

# What's on the menu

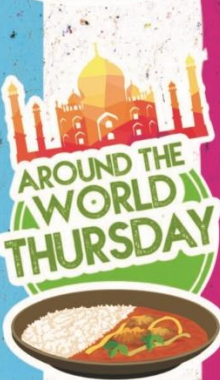


Did you know eating a hot school lunch can provide up to 3 portions of fruit and veg a day!

## Week One

## Week Two

## Week Three



Creamy tomato pasta (v)  
Homemade red onion and tomato crustless quiche (v)  
Filled baked potato  
Crusty bread and potato wedges  
Broccoli and sweetcorn  
Apple muffin

Baked sausages  
Omelette (v)  
Tuna sandwich  
Creamed potatoes  
Baked beans and coleslaw  
Jammy dodger

Traditional roast chicken  
Quorn slice with gravy (v)  
Filled baked potato  
Roast potatoes  
Carrots and cabbage  
Fresh fruit platter

Chicken tikka masala  
Quorn tikka masala (v)  
Ham and tomato panini  
Filled baked potato  
Brown and white rice  
Sweetcorn and salad  
Marble sponge and custard

Golden fish fingers  
Fishless fingers (v)  
Cheese wrap (v)  
Chips or baked potato  
Garden peas and salad  
Aussie Crunch

Ravolini in homemade tomato sauce (v)  
Bolognese bake (v)  
Tuna sandwich  
Oven baked potato wedges  
Sweetcorn and coleslaw  
Homemade shortbread and fruit

Tasty meatballs in gravy  
Vegetarian meatballs in gravy (v)  
Filled baked potato  
Brown and white rice  
Mixed vegetables and salad  
Decorated iced sponge

Homemade meat pie or veggie mince pie (v) and gravy  
Salmon sandwich  
Chips or potato salad  
Carrot and Swede  
Upside down chocolate and pear sponge with chocolate sauce

Rich lasagne  
Sweet chilli quorn fillet (v)  
Filled baked potato  
Crusty bread or brown and white rice  
Broccoli and carrots  
Fruit jelly

Harry Ramsdens battered fish  
Fishless fingers (v)  
Omelette (v)  
Creamed potatoes  
Garden peas and baked beans  
Yoghurt muffin

Homemade margherita pizza (v)  
Quorn pasta (v)  
Filled baked potato  
Crusty bread  
Garden peas and mixed salad  
Chocolate and strawberry swirl

Hot chicken flatbread  
Falafel flatbread with yoghurt and mint dressing (v)  
Filled baked potato  
Vegetable rice  
Sweetcorn and coleslaw  
Peach sponge and custard

Homemade sausage roll  
Vegetarian sausage roll (v)  
Tuna sandwich  
Creamed or salad potatoes  
Baked beans and sweetcorn  
Strawberry ice cream

Katsu chicken curry  
Vegetable country bake (v)  
Filled baked potato  
Brown and white rice or baked potato  
Mixed vegetables and Indian salad  
Fresh fruit platter

Fishy pasta  
Cheese whirl (v)  
Quorn patty on a bun (v)  
Chips or crusty bread  
Baked beans  
Cookie with fruit

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

01/11/21, 22/11/21, 13/12/21, 10/01/2022,  
31/01/2022, 28/02/2022, 21/03/2022,  
25/04/2022, 16/05/2022

08/11/21, 29/11/21, 20/12/21, 17/01/2022,  
07/02/2022, 07/03/2022, 28/03/2022,  
02/05/2022, 23/05/2022

19/11/21, 06/12/21, 03/01/2022, 24/01/2022,  
21/02/2022, 14/03/2022,  
18/04/2022, 09/05/2022

# 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)

