

Halal Option Primary School Menu June – October 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cheese & tomato pizza (v)	Baked sausage	Chicken korma	Bolognaise	Cheese sandwich
	Filled jacket potatoes	Baked sausage (h)	Chicken korma (h)	Bolognaise (h)	Salmon sandwich
	Carbohydrate in main meal	Cheese flan (v)	Filled jacket potatoes	Omelette (v)	Chips
	Sweetcorn	Mashed potatoes	Wholegrain rice	Oven baked jacket wedges	Coleslaw
	Frozen fruit yoghurt	Baked beans	Broccoli	Wholemeal pasta	Selection of fresh fruit
	Ice cream tub	Chocolate cookie & Fruit	Strawberry mousse	Garden peas	
				Jammy dodger	
Fresh bread available daily					
WEEK 2	Cheese whirl (v)	Vegeballs in gravy (v)	Roast chicken in gravy	Chicken tikka masala	MSC Bubble crunchy fish
	Tomato pasta (v)	Cheese & onion panini (v)	Roast chicken in gravy (h)	Chicken tikka masala (h)	Filled jacket potatoes
	Oven baked jacket wedges	Savoury rice	Quorn slice in gravy (v)	Tuna wrap	Chips
	Baked beans	Wholemeal pasta	Mashed potatoes	Wholegrain rice	Garden peas
	Shortbread & fruit portion	Carrot roundels	Broccoli	Roast potatoes	
		Coleslaw		Sweetcorn	
		Aussie crunch	Ice cream roll & fruit	Orange crunch muffin	Selection of fresh fruit
Help yourself salad trolley filled with a selection of fresh salad items available daily					
WEEK 3	Cheese & tomato pizza (v)	Vegetarian sausage roll (v)	Meat pie	Chicken wrap	MSC Fish fingers
	Filled jacket potatoes	Pasta in arabiata sauce	Meat pie (h)	Chicken wrap (h)	Filled jacket potatoes
	Carbohydrate in main meal	Potato waffles	Filled jacket potatoes	Vegetable ravioli (v)	Mashed potatoes
	Sweetcorn	Baked beans	Roast potatoes	Yoghurt & mint sauce	Pasta hoops in tomato sauce
	Iced sponge	Oat Cookie & fruit portion	Carrot roundels	Oven baked jacket wedges	Garden peas
			Strawberry jelly with topping	Chopped salad	Selection of fresh fruit
				Chocolate sponge & Chocolate sauce	
Fresh fruit and chilled drinks available daily					

MENU DATES FOR JUNE – OCTOBER 2019		Week 1	Week 2	Week 3
JUNE	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				
JULY	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 31				
AUGUST	M T W T F			
	5 6 7 8 9			
	12 13 14 15 16			
	19 20 21 22 23			
26 27 28 29 30				
SEPTEMBER	M T W T F			
	2 3 4 5 6			
	9 10 11 12 13			
	16 17 18 19 20			
23 24 25 26 27				
30				
OCTOBER	M T W T F			
	7 8 9 10 11			
	14 15 16 17 18			
	21 22 23 24 25			
28 29 30 31				
NOVEMBER	M T W T F			
	4 5 6 7 8			
	11 12 13 14 15			
	18 19 20 21 22			
25 26 27 28 29				

Bolton Council School Meals

Halal Option Primary School Menu : June – October 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. Please contact your child's schools website for an individual menu.

Menu Choices

The healthy food choices on the June – October 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 £1.70, 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