

School Meals High Vegetarian Menu October 2018 – May 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cheese & tomato pizza (v)	Baked sausage (h)	Lasagne (v)	Pork loin steak in gravy	Tomato pasta (v)
	Filled jacket potatoes	Quorn sausage (v)	Lasagne	Quorn slice in gravy (v)	MSC Salmon in a lemon crumb
		Cheese flan (v)	Quorn dippers (v)	Omelette (v)	
				Yorkshire pudding	
	Carbohydrate included in main meal	Chips	Mashed potatoes	Roast potatoes	Oven baked jacket wedges
	Chopped salad	Baked beans	Garlic & herb slice	Broccoli, cauliflower & carrot mix	Sweetcorn
	Coleslaw		Garden peas		
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)	Meatballs in gravy	Roast chicken in gravy	Beef Balti	Breaded fish
	Mild spiced chilli	Vegeballs in gravy (v)	Quorn fillet in gravy	Quorn Balti (v)	Cheese & onion panini (v)
	Mild spice chilli (v)	Filled jacket potatoes	Vegetable ravioli (v)	Vegetarian sausage roll (v)	
			Yorkshire pudding		
	Garlic & herb baby baked potatoes	Wholegrain rice	Mashed potatoes	Wholegrain rice	Potato waffles
	Savoury rice	Wholemeal pasta		Salad potatoes	
	Mixed Vegetables	Carrot roundels	Broccoli	Sweetcorn	Baked beans
				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)	Quorn burger on a bun (v)	Vegimince pie (v)	Tuna pasta bake	Filled jacket potatoes
		Filled jacket potatoes	Pasta in arabiata sauce	Cheese wrap (v)	
	Tomato ketchup			Yoghurt & mint sauce	
	Roast potatoes	Herby diced potatoes	Boiled potatoes	Oven baked jacket wedges	Mashed potatoes
					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		
NOVEMBER	M	T	W	T	F				
	29	30	31	1	2				
	5	6	7	8	9				
	12	13	14	15	16				
	19	20	21	22	23				
	26	27	28	29	30				
DECEMBER	M	T	W	T	F				
	3	4	5	6	7				
	10	11	12	13	14				
	17	18	19	20	21				
	24	25	26	27	28				
	31								
JANUARY	M	T	W	T	F				
		1	2	3	4				
	7	8	9	10	11				
	14	15	16	17	18				
	21	22	23	24	25				
	28	29	30	31					
FEBRUARY	M	T	W	T	F				
					1				
	4	5	6	7	8				
	11	12	13	14	15				
	18	19	20	21	22				
	25	26	27	28					
MARCH	M	T	W	T	F				
					1				
	4	5	6	7	8				
	11	12	13	14	15				
	18	19	20	21	22				
	25	26	27	28	29				
APRIL	M	T	W	T	F				
	1	2	3	4	5				
	8	9	10	11	12				
	15	16	17	18	19				
	22	23	24	25	26				
	29	30							
MAY	M	T	W	T	F				
				1	2	3			
	6	7	8	9	10				
	13	14	15	16	17				
	20	21	22	23	24				
	27	28	29	30	31				

Bolton Council School Meals

High Vegetarian 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

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