK 2
8 JUN	WK 3
15 JUN	WK 1
22 JUN	WK 2
29 JUN	WK 3
6 JUL	WK 1
13 JUL	WK 2

Autumn Term 2026	
1 SEPT	WK 1
7 SEPT	WK 2
14 SEPT	WK 3
21 SEPT	WK 1
28 SEPT	WK 2
5 OCT	WK 3
12 OCT	WK 1
19 OCT	WK 2
26 OCT - HALF TERM	
2 NOV	WK 1
9 NOV	WK 2
16 NOV	WK 3
23 NOV	WK 1
30 NOV	WK 2
7 DEC	WK 3
14 DEC	WK 1

Spring Term 2027	
4 JAN	WK 1
11 JAN	WK 2
18 JAN	WK 3
25 JAN	WK 1
1 FEB	WK 2
8 FEB	WK 3
15 FEB - HALF TERM	
22 FEB	WK 2
1 MAR	WK 3
8 MAR	WK 1
15 MAR	WK 2
22 MAR	WK 3

www.telford.gov.uk/freeschoolmeals

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**

Quorn · Fairtrade Foundation · Hellmanns · Unilever Food Solutions · Rainforest Alliance · Wenlock Spring · Young's · Fish for Responsibly Life · Village Dairy Llaeth y Llan · Kronos · Assured Food Standards · Clun Farm Eggs · British and local Free Range Eggs · Good Egg Award

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

Let's Dine

PRIMARY SCHOOL MENU

LICHTMOOR

April 2026 to March 2027

READY RESPECTFUL SAFE

V Vegetarian
Ve Vegan
H Halal

Week 1

Monday

Pizza Bar – Cheese and Tomato Pizza V *with a selection of toppings including* **Chicken, Sliced Peppers V, Pineapple V, Mushrooms V, Sliced Onions V, Sweetcorn V, Gerkins V**

Pasta Twists, Garden Peas, Baked Beans, Seasonal Salad, Mixed Beans, Wholemeal Bread and White Bread

Fresh Fruit Salad, Cheese and Crackers

Early Years options: Fresh Fruit Salad or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Tuesday

Jacket Potato Bar *served with a choice of toppings including* **Mild Beef Chilli, Beans V, Cheese V, Tuna Mayo**

Pasta Neapolitan *Pasta Twists in Chefs Tomato Sauce* V

Jacket Potato, Green Beans, Sweetcorn, Seasonal Salad, Wholemeal Bread and White Bread

Banana Muffin

Early Years options: Banana Muffin or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Wednesday

Toad in the Hole *Farm assured Pork Sausage served in a Yorkshire pudding served with Rich and Tasty Gravy*

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

Creamed Potato, Carrots, Cauliflower, Seasonal Salad, Wholemeal Bread and White Bread

Ice Cream, Cheese and Crackers

Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Thursday

Chicken Curry *Farm Assured Diced Chicken pieces served in either Korma or Tikka Sauce*

Vegetable Curry *Roasted Vegetables and Lentils served in either Korma or Tikka Sauce* V

Boiled Rice, Broccoli, Green Beans, Seasonal Salad, Wholemeal Bread and White Bread, Naan Bread

Fruit Topped Cheesecake

Early Years options: Peach and Yoghurt Cake or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Friday

Fish Finger *Fillet of Fish coated in crispy Breadcrumbs* **or Battered Fish** *Fillet of Fish coated in crispy Breadcrumbs*

Cheese Puffs *Grated Cheddar Cheese and Creamed Potato in a Puff Pastry case* V

Chips, Sweetcorn, Garden Peas, Mushy Peas, Seasonal Salad, Wholemeal Bread and White Bread

Biscuit Selection, Cheese and Crackers

Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Week 2

Monday

Chicken Pasta Bake *Farm Assured Diced Chicken in a Creamy White Sauce with Pasta Twists*

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

Pasta Twists, Sweetcorn, Peas, Seasonal Salad, Wholemeal Bread and White Bread, Garlic Bread

FlapJack, Cheese and Crackers

Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Tuesday

Build your own Beef Burger *Beef Burger served in a Soft Burger Bun*

Quorn Burger *served in a Soft Burger Bun*

Potato wedges, Peas, Sweetcorn, Seasonal Salad, Wholemeal Bread and White Bread, Soft Burger Bun

Biscuit Selection, Yogurt

Early Years options: Apple Muffin or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Wednesday

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

Oven Roasted Vegetables in a Yorkshire Pudding *Seasonal Roasted Vegetables and Mixed Beans served with Rich and Tasty Gravy* V

Roast Potatoes, Creamed Potato, Cauliflower, Carrots, Seasonal Salad, Wholemeal Bread and White Bread

Ice Cream, Cheese and Crackers

Early Years options: Fresh Fruit Salad or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Fresh Fruit available daily. All items subject to availability.

Thursday

Handmade Meatballs *Farm Assured Pork Meatballs served with and Tasty Gravy or Chef's Rich Tomato Sauce*

Tomato Pasta Bake *Seasonal Vegetables, Lentils and Pasta Twists in a Chefs Tomato Sauce topped with Cheese* V

Spaghetti, Sweetcorn, Broccoli, Seasonal Salad, Wholemeal Bread and White Bread

Fruit Sponge and Custard, Yogurt

Early Years options: Fruit Cake and Custard or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

eatwell

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 crispy Breadcrumbs* **or Salmon Star Fish** *MSC Salmon and Creamed Potato seasoned with a Crispy Crumb*

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

Chips, Couscous, Peas, Beans, Seasonal Salad, Wholemeal Bread and White Bread

Chocolate Brownie, Cheese and Crackers

Early Years options: Red Velvet Muffin or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Week 3

Monday

Big Breakfast *Farm Assured Pork Sausage Pattie, Free Range Scrambled Egg, Baked Beans*

Quorn Sausage, Free Range Scrambled Egg V

Smiley Faces, Mushrooms, Plum Tomatoes, Seasonal Salad Selection, Wholemeal Bread and White Bread

Ice Cream, Cheese and Crackers

Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Tuesday

Taco Tuesday – Mild Beef Chilli or Spicy Chicken *served in a Crispy Taco Shell*

Roasted Vegetable Wraps *Roasted Vegetable and Mixed Beans served in a Soft Tortilla Wrap* V

Boiled Rice, Green Beans, Sweetcorn, Seasonal Salad Selection, Wholemeal Bread and White Bread

Fruit Cake and Custard, Fruit Yoghurt

Early Years options: Fruit Cake and Custard or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Wednesday

Gammon and Pineapple *Farm Assured Gammon Slice served with Pineapple and a Rich and Tasty Gravy*

Mixed Bean Hotpot *Roasted Vegetable and Mixed Beans served with Rich and Tasty Gravy Topped with Potato* V

Roast Potatoes, Carrots, Broccoli, Seasonal Salad Selection, Wholemeal Bread and White Bread

Cheese and Crackers, Biscuit Selection

Early Years options: Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Thursday

Handmade Chicken Goujons *Farm Diced Chicken Strips coated in Natural Breadcrumbs served with either BBQ or Tomato Sauce*

Sweet Potato, Mixed Beans and Roasted Pepper Bake V

Pasta Twists, Green Beans, Cauliflower, Seasonal Salad Selection, Wholemeal Bread and White Bread

Carrot Cake Muffin, Fruit Yoghurt

Early Years options: Carrot Cake Muffin or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Friday

Fish Finger *Fillet of Fish coated in Crispy Breadcrumbs* **or Battered Fish** *Fillet of Fish coated in crispy Breadcrumbs*

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

Chips, Couscous, Sweetcorn, Garden Peas, Mushy Peas, Seasonal Salad Selection, Wholemeal Bread and White Bread

Flapjack Selection, Cheese and Crackers

Early Years options: Fresh Fruit Salad or Fresh Fruit or Cheese and Crackers or Yoghurt and Fruit

Sandwich Bar

Available daily by pre order

LIGHTMOOR VILLAGE PRIMARY SCHOOL GROWING TOGETHER