

# What's on the menu



Find out more about  
Food for Life at  
<https://www.foodforlife.org.uk/>

## Week One

Large slice margherita pizza (v)  
Vegetable ravioli served with  
crusty bread (v)  
Filled jacket potato  
Seasonal vegetables and salad  
Fresh fruit platter

Chicken and sweetcorn  
wrap (v) served with rice  
Baked pork sausages with gravy  
Vegetable sausages with gravy (v)  
Potato mash  
Seasonal vegetables and salad  
Oat cookie and orange wedge

One pot chickpea and  
tomato pasta (v)  
Roast chicken in gravy  
Quorn fillet in gravy (v)  
Roast potatoes  
Seasonal vegetables and salad  
Strawberry cheesecake

Pasta bolognese  
Open cheese and potato pie (v)  
Filled jacket potato  
Seasonal vegetables and salad  
Ice cream roll

**MSC** Golden fish fingers  
Baked fishless fingers (v)  
 Vegetable samosa (v)  
Chipped potatoes or rice  
Baked beans and salad  
Chocolate mousse

## Week Two

Sweetcorn and pepper pizza (v)  
Filled jacket potato  
Quorn sausages with gravy (v)  
Oven baked jacket wedges  
Baked beans and salad  
Fresh fruit platter

Meatballs in a rich tomato  
sauce served with pasta (v)  
Meat pie  
Quorn fillet in gravy (v)  
Potato mash  
Seasonal vegetables and salad  
Ice cream tub

Mild chicken curry  
served with rice and naan bread  
Filled jacket potato  
Crustless quiche (v)  
Wholemeal pasta  
Seasonal vegetables and salad  
Decorated jelly

Beef tagine  
served with cous cous  
Oven baked chicken with tomato  
pasta  
Vegetarian sausage roll (v)  
Salad potatoes  
Seasonal vegetables and salad  
Blueberry muffin

Chicken and chive aioli wrap (v)  
Open salmon mayonnaise roll  
**MSC** Harry Ramsdens battered fish  
Chipped potatoes  
Seasonal vegetables and salad  
Ginger biscuit and orange wedge

## Week Three

Cheese whirl (v)  
served with a jacket potato  
Tuna pasta bake  
Filled jacket potato  
Baked beans and salad  
Fresh fruit platter

Sticky beef stir fry  
served with savoury rice  
Sausage roll  
served with spaghetti hoops  
Egg salad with a wholemeal thin (v)  
Seasonal vegetables and salad  
Frozen yoghurt

Large slice margherita pizza (v)  
Filled jacket potato  
 Meatballs in gravy (v)  
Potato mash  
Creamy coleslaw  
Seasonal vegetables and salad  
Shortbread

Selection of sandwiches  
Beef burger with gravy  
Quorn patty with gravy (v)  
Oven baked jacket wedges  
Seasonal vegetables and salad  
Chocolate cookie

Mac and cheese (v)  
Filled jacket potato  
**MSC** Golden fish fingers  
Potato waffles  
Seasonal vegetables and salad  
Honey, oats and fruit topped  
yoghurt

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.

### Week One

15/05/23, 12/06/23, 03/07/23,  
04/09/23, 25/09/23, 16/10/23

### Week Two

01/05/23, 22/05/23, 19/06/23,  
10/07/23, 11/09/23, 02/10/23,  
23/10/23

### Week Three

08/05/23, 05/06/23, 26/06/23,  
17/07/23, 18/09/23, 09/10/23

(v) = Vegetarian = Plant Based

**Bolton**  
Council



# 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.

Seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org).

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

School Meals offer a freshly prepared 2 course meal and a drink for less than the average cost of a meal deal.

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

Let us take care of lunchtimes.



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

## Serving your child safely each day

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)

