

Spring Term 2025		Autumn Term 2024	
8 APR	WK 1	8 APR	WK 1
15 APR	WK 2	9 SEPT	WK 2
22 APR	WK 3	16 SEPT	WK 3
29 APR	WK 1	23 SEPT	WK 1
6 MAY	WK 2	30 SEPT	WK 2
13 MAY	WK 3	7 OCT	WK 3
20 MAY	WK 1	14 OCT	WK 1
27 MAY - HALF TERM		21 OCT	WK 2
3 JUN	WK 3	28 OCT - HALF TERM	
10 JUN	WK 1	4 NOV	WK 1
17 JUN	WK 2	11 NOV	WK 2
24 JUN	WK 3	18 NOV	WK 3
1 JUL	WK 1	25 NOV	WK 1
8 JUL	WK 2	2 DEC	WK 2
15 JUL	WK 3	9 DEC	WK 3
16 DEC		WK 1	
17 APR		WK 2	
24 MAR		WK 3	
31 MAR		WK 1	
7 APR		WK 2	

Menu calendar

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.

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



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 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 than £7,400 a year (after tax and not including any benefits you get)
- All information correct at the time of going to print



Download your copy at
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.
- 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.

Let's Dine

LIGHTMOOR PRIMARY SCHOOL MENU

April 2024 to March 2025



V Vegetarian
 Ve Vegan
 H Halal

Week 1



Week 2



Week 3

Monday

Pizza Bar – Cheese Topped Pizza with a Choice of Toppings on Thin and Crispy Base **Ham, Pineapple V, Sweetcorn V, Mushrooms V, Mixed Peppers V**

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

Vanilla Ice Cream

Tuesday

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

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

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

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**

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

Fruit Flapjack

Thursday

Fusion Thursday – Chicken served with Sweet and Sour or Chinese Curry Sauce (sauces served separately)

Fusion Thursday – Quorn Pieces served with Sweet and Sour or Chinese Curry Sauce (sauces served separately) **V**

Vegetable Rice, Sweetcorn, Broccoli, Seasonal Salad Selection, Bread Selection or Pitta Bread

Marble Sponge and Custard

Friday

Fish Finger Fillet of Fish Coated in a Crispy Breadcrumb

Vegetable Nuggets or Fishless Fingers **V**

Chips, Peas, Seasonal Salad Selection, Bread

Angel Delight choose from Strawberry, Chocolate or Banana

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**

Spaghetti, Broccoli, Sweetcorn, Seasonal Salad, Bread Selection

School Cake (Iced and Sprinkles) and Custard

Tuesday

Pizza Bar – Cheese Topped Pizza with a Choice of Toppings on Thin and Crispy Base **Ham, Pineapple V, Sweetcorn V, Mushrooms V, Mixed Peppers V**

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

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 Minced Quorn Served in a Yorkshire Pudding **V**

Roast Potatoes, Creamed Potato, Carrots, Cauliflower, Bread Selection

Vanilla Ice Cream

Thursday

Build your own Beef Burger – Beef Burger served in a Soft Burger Bap

Veggi Burger Meatless Burger served in a Soft Burger Bap **V**

Jacket Potato Wedges, Garden Peas, Sweetcorn, Onions, Seasonal Big Salad, Soft Bap, Bread Selection

Chocolate Crunch

Friday

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

Cheesy Cauliflower Bake Cauliflower in a Creamy Mature Cheese Sauce **V**

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

Fruit Muffin Selection

Monday

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

Vegetarian Sausage Vegetarian Meatless Sausage **V**

Creamed Potato, Farmhouse Vegetables, Sweetcorn, Seasonal Salad Selection, Bread Selection

Biscuit Selection

Tuesday

Beef Bolognese Farm Assured Minced Beef in a Rich and Tasty Tomato Sauce

Vegetarian Lasagne

Spaghetti, Carrots, Garden Peas, Seasonal Salad Selection, Garlic Bread, Bread Selection

Chocolate Fudge Cake

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, Seasonal Salad Selection, Bread Selection

Fruit topped Cheesecake

Thursday

Handmade Chicken Dunkers Farm Assured Chicken coated in tasty Breadcrumbs served with **BBQ, Sweet Chilli or Tomato Sauce**

Quorn Dunkers served with **BBQ, Sweet Chilli or Tomato Sauce V**

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

Jelly with a Swirl of Cream

Friday

Fish Fillet of Fish Coated in a Light Crispy Batter

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

Chips, Baked Beans, Peas, Seasonal Salad Selection, Bread Selection,

Vanilla Ice Cream

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.

