

# What's on the menu



Did you know eating a hot school lunch can provide up to 3 portions of fruit and veg a day!

## Week One

## Week Two

## Week Three



Home-made margherita pizza (v)  
Boston beans filled jacket potato (v)  
  
Sweetcorn  
Fresh chopped salad  
  
Apple muffin with a fresh apple wedge

Home-made pork sausage roll  
Cheese and tomato panini (v)  
  
Chipped potatoes  
Garden peas  
  
Jammy dodger

Traditional roast chicken fillet in gravy  
Quorn fillet in gravy (v)  
  
Roast potatoes  
Broccoli  
  
Cornflake cake and custard

Home-made beef bolognese  
Home-made quorn bolognese (v)  
Open wholemeal tuna roll  
  
Oven baked potato wedges  
Wholemeal pasta  
Tomato garlic bread  
Coleslaw  
  
Fresh fruit selection

Golden fish fingers  
Cheesy potato boat (v)  
  
Potato mash  
Baked beans  
Fresh chopped salad  
  
Iced fruit bun

Tomato pasta (v)  
Home-made open cheese pie (v)  
  
Potato mash  
Green beans  
Fresh chopped salad and coleslaw  
  
Yoghurt muffin

Baked pork sausages with gravy  
Quorn sausage with gravy (v)  
Open wholemeal salmon mayonnaise roll  
  
Chipped potatoes  
Garden peas  
  
Marble sponge and custard

Home-made beef and onion pie with gravy  
Quorn mince pie with gravy (v)  
Quorn sausage pasta (v)  
  
Potato mash  
Carrots  
  
Decorated jelly and fruit

Chicken balti  
Vegeballs with gravy (v)  
  
Boiled rice  
Fresh chopped salad  
  
Fresh fruit selection

Tuna pasta bake  
Home-made vegetable pizza (v)  
  
Baked beans  
Country vegetables  
  
Oat cookie

Home-made cheese whirl (v)  
Raviolini in a home-made tomato sauce (v)  
Baked beans filled jacket potato (v)  
  
Chipped potatoes  
Baked beans  
Fresh chopped salad  
  
Fruit and ice cream

Chicken meatballs with gravy  
Three bean chilli (v)  
  
Wholegrain savoury rice  
Sweetcorn  
  
Chocolate sponge and chocolate sauce

Pork loin steak in gravy  
Quorn fillet in gravy (v)  
  
Roast potatoes  
Broccoli and cauliflower florets  
  
Shortbread round

Tangy chicken flatbread  
Crustless quiche (v)  
  
Salad potatoes  
Fresh chopped salad  
Coleslaw  
  
Fresh fruit selection

Battered fish  
Mac and cheese (v)  
  
Potato mash  
Garden peas  
Tomato ketchup  
  
Aussie crunch

Available daily: fresh chopped salad, fresh fruit, yoghurt and drinks.

Availability of products and serving days may vary slightly between schools - contact your school for more details.

(v) = Vegetarian

### Week One

### Week Two

### Week Three

16/05/22, 13/06/22, 04/07/22,  
05/09/22, 26/09/22, 17/10/22

23/05/22, 20/06/22, 11/07/22,  
12/09/22, 03/10/22, 31/10/22

06/06/22, 27/06/22, 18/07/22,  
19/09/22, 10/10/22, 07/11/22

# School meals in Bolton



## Dear Parent/Guardian

Welcome to the new menu being served at your child's school. Choosing school meals for your child will teach them important social skills as well as providing all the nutrients young people need to help with their learning and development.

We only serve meals that children love to eat and we cater for medical & cultural diets contact the school meals number for more information. Allergen information is available on request also on the website.

## We know where our food comes from

We aim to include as much fresh and local produce as possible in our recipes. We offer complete traceability on all our products from farm to fork.

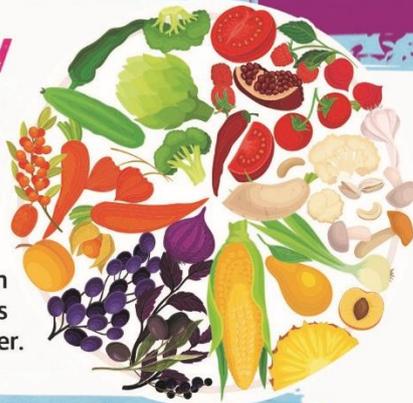
Many of our products are responsibly sourced too, we have accreditations to prove it. You can rely on us when it comes to quality. Supporting local businesses and reducing food miles and food waste are also top of our agenda.



## Eat a Rainbow

Our salad selections/choices filled with brightly coloured veggies are an excellent way of encouraging children to work towards their 5 a day.

Children can help themselves in addition to any hot vegetables they have had from the counter.



## Save over £300 per child per year with free school meals

School meals remain free for ALL children in reception, years 1 and 2 regardless of circumstances. You do not need to apply for this benefit, simply let your school know you wish to take your entitlement.

Your older children could be entitled too if you are in receipt of certain benefits or have a household income below the threshold. Check out the criteria and how to apply at [www.bolton.gov.uk](http://www.bolton.gov.uk)

## School meals provide value for money and reduce shopping trips

Our school meals are one of the lowest priced meals in the country, we offer a 2 course home cooked meal and drink for only £2.20

Making a packed lunch can result in additional trips to the supermarket, meaning extra spend each week.

Let us take care of lunchtimes



## Serving your child safely each day

Our catering staff have been key workers throughout the pandemic and are best placed to feed your child. We have strict hygiene measures in place and our policies and procedures result in safe working practices



**Bolton Council**

## We are here to help

If you need any information or have any questions  
Visit: [www.bolton.gov.uk/schoolmeals](http://www.bolton.gov.uk/schoolmeals)

Call: 01204 336950 Email: [schoolmeals@bolton.gov.uk](mailto:schoolmeals@bolton.gov.uk)

