

# September 2020

## Packed Lunch



	Week One	Week Two	Week Three
Monday	Cheese and Tomato Pizza (v) Cucumber Sticks  Ginger Biscuit Fresh Fruit	Hot Tomato Pasta (v) Garlic Bread  Shortbread Biscuit Fresh Fruit	Cheese and Tomato Pizza (v) Salad  Iced Sponge Fresh Fruit
Tuesday	Cheese Wrap (v) Salad  Chocolate Cookie Fresh Fruit	Cheese Whirl (v) Jacket Potato Wedges  Fruit Yoghurt Fresh Fruit	Vegetarian Hot Dog (v) Mini Waffles Cherry Tomatoes  Oat Cookie Fresh Fruit
Wednesday	Vegetarian Sausage Roll (v) Noisette Potatoes  Apple Muffin Fresh Fruit	Cheese Sandwich (v) Salad  Chocolate Fudge Cake Fresh Fruit	Cheese Wrap (v) Salad  Fruit Yoghurt Fresh Fruit
Thursday	Cheese (v) Sandwich Salad  Iced Sponge Fresh Fruit	Veg Burger (v) Served on a Bun Chips  Fruit Yoghurt Fresh Fruit	Cheese Pasty (v)   Orange Crunch Muffin Fresh Fruit
Friday	Fish Finger Wrap Chips Salad  Fresh Fruit	Harry Ramsden Fish Mini Waffle Salad  Fresh Fruit	Fish Finger Bap Chips Salad  Fresh Fruit

Please note:

*Wrap and Sandwich days will be either Fish or Meat e.g. (Chicken or Tuna) and a Vegetarian option e.g. (Cheese)*

# Bolton Council School Meals

## Ladybridge Primary School : September 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.

### Allergen Information

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

### 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.

"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."



### Excellent Value for Money

The price of a school meal in Bolton is just £1.80, 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.



### 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](http://www.msc.org)

**Contact Us** If you would like more information about school meals phone us on 01204 336957 or visit our website at [www.bolton.gov.uk/school-information/school-meals](http://www.bolton.gov.uk/school-information/school-meals)