

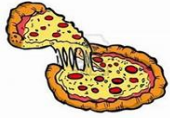


Week 1

Week 2

Week 3

Pasta or Pizza
Monday



Homemade margherita pizza (v)
 Filled jacket potatoes
 Carbohydrate included in main meal
 Coleslaw
 Chopped salad
 Frozen fruit yoghurt
 Fresh Fruit or yoghurt

Cheese whirl (v)
 Creamy tomato pasta (v)
 Oven baked jacket wedges
 Baked beans
 Chopped salad
 Shortbread & fruit portion
 Fresh Fruit or yoghurt

Juicy burger on a bun
 Vegetarian burger on a bun (q)
 Herby diced potatoes
 Sweetcorn
 Chopped salad
 Iced sponge
 Fresh Fruit or yoghurt

Traditional
Tuesday



Baked sausage
 Creamy cheese flan (v)
 Mashed potatoes
 Baked beans
 Chopped salad
 Chocolate cookie & Fruit
 Fresh Fruit or yoghurt

Tasty meatballs in gravy
 Vegeballs in gravy (v)
 Savoury rice
 Carrot roundels
 Chopped salad
 Marble sponge & custard
 Fresh Fruit or yoghurt

Homemade sausage roll
 Vegetable ravioli (v)
 Potato waffles
 Baked beans
 Chopped salad
 Oat Cookie & fruit portion
 Fresh Fruit or yoghurt

Cooks Choice
Wednesday



Korma chicken & mini pitta
 Vegetarian korma (q)
 Filled jacket potatoes
 Wholegrain rice
 Broccoli
 Chopped salad
 Strawberry jelly with topping
 Fresh Fruit or yoghurt

Traditional roast chicken in gravy
 Quorn slice in gravy (v)
 Mashed potatoes
 Broccoli
 Chopped salad
 Aussie crunch
 Fresh Fruit or yoghurt

Homemade meat pie
 Filled jacket potatoes
 Roast potatoes
 Carrot roundels
 Chopped salad
 Orange jelly with topping
 Fresh Fruit or yoghurt

International Day
Thursday



Italian bolognese
 Omelette (v)
 Oven baked jacket wedges
 Wholemeal pasta
 Sweetcorn
 Chopped salad
 Jammy dodger
 Fresh Fruit or yoghurt

Chicken tikka masala
 Tuna wrap
 Wholegrain rice
 Roast potatoes
 Sweetcorn
 Chopped salad
 Orange crunch muffin
 Fresh Fruit or yoghurt

Chicken wrap
 Creamy tomato pasta (v)
 Yoghurt & mint sauce
 Oven baked jacket wedges
 Chopped salad
 Chocolate sponge & Chocolate sauce
 Fresh Fruit or yoghurt

Fish Friday



Harry Ramsden battered fish MSC
 Filled jacket potatoes
 Chips
 Garden peas
 Carrot batons
 Selection of fresh fruit
 Fruit Yoghurt

Homemade margherita pizza (v)
 Salmon sandwich
 Chips
 Garden peas
 Chopped salad
 Selection of fresh fruit
 Fruit Yoghurt

Golden fish fingers MSC
 Filled jacket potatoes
 Mashed potatoes
 Pasta hoops in tomato sauce
 Garden peas
 Chopped salad
 Selection of fresh fruit
 Fruit Yoghurt

Bolton Council School Meals

St Matthew (L/L) Primary School : September 2020



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 September 2020 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.

The Food Standards include

One or more wholegrain varieties of starchy food each week.

One of more portions of vegetables or salad as an accompaniment every day.

At least three different fruits and three different vegetables each week.

A portion of milk and dairy every day.

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 £1.80, 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