

**SS Simon and Jude  
Primary School Menu  
May – October 2018**

|  | MONDAY                             | TUESDAY                                | WEDNESDAY                          | THURSDAY                                     | FRIDAY                      |
|--|------------------------------------|--|------------------------------------|--|-----------------------------|
| <b>WEEK 1</b>  | Baked sausage                      | Meat pie                               | Chicken biryani                    | Mild spiced chilli                           | Fish fingers                |
|  | Baked sausage (h)                  | Meat pie (h)                           | Chicken biryani (h)                | Mild spiced chilli (h)                       | Cheese flan (v)             |
|  | Omelette (v)                       | Salmon in a lemon crumb                | Vegetarian sausage roll (v)        | Tomato pasta (v)                             | Tomato ketchup              |
|  | Oven baked jacket wedges           | Mashed potatoes                        | Boiled potatoes                    | Wholegrain rice                              | Chips                       |
|  | Sweetcorn                          | Broccoli, cauliflower & carrot mix     | Carrot roundels                    | Garden peas                                  | Baked beans                 |
|  | Orange crunch muffin               | Frozen fruit yoghurt                   | Shortbread & Fruit                 | Jam and coconut sponge                       | Selection of fresh fruit    |
|  | Fresh bread available daily        |  |                                    |  |                             |
| <b>WEEK 2</b>  | Pizza selection                    | Chicken Balti                          | Lasagne                            | Meat pie<br>Meat pie (h)<br>Cheese whirl (v) | Harry Ramsden battered fish |
|  |                                    | Chicken Balti (h)                      | Lasagne (h)                        |  | Hot dog                     |
|  | Filled jacket potato               | Vegeballs in tomato & pepper sauce (v) | Macaroni cheese (v)                |  | Tomato ketchup              |
|  | Carbohydrate included in main meal | Wholegrain rice                        | Carbohydrate included in main meal | Gravy  | Chips                       |
|  |                                    |  | Garlic bread                       | Mashed potatoes                              |                             |
|  | Baked beans                        | Green beans                            | Sweetcorn                          | Carrot roundels                              | Garden peas                 |
|  | Ice cream tub                      | Ginger biscuit with fruit              | Strawberry jelly with topping      | Apple muffin                                 | Selection of fresh fruit    |
| Help yourself salad trolley filled with a selection of fresh salad items available daily |                                    |  |                                    |  |                             |
| <b>WEEK 3</b>  | Breaded cod                        | Pizza (cooks choice)                   | Meat pie                           | Chicken wrap                                 | Burger on a bun             |
|  | Pasta in tomato sauce (v)          | Filled jacket potato                   | Meat pie (h)                       | Chicken wrap (h)                             | Vegetarian sausage roll (v) |
|  |                                    |  | Omelette (v)                       | Vegeballs in gravy (v)                       | Tomato ketchup              |
|  | Boiled potatoes                    | Carbohydrate included in main meal     | Mashed potatoes                    | Garlic mayonnaise                            | Herby diced potatoes        |
|  | Sweetcorn                          | Baked beans                            | Broccoli, cauliflower & carrot mix | Wholegrain rice                              | Garden peas                 |
|  |                                    | Coleslaw                               |                                    | Carrot batons                                |                             |
|  | Iced sponge                        | Oat biscuit & fruit portion            | Artic roll & tinned fruit          | Aussie crunch                                | 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<br>1 2 3 4<br>7 8 9 10 11<br>14 15 16 17 18<br>21 22 23 24 25<br>28 29 30 31     | M T W T F<br>2 3 4 5 6<br>9 10 11 12 13<br>16 17 18 19 20<br>23 24 25 26 27<br>30 31   | M T W T F<br>1 2 3<br>6 7 8 9 10<br>13 14 15 16 17<br>20 21 22 23 24<br>27 28 29 30 31 | <b>JUNE</b>      | M T W T F<br>1<br>4 5 6 7 8<br>11 12 13 14 15<br>18 19 20 21 22<br>25 26 27 28 29          |
| <b>JULY</b>    | M T W T F<br>2 3 4 5 6<br>9 10 11 12 13<br>16 17 18 19 20<br>23 24 25 26 27<br>30 31       | M T W T F<br>1 2 3<br>6 7 8 9 10<br>13 14 15 16 17<br>20 21 22 23 24<br>27 28 29 30 31 | <b>AUGUST</b>  | <b>SEPTEMBER</b> | M T W T F<br>1 2 3 4 5<br>8 9 10 11 12<br>15 16 17 18 19<br>22 23 24 25 26<br>29 30 31 1 2 |
| <b>OCTOBER</b> | M T W T F<br>1 2 3 4 5<br>8 9 10 11 12<br>15 16 17 18 19<br>22 23 24 25 26<br>29 30 31 1 2 |  |  |                  |  |

# Bolton Council School Meals

## SS Simon and Jude 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)