

# St Matthew (Little Lever) Primary School Menu May – October 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Cheese & tomato pizza (v)	Baked sausage	Pork loin steak in gravy	Bolognese	Fish fingers
	Filled jacket potato	Quorn sausage (v)	Salmon in a lemon crumb	Cheese & onion panini (v)	Filled jacket potato
				Tomato ketchup	
	Carbohydrate included in main meal	Mashed potatoes	Roast potatoes	Oven baked jacket wedges	Chips
				Wholemeal pasta	
	Sweetcorn	Baked beans	Broccoli, cauliflower & carrot mix	Carrot roundels	Garden peas
	Orange crunch muffin	Frozen fruit yoghurt	Shortbread & Fruit	Chocolate Fudge cake	Selection of fresh fruit
Fresh bread available daily					
<b>WEEK 2</b>	Hot dog	Baked gammon	Roast Chicken in Gravy	Meat pie	Harry Ramsden battered fish
	Filled jacket potato	Cheese whirl (v)	Quorn Balti (v)	Tomato pasta	Egg mayonnaise sandwich (v)
	Tomato ketchup		Gravy	Gravy	Tomato ketchup
	Oven baked jacket wedges	Garlic & herb baby baked potatoes	Roast potatoes	Mashed potatoes	Chips
			Wholegrain rice		
		Sweetcorn	Baked beans	Carrot batons	Green beans
	Apple muffin	Orange jelly with topping	Oat Cookie & fruit portion	Ice cream tub	Selection of fresh fruit
		Strawberry Jelly with Topping			
Help yourself salad trolley filled with a selection of fresh salad items available daily					
<b>WEEK 3</b>	Pizza (cooks choice)	Pork meatballs in gravy	Chicken wrap	Chicken Balti	Breaded cod
	Filled jacket potato	Vegeballs in gravy (v)	Pasta in tomato sauce (v)	Vegetarian sausage roll (v)	Omelette (v)
					Tomato ketchup
	Carbohydrate included in main meal	Wholegrain rice	Oven baked jacket wedges	Boiled potatoes	Chips
				Wholegrain rice	
	Baked beans	Sweetcorn	Coleslaw	Broccoli, cauliflower & carrot mix	Garden peas
	Iced sponge	Aussie crunch	Selection of fresh fruit	Artic Roll & Fruit	Shortbread & fruit portion
Fresh fruit and chilled drinks available daily					

MENU DATES FOR MAY – OCTOBER 2018		Week 1	Week 2	Week 3	
<b>MAY</b>	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	
<b>JUNE</b>	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
<b>JULY</b>	M	T	W	T	F
	2	3	4	5	6
	9	10	11	12	13
	16	17	18	19	20
	23	24	25	26	27
	30	31			
<b>AUGUST</b>	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
<b>SEPTEMBER</b>	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
<b>OCTOBER</b>	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	31	1	2

# Bolton Council School Meals

## St Matthew (Little Lever) Primary Menu : May – October 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 May-October 2018 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)