

# What's on the menu



Find out more about  
Food for Life at  
<https://www.foodforlife.org.uk/>

## Week One

Large slice margherita pizza (v)  
Vegetable ravioli with crusty bread (v)  
Filled jacket potato with salad  
Seasonal vegetables and salad  
Fresh fruit platter

Baked pork sausages with gravy  
Quorn sausages with gravy (v)  
Cheese omelette roll (v)  
Oven baked potato rosti  
Seasonal vegetables and salad  
Oat cookie and orange segment

Roast chicken in gravy  
Quorn fillet in gravy (v)  
Creamy one pot chickpea  
tomato pasta (v)  
Roast potatoes  
Seasonal vegetables and salad  
Iced sponge

Traditional beef hot pot  
Open cheese and potato pie (v)  
Filled jacket potato and salad  
Seasonal vegetables  
Jammy dodger

**MSC** Golden fish fingers  
Baked fishless fingers (v)  
Vegetable samosa pie (v)  
Chipped potatoes or rice  
Baked beans and salad  
Chocolate mousse

## Week Two

Sweetcorn and pepper pizza (v)  
Quorn sausages with gravy (v)  
Filled jacket potato  
Oven baked jacket wedges  
Baked beans and salad  
Fresh fruit platter

Meat pie  
Vegimince pie (v)  
Meatballs in a rich tomato  
sauce served with pasta (v)  
Crushed baby potatoes  
Seasonal vegetables and salad  
Peach sponge and custard

Mild chicken curry, rice, naan bread  
Crustless quiche (v) with oven  
baked rosti, seasonal vegetables  
Filled jacket potato with salad  
Seasonal vegetables and salad  
Decorated jelly

Beef burger in gravy  
Oven baked chicken tomato pasta  
Vegetarian sausage roll & gravy (v)  
Crushed baby potatoes  
Seasonal vegetables and salad  
Blueberry muffin

**MSC** Battered fish fillet  
Chicken and sweetcorn wrap (v)  
Filled jacket potato with salad  
Chipped potatoes  
Baked beans and salad  
Ginger biscuit and orange segment

## Week Three

Cheese whirl (v), baked potato  
and baked beans  
Tomato pasta (v) and salad  
Filled jacket potato and salad  
Fresh fruit platter

Pasta bolognese and salad  
Vegetarian pasta bolognese (v)  
and salad  
Sausage roll, chips and seasonal  
vegetables  
Shortbread with orange

Pork or vegetarian meatballs (v)  
in gravy, rice and seasonal  
vegetables  
Large slice margherita pizza (v)  
with coleslaw and salad  
Chocolate cookie

Butter chicken, rice, naan bread  
Cheese omelette roll (v), oven  
baked potato rosti and seasonal  
vegetables  
Filled jacket potato with salad  
Chocolate sponge and  
chocolate sauce

**MSC** Bubble crumb salmon or  
**MSC** Golden fish fingers  
Mac and cheese (v)  
Filled jacket potato with salad  
Oven baked potato wedges  
Seasonal vegetables and salad  
Honey, oats and fruit topped yoghurt

Available daily: fresh chopped salad, fresh fruit, yoghurt and drinks.  
Availability of products and serving days may vary slightly between schools - contact your school for more details.

## Week One

13/11/23, 04/12/23, 08/01/24,  
29/01/24, 26/02/24, 18/03/24

## Week Two

20/11/23, 11/12/23, 15/01/24,  
05/02/24, 04/03/24, 25/03/24

## Week Three

06/11/23, 27/11/23, 18/12/23,  
22/01/24, 12/02/24, 11/03/24

School Meals Standard Menu November 2023 – April 2024

(v) = Vegetarian = Plant Based

**Bolton**  
Council



# School meals in Bolton

MORE LOCAL THAN YOU THINK



## Dear Parent/Guardian

Welcome to the new menu being served at your child's school. Choosing school meals for your child will teach them important social skills as well as providing all the nutrients young people need to help with their learning and development.

We only serve meals that children love to eat and we cater for medical & cultural diets, contact the school meals number for more information. Allergen information is also available on request on the website.

## We know where our food comes from

We aim to include as much fresh and local produce as possible in our recipes. We offer complete traceability on all our products from farm to fork.

Seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org).



Many of our products are responsibly sourced too, we have accreditations to prove it. You can rely on us when it comes to quality. Supporting local businesses and reducing food miles and food waste are also top of our agenda.



## Eat a Rainbow

Our 'help yourself' salad trolleys are filled with brightly coloured veggies and are an excellent way of encouraging children to work towards their 5 a day.

Children can help themselves to the trolleys in addition to any hot vegetables they have had from the counter.



## Save over £300 per child per year with free school meals

School meals remain free for ALL children in reception, years 1 and 2 regardless of circumstances. However, please check/register to see if you are entitled to Free School Meals. You could help your child's school receive extra funding which could make a real difference to the quality of education and support offered. It is really easy to check just go to [www.bolton.gov.uk](http://www.bolton.gov.uk). Don't forget to check/register to see if your older children can benefit from free school meals – just go to [www.bolton.gov.uk](http://www.bolton.gov.uk)

## School meals provide value for money and reduce shopping trips

School Meals offer a freshly prepared 2 course meal and a drink for less than the average cost of a meal deal.

Making a packed lunch can result in additional trips to the supermarket, meaning extra spend each week.

Let us take care of lunchtimes.



**Bolton Council**

## We are here to help

If you need any information or have any questions Visit: [www.bolton.gov.uk/schoolmeals](http://www.bolton.gov.uk/schoolmeals)

Call: 01204 336950 Email: [schoolmeals@bolton.gov.uk](mailto:schoolmeals@bolton.gov.uk)

