



**Week 1**

Weeks commencing: 4 Nov / 25 Nov / 16 Dec /  
 20 Jan / 10 Feb / 9 March / 30 March / 6 April /  
 27 April

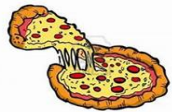
**Week 2**

Weeks commencing: 11 Nov / 2 Dec / 6 Jan /  
 27 Jan / 24 Feb / 16 March / 13 April / 4 May

**Week 3**

Weeks commencing: 18 Nov / 9 Dec / 13 Jan /  
 3 Feb / 2 March / 23 March / 20 April / 11 May

Pasta or Pizza  
 Monday



**Homemade margherita pizza (v)**  
**Filled jacket potatoes**  
 Carbohydrate included in main meal  
 Sweetcorn  
 Chopped salad  
**Ice cream tub**  
**Frozen fruit yoghurt**  
**Fresh fruit or yoghurt**

**Creamy tomato pasta (v)**  
**Cheese whirl**  
 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  
 Baked beans  
 Chopped salad  
**Iced sponge**  
**Fresh fruit or yoghurt**

Traditional  
 Tuesday



**Baked sausage**  
**Baked sausage (v)**  
**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)**  
**Filled jacket potatoes**  
 Savoury rice  
 Carrot roundels  
 Chopped salad  
**Aussie crunch**  
**Fresh fruit or yoghurt**

**Golden fish fingers MSC**  
**Golden country bake (v)**  
  
 Mashed potatoes  
 Garden peas  
 Chopped salad  
**Oat cookie & fruit portion**  
**Fruit yoghurt**

Cooks choice  
 Wednesday



**Smokey BBQ chicken**  
**Vegetable ravioli (v)**  
  
 Salad potatoes  
 Broccoli  
 Chopped salad  
**Strawberry mousse**  
**Fresh fruit or yoghurt**

**Traditional roast chicken in gravy**  
**Quorn slice in gravy (v)**  
**Cheese sandwich**  
 Mashed potatoes  
 Broccoli  
 Chopped salad  
**Ice cream roll and fruit**  
**Fresh fruit or yoghurt**

**Homemade meat pie**  
**Vegimince pie (v)**  
**Omelette (v)**  
 Roast potatoes  
 Carrot roundels  
 Chopped salad  
**Strawberry jelly with topping**  
**Fresh fruit or yoghurt**

International Day  
 Thursday



**Italian bolognese**  
**Golden quorn dippers (v)**  
  
 Oven baked jacket wedges  
 Wholemeal pasta  
 Garden peas  
 Chopped salad  
**Jammy dodger**  
**Fresh fruit or yoghurt**

**Chicken tikka masala**  
**Quorn tikka masala (q)**  
**Cheese and onion panini (v)**  
 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



**Salmon sandwich**  
**Juicy burger on a bun**  
**Omelette (v)**  
 Chips  
 Coleslaw  
 Chopped salad  
**Selection of fresh fruit**  
**Fruit Yoghurt**

**Harry Ramsden battered fish MSC**  
**Filled jacket potatoes**  
  
 Chips  
 Garden peas  
 Chopped salad  
**Selection of fresh fruit**  
**Fruit yoghurt**

**Homemade sausage roll**  
**Vegetable ravioli (v)**  
  
 Potato waffles  
 Sweetcorn  
 Chopped salad  
**Selection of fresh fruit**  
**Fresh fruit or yoghurt**

# Bolton Council School Meals

## St Andrew (O/H) Primary School : November 2019 – April 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 October 2019 – April 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 £1.70, 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)