

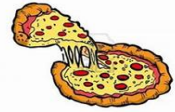


Week 1

Week 2

Week 3

**Pasta or Pizza
Monday**



Homemade margherita pizza (v)
Filled jacket potatoes
Carbohydrate included in main meal
Sweetcorn
Chopped salad
Frozen fruit yoghurt
Ice cream tub
Fresh fruit or yoghurt

Cheese whirl (v)
Creamy tomato pasta (v)
Oven baked jacket wedges
Baked beans
Chopped salad
Shortbread & fruit portion
Fresh fruit or yoghurt

Homemade margherita pizza (v)
Filled jacket potatoes
Carbohydrate included in main meal
Sweetcorn
Chopped salad
Iced sponge
Fresh fruit or yoghurt

**Traditional
Tuesday**



Baked sausage
Baked sausage (v)
Creamy cheese flan (v)
Mashed potatoes
Baked beans
Chopped salad
Chocolate cookie & Fruit
Fresh fruit or yoghurt

Tasty meatballs in gravy
Vegeballs in gravy (v)
Filled jacket potatoes
Savoury rice
Carrot roundels
Chopped salad
Marble sponge & custard
Fresh fruit or yoghurt

Vegetarian sausage roll (v)
Vegetable ravioli (v)
Filled jacket potatoes
Potato waffles
Baked beans
Chopped salad
Oat Cookie & fruit portion
Fresh fruit or yoghurt

**Cooks Choice
Wednesday**



Chicken korma
Vegetarian korma (q)
Filled jacket potatoes
Herby diced potatoes
Broccoli
Chopped salad
Strawberry mousse
Fresh fruit or yoghurt

Traditional roast chicken in gravy
Quorn slice in gravy (v)
Omelette (v)
Mashed potatoes
Broccoli
Chopped salad
Aussie crunch
Fresh fruit or yoghurt

Homemade meat pie
Vegimince pie (v)
Filled jacket potatoes
Roast potatoes
Carrot roundels
Chopped salad
Strawberry jelly with topping
Fresh fruit or yoghurt

**International Day
Thursday**



Creamy tomato pasta (v)
Vegetarian sausage roll (v)

Oven baked jacket wedges
Wholemeal pasta
Garden peas
Chopped salad
Jammy dodger
Fresh fruit or yoghurt

Chicken tikka masala
Vegetarian tikka masala (q)
Tuna wrap

Wholegrain rice
Roast potatoes
Sweetcorn
Chopped salad
Orange crunch muffin
Fresh fruit or yoghurt

Chicken wrap
Tuna wrap

Yoghurt & mint sauce
Oven baked jacket wedges

Chopped salad

Chocolate sponge & Chocolate sauce
Fresh fruit or yoghurt

Fish Friday



Juicy burger on a bun
Vegetarian burger on a bun (q)
Salmon sandwich
Chips

Coleslaw
Chopped salad
Selection of fresh fruit
Fruit Yoghurt

Harry Ramsden battered fish MSC
Filled jacket potatoes

Chips

Garden peas
Chopped salad
Selection of fresh fruit
Fruit Yoghurt

Golden fish fingers MSC
Homemade sausage roll

Mashed potatoes
Pasta hoops in tomato sauce
Garden peas
Chopped salad
Selection of fresh fruit
Fruit Yoghurt

Bolton Council School Meals

Example Primary School Menu : November 2019 – June 2020



Dear Parent or Guardian,

Did you know that choosing healthy school food will not only save you time and money, but will provide your child with a delicious and nutritious meal that will support their development and education.

Menu Choices

The healthy food choices on the October 2019 – April 2020 Menu complies with the Government's School Food Standards, which are intended to help children develop healthy eating habits and ensure they get the energy and nutrition they need.



Universal Infant Free School Meals

All children in Key Stage 1 are entitled to a free school meal. You do not need to register for this free meal entitlement, but your school receives funding based on entitlement to welfare benefit free school meals, so please register for these if you are eligible.

The Food Standards include

One or more wholegrain varieties of starchy food each week.

One of more portions of vegetables or salad as an accompaniment every day.

At least three different fruits and three different vegetables each week.

A portion of milk and dairy every day.

Oily fish must be served once every three weeks.

Allergen Information

Allergen information can be obtained by talking to our staff or visiting the school meals website.



Excellent Value for Money

The price of a school meal in Bolton is just £1.70, excellent value for a two-course meal including a drink. Your child may be entitled to a free school meal, visit the website for further details.

"My child wasn't prepared to try anything at home. We worried he wasn't eating enough, he wouldn't touch fruit or vegetables and would only eat white bread. When he sees his friends having new food as part of their school meal he tries them too, so he doesn't feel left out. If he's sitting with his friends who are eating, he seems to eat more."



School Meals also ...

- Serves sustainable quality food
- Free range eggs
- Red Tractor
- MSC fish



MSC-C-54995

Seafood with this mark comes from an MSC certified sustainable fishery www.msc.org