

# School Meals Halal Option Primary Menu October 2018 – May 2019

**Bolton  
Council**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cheese & tomato pizza (v)	Baked sausage (h)	Lasagne (h)	Roast chicken in gravy	Tomato pasta (v)
	Filled jacket potatoes	Baked sausage	Lasagne	Roast chicken in gravy (h)	MSC Salmon in a lemon crumb
		Cheese flan (v)	Quorn dippers (v)	Quorn slice in gravy (v)	
	Carbohydrate included in main meal	Chips	Mashed potatoes	Yorkshire pudding	Oven baked jacket wedges
	Chopped salad	Baked beans	Garlic & herb slice	Roast potatoes	Sweetcorn
	Coleslaw		Garden peas	Broccoli, cauliflower & carrot mix	
	Frozen fruit yoghurt	Ginger biscuit & fruit portion	Strawberry mousse	Jammy dodger	Selection of fresh fruit
	Ice cream tub		Chocolate mousse		
Fresh bread available daily					
WEEK 2	Cheese whirl (v)	Vegetarian sausage roll (v)	Roast chicken in gravy	Chicken biryani	Breaded fish
	Mild spiced chilli	Vegeballs in gravy (v)	Roast chicken in gravy (h)	Chicken biryani (h)	Vegetable ravioli (v)
	Mild spiced chilli (h)		Quorn slice in gravy (v)	Cheese & onion panini (v)	
	Garlic & herb baby baked potatoes	Mashed potatoes	Roast potatoes	Oven baked jacket wedges	Potato waffles
	Wholegrain rice	Wholegrain rice			
	Baked beans	Carrot roundels	Broccoli	Sweetcorn	Garden peas
					Chopped salad
	Shortbread & fruit portion	Marble sponge & custard	Chocolate fudge cake	Orange crunch muffin	Selection of fresh fruit
Help yourself salad trolley filled with a selection of fresh salad items available daily					
WEEK 3	Vegetarian sausage roll (v)	Burger on a bun	Meat pie	Chicken wrap	MSC Fish fingers
	Omelette (v)	Burger on a bun (h)	Meat pie (h)	Chicken wrap (h)	Filled jacket potatoes
		Filled jacket potatoes	Pasta in arabiata sauce	Tuna pasta bake	
	Roast potatoes	Herby diced potatoes	Boiled potatoes	Yoghurt & mint sauce	Mashed potatoes
				Oven baked jacket wedges	Pasta hoops in tomato sauce
	Baked beans	Sweetcorn	Beetroot	Chopped salad	Garden peas
			Green cabbage	Garden peas	
	Jam and coconut sponge	Oat Cookie & fruit portion	Strawberry jelly with topping	Chocolate sponge & Chocolate sauce	Selection of fresh fruit
Fresh fruit and chilled drinks available daily					

## MENU DATES FOR OCTOBER 2018 – MAY 2019

	Week 1	Week 2	Week 3
<b>NOVEMBER</b>	M T W T F 29 30 31 1 2	M T W T F 5 6 7 8 9	M T W T F 12 13 14 15 16
<b>DECEMBER</b>	M T W T F 3 4 5 6 7	M T W T F 10 11 12 13 14	M T W T F 17 18 19 20 21
<b>JANUARY</b>	M T W T F 7 8 9 10 11	M T W T F 14 15 16 17 18	M T W T F 21 22 23 24 25
<b>FEBRUARY</b>	M T W T F 1 2 3 4	M T W T F 7 8 9 10 11	M T W T F 14 15 16 17 18
<b>MARCH</b>	M T W T F 4 5 6 7 8	M T W T F 11 12 13 14 15	M T W T F 18 19 20 21 22
<b>APRIL</b>	M T W T F 1 2 3 4 5	M T W T F 8 9 10 11 12	M T W T F 15 16 17 18 19
<b>MAY</b>	M T W T F 6 7 8 9 10	M T W T F 13 14 15 16 17	M T W T F 20 21 22 23 24

# Bolton Council School Meals

## Halal Option Menu : October 2018 – May 2019



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 2018 – May 2019 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.

### Food Standards

The highlighted dishes are some of the foods which must meet the food standards

**Blue – meat product restricted to once a week.**

**Pink – pastry restricted to twice a week.**

**Red – breaded items or fried, restricted to twice a week.**

**Purple – 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 £1.40, 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](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/schoolmeals](http://www.bolton.gov.uk/schoolmeals)