



# St Matthew (Little Lever) Primary School Menu

## June – October 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Cheese & tomato pizza (v)	Baked sausage	Korma chicken & mini pitta	Bolognaise	Cheese wrap
	Filled jacket potatoes	Cheese flan (v)	Quorn korma (v)	Omelette (v)	Salmon in a lemon crumb
	Carbohydrate included in main meal	Mashed potatoes	Filled jacket potatoes	Oven baked jacket wedges	<b>Chips</b>
	Sweetcorn	Baked beans	Wholegrain rice	Wholemeal pasta	Coleslaw
	Frozen fruit yoghurt	Chocolate cookie & Fruit	Broccoli	Garden peas	Carrot batons
			Strawberry jelly with topping	Jammy dodger	Selection of fresh fruit
Fresh bread available daily					
<b>WEEK 2</b>	Cheese whirl (v)	Meatballs in gravy	Roast chicken in gravy	Chicken tikka masala	<b>MSC Bubble crunchy fish</b>
	Tomato pasta (v)	Vegeballs in gravy (v)	Quorn slice in gravy (v)	Tuna wrap	Filled jacket potatoes
	Oven baked jacket wedges	Savoury rice	Mashed potatoes	Wholegrain rice	<b>Chips</b>
	Baked beans	Carrot roundels	Broccoli	Roast potatoes	Garden peas
	Shortbread & fruit portion	Aussie crunch	Ice cream roll & fruit	Sweetcorn	Selection of fresh fruit
Orange crunch muffin					
Help yourself salad trolley filled with a selection of fresh salad items available daily					
<b>WEEK 3</b>	Cheese & tomato pizza (v)	Sausage roll	Meat pie	Chicken wrap	<b>MSC Fish fingers</b>
	Filled jacket potatoes	Vegetable ravioli (v)	Filled jacket potatoes	Tomato pasta (v)	Filled jacket potatoes
	Carbohydrate included in main meal	<b>Potato waffles</b>	Roast potatoes	Yoghurt & mint sauce	Mashed potatoes
	Sweetcorn	Baked beans	Carrot roundels	Oven baked jacket wedges	Pasta hoops in tomato sauce
	Iced sponge	Oat Cookie & fruit portion	Carrot roundels	Chopped salad	Garden peas
			Orange jelly with topping	Chocolate sponge & Chocolate sauce	Selection of fresh fruit
Fresh fruit and chilled drinks available daily					

### MENU DATES FOR JUNE – OCTOBER 2019

	Week 1	Week 2	Week 3	
<b>JUNE</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	M T W T F 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26 29 30 31	M T W T F 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30	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
<b>JULY</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	M T W T F 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30	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	M T W T F 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31
<b>AUGUST</b>	M T W T F 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30	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	M T W T F 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31	M T W T F 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29
<b>SEPTEMBER</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	M T W T F 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31	M T W T F 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	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>OCTOBER</b>	M T W T F 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31	M T W T F 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	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	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>NOVEMBER</b>	M T W T F 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29	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	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	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

# Bolton Council School Meals

## St Matthew (Little Lever) Primary School Menu : June – October 2019



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 June – October 2019 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 every three weeks.**

### 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 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 ...

- Serves sustainable quality food
- Free range eggs
- Red Tractor
- MSC fish



MSC-C-54995

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