

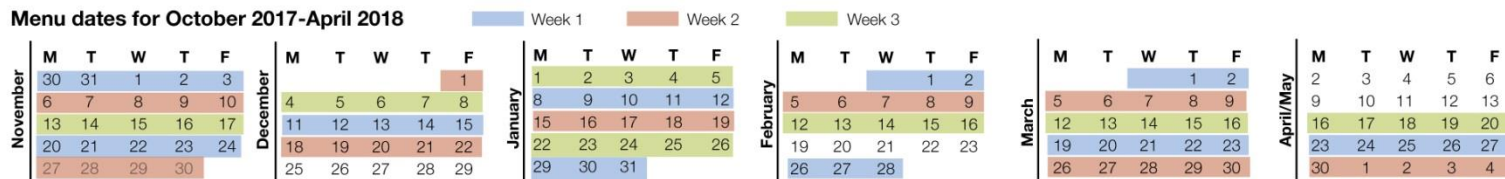
# School Meals

## Standard Autumn Winter Menu November 2017 – May 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	Beef burger or veggie burger (V) on a diddi roll Omelette (V) both served with seasonal vegetables and potatoes Sponge and lemon cream slice	Home-made top crust meat pie and gravy Home-made sausage casserole or quorn sausage casserole (V) both served with seasonal vegetables and potatoes Home-made chocolate sponge and chocolate sauce	Home-made chicken and ham jambalaya served with seasonal vegetables Chicken in gravy Vegetarian sausage roll both served with seasonal vegetables and potatoes Home-made shortbread biscuit with fresh fruit	Home-made beef bolognaise with wholewheat pasta Pasta in tomato sauce (V) both served with seasonal vegetables Chicken in mushroom and tomato sauce served with seasonal vegetables and potatoes Home-made fruit muffin	Harry Ramsden battered fish fillet served with chipped potatoes Cheese (V) or tuna melt panini with half portion chipped potatoes Falafel (V) served with a korma sauce and naan bread all served with seasonal vegetables Selection of fresh fruits
<b>A selection of fresh bread available daily</b>					
<b>Week 2</b>	BBQ chicken fillet with savoury rice Quorn slice in gravy (V) with roast potatoes both served with seasonal vegetables Home-made rice pudding with sliced peaches	Home-made beef chilli Home-made cheese whirl (V) both served with seasonal vegetables and potatoes Home-made chocolate cookie with fresh fruit	Marinated chicken in a soft wrap or cheese filled tortilla wrap (V) with half portion chipped potatoes, fresh salad and coleslaw Quorn Spanish rice (V) with fresh salad and coleslaw Home-made cherry iced sponge	Pork meatballs or vegeballs (V) in a tomato and pepper sauce with wholegrain rice or wholewheat pasta Home-made beef curry with wholegrain rice both served with seasonal vegetables Raspberry mousse slice	Lemon crust salmon fillet served with seasonal vegetables and potatoes Large slice home-made cheese and tomato pizza (V) served with seasonal vegetables Selection of fresh fruits
<b>A selection of chopped salad and fresh fruit daily</b>					
<b>Week 3</b>	Oven baked pork sausage or quorn sausage (V) Breaded cod both served with seasonal vegetables and potatoes Home-made orange crunch muffin	Sweet chilli chicken fillet with wholegrain rice Home-made beef goulash with garlic bread Cheese filled jacket potato (V) all served with seasonal vegetables Home-made ginger biscuit with fresh fruit	Baked gammon served with garlic and herb potatoes and seasonal vegetables Chicken or quorn (V) served in a Uncle Bens korma sauce served with wholegrain rice and seasonal vegetables Home-made apple sponge and custard	Home-made top crust meat pie and gravy Home-made cheese and potato pie (V) both served with seasonal vegetables and potatoes Home-made oat cookie with fresh fruit	Fish fingers served with seasonal vegetables and potatoes Quorn and boston baked beans filled jacket potato (V) served with seasonal vegetables Selection of fresh fruits
<b>Yoghurt and a selection of chilled drinks available daily</b>					

Menu dates for October 2017-April 2018



# Bolton Council School Meals

## Standard Menu November 2017 – May 2018



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 Autumn/Winter 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.

### 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.



### Allergen information

Allergen information can be obtained by talking to our staff or visiting the school meals website.



"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 ...

- encourage your children to try different foods, as well as enjoy familiar favourites.
- provide at least two of the recommended 5-a-day portions of fruit and vegetables.
- start them thinking about healthy eating, which will help them make good food choices in the future.
- help children's concentration and behaviour in the classroom.
- run themes on a monthly basis.



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Contact us

If you would like more information about school meals please visit our website at [www.boltongov.uk/schoolmeals](http://www.boltongov.uk/schoolmeals) or contact us on 01204 336957