

# Standard 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             |                  |
|  | Carbohydrate included in main meal   | Cheese flan (v)            | Filled jacket potatoes        | Omelette (v)                       | Chips                       |                  |
|  | Sweetcorn  | Mashed potatoes            | Wholegrain rice               | Oven baked jacket wedges           | Wholemeal pasta             |                  |
|  | Frozen fruit yoghurt   | Baked beans                | Broccoli                      | Garden peas                        | Coleslaw                    |                  |
|  | Ice cream tub  | Chocolate cookie & Fruit   | Strawberry mousse             | Jammy dodger                       | Selection of fresh fruit    |                  |
|  | 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      |                  |
|  | Oven baked jacket wedges   | Filled jacket potatoes     | Mashed potatoes               | Tuna wrap                          | Chips                       |                  |
|  | Baked beans  | Savoury rice               | Broccoli                      | Wholegrain rice                    | Garden peas                 |                  |
|  | Shortbread & fruit portion   | Wholemeal pasta            | Ice cream roll & fruit        | Roast potatoes                     | 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)  | Sausage roll                  | Meat pie                           | Chicken wrap                | MSC Fish fingers |
| Filled jacket potatoes                         |  | Vegetable ravioli (v)      | Vegimince pie (v)             | Pasta in arabiata sauce            | Filled jacket potatoes      |                  |
| Carbohydrate included in main meal             |  | Potato waffles             | Filled jacket potatoes        | Yoghurt & mint sauce               | Mashed potatoes             |                  |
| Sweetcorn                                      |  | Baked beans                | Roast potatoes                | Oven baked jacket wedges           | Pasta hoops in tomato sauce |                  |
| Iced sponge                                    |  | Baked beans                | Carrot roundels               | Chopped salad                      | Garden peas                 |                  |
|  |  | 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<br>3 4 5 6 7<br>10 11 12 13 14<br>17 18 19 20 21<br>24 25 26 27 28 | <b>JULY</b> | M T W T F<br>1 2 3 4 5<br>8 9 10 11 12<br>15 16 17 18 19<br>22 23 24 25 26<br>29 30 31 | <b>AUGUST</b> | M T W T F<br>5 6 7 8 9<br>12 13 14 15 16<br>19 20 21 22 23<br>26 27 28 29 30 | <b>SEPTEMBER</b> | M T W T F<br>2 3 4 5 6<br>9 10 11 12 13<br>16 17 18 19 20<br>23 24 25 26 27<br>30 | <b>OCTOBER</b> | M T W T F<br>7 8 9 10 11<br>14 15 16 17 18<br>21 22 23 24 25<br>28 29 30 31 | <b>NOVEMBER</b> | M T W T F<br>4 5 6 7 8<br>11 12 13 14 15<br>18 19 20 21 22<br>25 26 27 28 29 |

# Bolton Council School Meals

## Standard 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)