# 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) Filled jacket potato with salad 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

Homemade meat pie
Cheese flan (v)
Filled jacket potato and salad
Creamed potatoes

Seasonal vegetables

Jammy dodger

MSC Golden fish fingers

Baked fishless fingers (v)

Cheese wrap (v)

Chipped potatoes or rice Baked beans and salad

**Decorated Jelly** 

#### **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

Homemade chicken biryani Tomato pasta Filled jacket potato with salad

Seasonal vegetables and salad

Decorated jelly

Homemade meat pie
Homemade veggie mince pie
Filled jacket potato with salad
Garlic crushed potatoes,
Seasonal vegetables and salad
Homemade peach sponge and
custard

Beef burger on a bun Quorn burger on a bun Filled jacket potato with salad

Potato rosti
Seasonal vegetables and salad
Blueberry muffin

MSC Battered fish fillet
Vegetarian sausage roll
Filled jacket potato with salad
Chipped potatoes

Homemade shortbread and fruit

Baked beans and salad

#### **Week Three**

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

Homemade meat pie
Homemade veggie mince pie
Cheese wrap
Roast potatoes
and seasonal vegetables

Shortbread with orange segment

Pork or vegetarian meatballs (v) in gravy, rice, and seasonal vegetables

Large slice margherita pizza (v) with coleslaw and salad

Chocolate cookie

BBQ chicken wrap Cheese flan Filled jacket potato with salad Potato rosti, seasonal vegetables and 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 Apple muffin

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

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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





## **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.

### Eat a Rainboy

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 trollies in addition to any hot vegetables they have had from the counter.

# 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.

# We know where ou 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.

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.







# Save over ±300 per child per year with free school n

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. 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



### We are here to help

If you need any information or have any questions Visit: www.bolton.gov.uk/schoolmeals





