

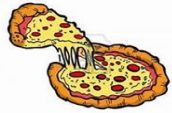


Week 1

Week 2

Week 3

Pasta or Pizza  
Monday



Homemade margherita pizza (v)  
Golden country bake (v)  
Carbohydrate included in main meal  
Sweetcorn  
Chopped salad  
Raspberry mousse slice  
Fresh fruit or yoghurt

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

Homemade margherita pizza (v)  
Filled jacket potatoes  
Carbohydrate included in main meal  
Sweetcorn  
Chopped salad  
Iced sponge  
Fresh fruit or yoghurt

Traditional  
Tuesday



Baked sausage  
Baked sausage (v)  
Creamy cheese flan (v)  
Oven baked jacket wedges  
  
Baked beans  
Chopped salad  
Chocolate cookie & fruit  
Fresh fruit or yoghurt

Tasty meatballs in gravy  
Vegeballs in gravy (v)  
Filled jacket potatoes  
Savoury rice  
Wholemeal pasta  
Carrot roundels  
Chopped salad  
Jammy dodger  
Fresh fruit or yoghurt

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

Cooks choice  
Wednesday



Mild chicken korma  
Vegetarian korma (q)  
Filled jacket potatoes  
Wholegrain rice  
Broccoli  
Chopped salad  
Chocolate mousse  
Fresh fruit or yoghurt

Traditional roast chicken in gravy  
Quorn slice in gravy (v)  
Salmon in a lemon crumb  
Mashed potatoes  
Broccoli  
Chopped salad  
Marble sponge & custard  
Fresh fruit or yoghurt

Traditional meat & potato pie  
Vegimince pie (v)  
Cod fish cake  
Carbohydrate included in main meal  
Carrot roundels  
Chopped salad  
Strawberry jelly with topping  
Fresh fruit or yoghurt

International Day  
Thursday



Italian bolognaise  
Italian bolognaise (v)  
Omelette (v)  
  
Oven baked jacket wedges  
Wholemeal pasta  
Garden peas  
Chopped salad  
Jam and coconut sponge  
Fresh fruit or yoghurt

Chicken tikka masala  
Vegetarian tikka masala (q)  
Cheese & onion panini (v)  
  
Wholegrain rice  
Herby diced 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



Salmon sandwich  
Juicy burger on a bun  
Vegetarian burger on a bun (q)  
Chips  
  
Sweetcorn  
Chopped salad  
Selection of fresh fruit  
Fruit yoghurt

Harry Ramsden battered fish MSC  
Sweet chilli chicken fillet  
  
Chips  
  
Baked beans  
Selection of fresh fruit  
Fruit yoghurt

Golden fish fingers MSC  
Omelette (v)  
  
Pasta hoops in tomato sauce  
Garden peas  
Chopped salad  
Selection of fresh fruit  
Fruit yoghurt

# Bolton Council School Meals

## Red Lane 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](http://www.msc.org)