Let's Dine Primary School Menu

CAPTAIN WEBB Primary School

April 2026 to March 2027

Telford & Wrekin Co-operative Council

Protect, care and invest to create a better borough

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

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

SOIL ASSOCIATION INNOVATION AWARDS 2020 GREEN INNOVATION

Wallace & Gromit's Children's Charity

Our Wallace and Gromit pasta meals raise funds to improve the quality of life of sick children in hospitals and hospices throughout the country.

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 Bidvid 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 · Unilever Food Solutions · Rainforest Alliance · Hellmanns · Wenlock Spring · Hounds · Fish for life · Marine Stewardship Council · Village Dairy Llaeth y Llan · Knorr · Assured Food Standards · Clun Farm Eggs · British and local free Range Eggs

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

V Vegetarian
Ve Vegan
H Halal

LEARN ENCOURAGE ACHIEVE RESPECT NURTURE

Week 1

Monday

Cheese and Tomato Pizza *with a selection of toppings* **Ham, Peppers V, Pineapple V, Mushrooms V, Sliced Onions V**

Jacket Wedges, Carrots, Garden Peas, Big Salad Bar – Pasta Salad, Coleslaw, Tomatoes, Cucumber, Sweetcorn and Mixed Pepper, White and Wholemeal Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Tuesday

Taco Tuesday – *Taco Shell filled with choice of hot and cold fillings* **V, Mild Chilli** *Spicy Mixed Beans in Tomato Sauce* **V, Diced Quorn in a BBQ Sauce V, Cheese and Beans V**

Savoury Rice, Sweetcorn, Mixed Beans in Tomato Sauce, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Homemade Soup of the Day – Tomato

Wednesday

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

Savoury Muffin *A Light and Fluffy Muffin with Vegetables and a hint of Herbs* **V**

Roast Potatoes, Creamed Potatoes, Broccoli, Carrots, Cauliflower, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Cheese and Crackers or Fruit or Yoghurt or Fresh Fruit

Thursday

Chicken Goujons *Farm Assured Chicken Strips coated in Golden Breadcrumbs* **served with a Chefs Tomato Sauce or BBQ Sauce**

Shepherdess Pie *A Rich and Savoury base of Lentils, Carrots, Onions and Tomatoes in a Herb Gravy with a layer of Creamy Potato* **V**

Pasta Twists, Sweetcorn, Green Beans, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Hummus with Carrot and Cucumber sticks

Friday

Captain Webb Chip Shop Friday

Battered Fish White *Fish Fillet coated in a Tempura Batter*

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

Chips, Baked Beans, Garden Peas, Help yourself to a selection of salad items from our Salad Bar, White and Wholemea Bread

Cheese and Crackers orFruit Yoghurt or Fresh Fruit

Week 2

Monday

Pork Meatballs *Gluten Free Pork Meat Balls served with a Chef's Tomato Sauce*

Quorn Balls V

Pasta Twists or Wholegrain Rice, Green Beans, Cauliflower, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Tuesday

Cheese and Tomato Pizza V *with a selection of toppings including* **Ham, Peppers V, Pineapple V, Mushrooms V, Sliced Onions V**

Jacket Wedges, Big Salad Bar – Pasta Salad, Coleslaw, Tomatoes, Cucumber, Sweetcorn and Mixed Pepper, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Homemade Soup of the Day *Leek and Potato*

Wednesday

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

Frittata *A selection of fresh Vegetables and Potatoes baked in a Savoury Egg Custard* **V**

Roast Potatoes, Creamed Potatoes, Broccoli, Cabbage, Cauliflower, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Thursday

Cottage Pie *Minced Beef in a Tasty Gravy topped with Creamed Potato*

Tomato and Mixed Beans Pasta Bake *Seasonal Vegetables, Mixed Beans and Pasta in a Chef's Tomato Sauce* **V**

Carrots, Garden Peas, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Hummus with Carrot and Cucumber sticks

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Friday

Captain Webb Chip Shop Friday

Salmon Fish Star *MSC Salmon and Mashed Potato seasoned within a Crispy Crumb*

Vegetarian Curry *Vegetables and Lentils in a Chefs Curry Sauce* **V**

Chips, Boiled Rice, Baked Beans, Sweetcorn, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Sandwich Option
Packed lunch available

Week 3

Monday

Wrap Day – Soft Tortilla Wrap *with a selection of fillings including* **BBQ Chicken, Beef Bolognaise, Tuna Mayonnaise V**

Jacket Potato *with a selection of fillings* **Tuna Mayonnaise, Cheese and Beans V, Mixed Bean Bolognaise V**

Jacket Wedges, Sweetcorn, Garden Peas, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Tuesday

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

Quorn Sausage, Free Range Scrambled Egg V

Potato Smiles, Baked Beans, Tomatoes, Mushrooms, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Homemade Soup of the Day – Spicy Carrot and Lentil

Wednesday

Gammon and Pineapple *served with Rich and Tasty Gravy* **or Turkey**

Vegetable Croquettes *Vegetables, Rice, Potato and Cheese shaped and coated in Breadcrumbs* **V**

New Potatoes, Broccoli, Cauliflower, Fresh Baton Carrots, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

Thursday

Chicken Curry *Farm Assured Diced Chicken in a Chef's Curry Sauce*

Stir Fried Vegetables *Selection of mixed Vegetables and Quorn, stir fried in Five Spice, Soy Sauce, Ginger and Garlic* **V**

Boiled Rice, Carrots, Green Beans, Help yourself to a selection of salad items from our Salad Bar, Naan Bread

Tzatziki with Carrot and Cucumber sticks and sliced Peppers

Friday

Captain Webb Chip Shop Friday

Fish Finger *White Fish Fillet coated in Golden Breadcrumbs*

Cheese and Potato Pie *Creamed Potato and Cheese in a Shortcrust Pastry Case* **V**

Chips, Couscous, Sweetcorn, Mixed Beans in Rich Tomato Sauce, Help yourself to a selection of salad items from our Salad Bar, White and Wholemeal Bread

Cheese and Crackers or Fruit Yoghurt or Fresh Fruit

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Fresh Fruit available daily. All items subject to availability.

Captain Webb