

Allergen Information

- Bolton Council School Meals Service have available allergen information for foods prepared on site at <http://boltonmbc.mysaffronportal.com/>. Allergen information is also available from your Kitchen Manager.



Special Diets

- School Meals provide special diets for children with allergies who would like to have a school meal. Special diets are provided for children with a medical problem, not just a dislike of certain foods. Medical evidence confirming the child's allergy is required.

Nut Allergies

We never knowingly use any ingredients which contain or may contain peanuts, nuts, or peanut based products in the provision of school meals. Whilst we make every effort to ensure the food provided is free from peanuts, nuts or peanut based products, we do not provide nut and peanut free menus.



Why Choose School Meals

- Choosing school food will save you precious time in the morning preparing a packed lunch.
- A balanced meal will help boost your child's concentration levels during afternoon classes.
- There is a great choice each day, your child will never get bored.
- Packed lunches can mean additional trips to the supermarket and added expenses.
- All menus adhere to the School Food Standards.

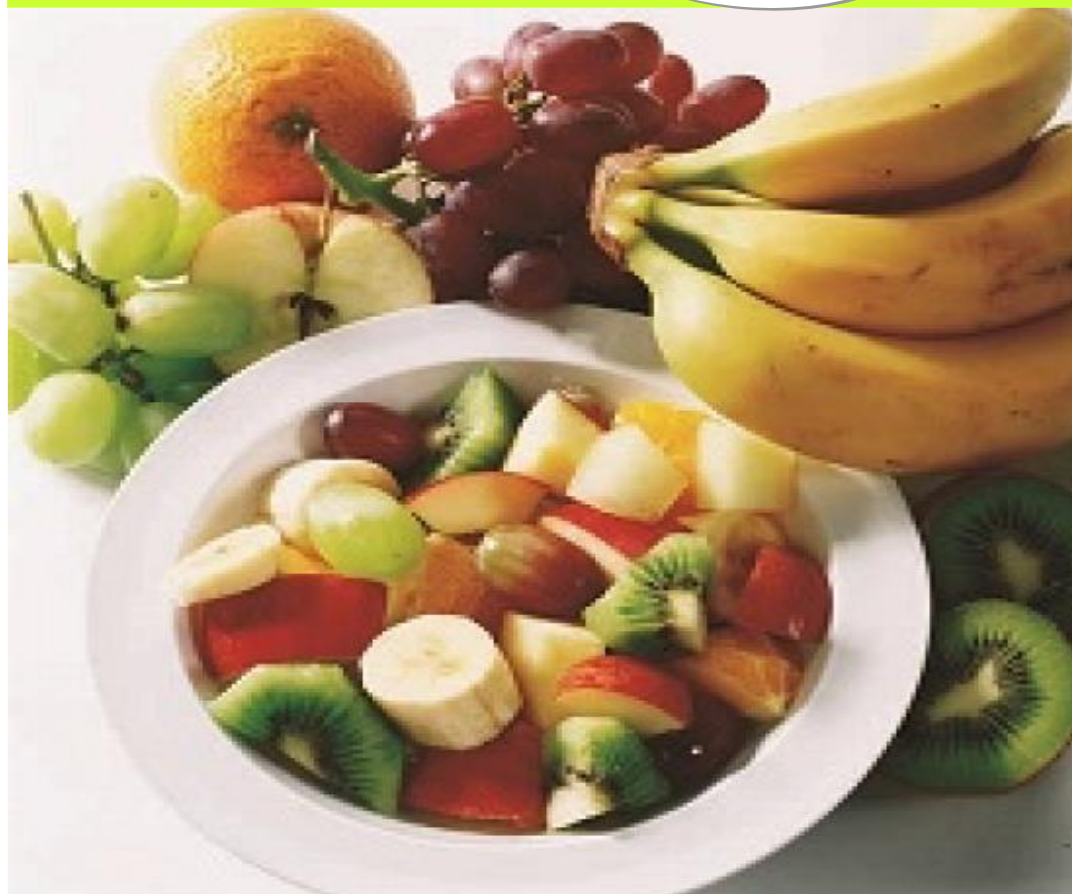
Contact us

If you have any further questions or enquiries about the service we provide:

Tel: 01204 336950 E-mail: schoolmeals@bolton.gov.uk
or visit www.bolton.gov.uk/schoolmeals

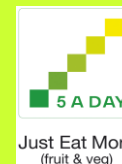
January 2023

Bolton
Council



Did you know eating a hot school lunch can provide at least 2 portions of fruit and veg a day of the recommended 5 a day

Bolton Council School Meals
Great value, great food.



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 and cultural diets. Contact the school meals service for more information. Allergen information is also available on request and on the website at www.bolton.gov.uk/schoolmeals.



week one

Monday	Tuesday	Wednesday	Thursday	Friday
Margherita pizza (v) Vegetable ravioli (v) with crusty bread Filled jacket potato Seasonal veg Fresh salad Fresh fruit	PB Chicken and sweetcorn wrap (v) with rice Pork or vegetable (v) sausages Potato mash Seasonal veg Fresh salad Oat cookie and orange wedge	PB Chickpea and tomato pasta (v) Roast chicken or quorn fillet (v) in gravy Roast potatoes Seasonal veg Fresh salad Strawberry cheesecake	Pasta bolognese Open cheese and potato pie (v) Filled jacket potato Seasonal veg Fresh salad Ice cream roll	Fish fingers Fishless fingers (v) PB Vegetable samosa (v) Chipped potatoes or rice Baked beans Fresh salad Chocolate mousse

PB = Plant Based



week two



Monday	Tuesday	Wednesday	Thursday	Friday
Sweetcorn and pepper pizza (v) Quorn sausages with gravy (v) Filled jacket potato Jacket wedges Baked beans Fresh salad Fresh fruit	PB Meatballs in a rich tomato sauce (v) with pasta Meat pie Quorn fillet in gravy (v) Potato mash Seasonal veg Fresh salad Ice cream tub	Chicken curry with rice and naan bread Crustless quiche (v) Filled jacket potato Pasta Seasonal veg Fresh salad Decorated jelly	Beef tagine with cous cous Chicken with tomato pasta Vegetarian sausage roll (v) Salad potatoes Seasonal veg Fresh salad Blueberry muffin	PB Chicken and chive aioli wrap (v) Salmon mayonnaise roll Harry Ramsdens battered fish Chipped potatoes Seasonal veg Fresh salad Ginger biscuit and orange wedge

School Meals operate a morning break service offering a range of healthy snacks, toasted bakery goods and fresh fruit that will fill the gap until lunchtime and keep up concentration levels too.



week three

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese whirl (v) with a jacket potato Tuna pasta bake Filled jacket potato Baked beans Fresh salad Fresh fruit	Sticky beef stir fry with savoury rice Sausage roll with spaghetti hoops Egg salad with a wholemeal thin (v) Seasonal veg Fresh salad Frozen yoghurt	Margherita pizza (v) PB Meatballs in gravy (v) Filled jacket potato Potato mash Coleslaw Seasonal veg Fresh salad Shortbread	Beef burger or Quorn patty (v) Selection of sandwiches Jacket wedges Seasonal veg Fresh salad Chocolate cookie	Fish fingers Mac and cheese (v) Filled jacket potato Potato waffles Seasonal veg Fresh salad Honey, oats and fruit topped yoghurt

PB = Plant Based



Also available every day: fresh salad, fresh fruit, yoghurt and drinks