

School Name  
Standard Primary Menu  
October 2018 – May 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cheese & tomato pizza (v)	Baked sausage	Lasagne	Pork loin steak in gravy	Tomato pasta (v)
	Filled jacket potatoes	Baked sausage (v)	Lasagne (v)	Quorn slice in gravy (v)	Salmon in a lemon crumb
	Carbohydrate included in main meal	Cheese flan (v)	Omelette (v)	Roast potatoes	Oven baked jacket wedges
	Chopped salad	Baked beans	Salad potatoes	Broccoli, cauliflower & carrot mix	Garden peas
	Coleslaw		Garlic & herb slice		
	Frozen fruit yoghurt	Ginger biscuit & fruit portion	Sweetcorn	Jammy dodger	Selection of fresh fruit
	Ice cream tub		Strawberry 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 slice in gravy (v)	Vegetarian sausage roll (v)	Cheese & onion panini (v)
	Garlic & herb baby baked potatoes	Savoury rice	Yorkshire pudding	Wholegrain rice	Potato waffles
	Mixed Vegetables	Wholemeal pasta	Mashed potatoes	Salad potatoes	Baked beans
		Carrot roundels	Broccoli	Sweetcorn	Chopped salad
	Marble sponge & custard	Shortbread & fruit portion	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	Baked gammon	Burger on a bun	Meat pie	Chicken wrap	Fish fingers
	Omelette (v)	Quorn burger on a bun (v)	Vegimince pie (v)	Tuna pasta bake	Filled jacket potatoes
		Filled jacket potatoes		Cheese wrap	
	Roast potatoes	Herby diced potatoes	Boiled potatoes	Yoghurt & mint sauce	Mashed potatoes
				Oven baked jacket wedges	Pasta hoops in tomato sauce
	Baked beans	Carrot batons	Beetroot	Chopped salad	Garden peas
			Green cabbage	Sweetcorn	
Jam and coconut sponge	Strawberry jelly with topping	Oat Cookie & fruit portion	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

## School Name 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 a week.**

### 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 see 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



**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](http://www.bolton.gov.uk/schoolmeals)