

# High Vegetarian Primary School Menu June – October 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Cheese & tomato pizza (v)	Baked sausage	Korma chicken & mini pitta	Bolognaise	Cheese sandwich
	Filled jacket potatoes	Baked sausage (v)	Quorn korma (v)	Vegetarian bolognaise (v)	Salmon sandwich
		Cheese flan (v)	Filled jacket potatoes	Omelette (v)	
	Carbohydrate included in main meal	Mashed potatoes	Wholegrain rice	Oven baked jacket wedges	Chips
				Wholemeal pasta	
	Sweetcorn	Baked beans	Broccoli	Garden peas	Coleslaw
	Frozen fruit yoghurt	Chocolate cookie & Fruit	Strawberry mousse	Jammy dodger	Selection of fresh fruit
	Ice cream tub				
Fresh bread available daily					
<b>WEEK 2</b>	Cheese whirl (v)	Meatballs in gravy	Roast chicken in gravy	Chicken tikka masala	MSC Bubble crunchy fish
	Tomato pasta (v)	Vegeballs in gravy (v)	Quorn slice in gravy (v)	Quorn tikka masala (v)	Filled jacket potatoes
		Filled jacket potatoes	Cheese & onion panini (v)	Tuna wrap	
	Oven baked jacket wedges	Savoury rice	Roast potatoes	Wholegrain rice	Chips
		Wholemeal pasta		Salad potatoes	
	Baked beans	Carrot roundels	Broccoli	Sweetcorn	Garden peas
	Shortbread & fruit portion	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					
<b>WEEK 3</b>	Cheese & tomato pizza (v)	Vegetarian sausage roll (v)	Meat pie	Chicken wrap	MSC Fish fingers
	Filled jacket potatoes	Vegetable ravioli (v)	Vegimince pie (v)	Pasta in arabiata sauce	Filled jacket potatoes
			Filled jacket potatoes	Cheese wrap	
				Yoghurt & mint sauce	
	Carbohydrate included in main meal	Potato waffles	Roast potatoes	Oven baked jacket wedges	Mashed potatoes
					Pasta hoops in tomato sauce
	Sweetcorn	Baked beans	Carrot roundels	Chopped salad	Garden peas
Iced 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 JUNE – OCTOBER 2019

	Week 1	Week 2	Week 3	
<b>JUNE</b>	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	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	<b>AUGUST</b> 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	<b>SEPTEMBER</b> 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
<b>OCTOBER</b>	M T W T F 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31	<b>NOVEMBER</b> 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

## High Vegetarian 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](http://www.msc.org)