

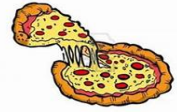


Week 1

Week 2

Week 3

**Pasta or Pizza
Monday**



**Homemade margherita pizza (v)
Filled jacket potatoes**
Carbohydrate included in main meal

Sweetcorn
Chopped salad
Frozen fruit yoghurt
Fresh fruit or yoghurt

**Cheese whirl (v)
Vegeballs in tomato & pepper sauce (v)**
Oven baked jacket wedges
Wholegrain rice
Garden peas
Chopped salad
Shortbread & fruit portion
Fresh fruit or yoghurt

**Homemade margherita pizza (v)
Filled jacket potatoes**
Carbohydrate included in main meal

Sweetcorn
Chopped salad
Iced sponge
Fresh fruit or yoghurt

**Traditional
Tuesday**



**Baked sausage (h)
Cheese sandwich**

Chips
Baked beans
Chopped salad
Iced sponge
Fresh fruit or yoghurt

**Mild spiced chilli
Cheese & onion panini (v)**

Salad potatoes
Garlic and herb slice
Carrot roundels
Chopped salad
Marble sponge & custard
Fresh fruit or yoghurt

**Vegetarian sausage roll (v)
Vegetable ravioli (v)**

Mashed potatoes
Baked beans
Chopped salad
Chocolate sponge & Chocolate sauce
Fresh fruit or yoghurt

**Cooks Choice
Wednesday**



**Spicy chicken biryani (h)
Filled jacket potatoes**

Broccoli
Chopped salad
Strawberry jelly with topping
Fresh fruit or yoghurt

**Traditional roast chicken in gravy (h)
Italian bolognese (h)**

Mashed potatoes
Broccoli
Chopped salad
Aussie crunch
Fresh fruit or yoghurt

**Traditional meat & potato pie (h)
Pasta in arabiata sauce**

Garlic & herb slice
Carrot roundels
Chopped salad
Orange jelly with topping
Fresh fruit or yoghurt

**International Day
Thursday**



**Creamy cheese flan (v)
Salmon in a lemon crumb**

Mashed potatoes
Garden peas
Chopped salad
Jammy dodger
Fresh fruit or yoghurt

**Harry Ramsden battered fish MSC
Filled jacket potatoes**

Chips
Roast potatoes
Baked beans
Chopped salad
Orange crunch muffin
Fresh fruit or yoghurt

**Chicken wrap
Mild spiced chilli**

Yoghurt & mint sauce
Oven baked jacket wedges
Wholegrain rice
Chopped salad

Oat Cookie & fruit portion
Fresh fruit or yoghurt

Fish Friday



**Lamb burger (h)
Omelette (v)**
Oven baked jacket wedges
Wholegrain rice
Coleslaw
Chopped salad
Selection of fresh fruit
Fruit Yoghurt

**Chicken tikka masala
Egg mayonnaise sandwich (v)**
Roast potatoes
Sweetcorn
Chopped salad
Selection of fresh fruit
Fruit Yoghurt

**Golden fish fingers MSC
Quorn fillet in gravy**
Potato waffles
Pasta hoops in tomato sauce
Garden peas
Chopped salad
Selection of fresh fruit
Fruit Yoghurt

Bolton Council School Meals

Example Primary School Menu : November 2019 – June 2020



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 2019 – April 2020 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.

The Food Standards include

One or more wholegrain varieties of starchy food each week.

One of more portions of vegetables or salad as an accompaniment every day.

At least three different fruits and three different vegetables each week.

A portion of milk and dairy every day.

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