

SS Simon and Jude Halal Option Primary Menu October 2018 – May 2019

**Bolton
Council**



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cheese & tomato pizza (v)	Tomato pasta (v)	Lasagne (h)	Roast chicken in gravy	Baked sausage (h)
	Filled jacket potatoes		Lasagne	Roast chicken in gravy (h)	Baked sausage
		MSC Salmon in a lemon crumb	Omelette (v)	Quorn slice in gravy (v)	Cheese flan (v)
	Carbohydrate included in main meal	Oven baked jacket wedges	Salad potatoes	Yorkshire pudding	Chips
	Chopped salad	Garden peas	Garlic & herb slice	Roast potatoes	Baked beans
	Coleslaw		Sweetcorn	Broccoli, cauliflower & carrot mix	
	Frozen fruit yoghurt	Ginger biscuit & fruit portion	Strawberry mousse	Jammy dodger	Selection of fresh fruit
Ice cream tub		Chocolate mousse			
Fresh bread available daily					
WEEK 2	Cheese whirl (v)	Chicken Balti	Meat pie (h)	Cheese & tomato pizza (v)	Breaded fish
	Mild spiced chilli	Vegeballs in gravy (v)	Meat pie	Vegetable ravioli (v)	Chicken wrap
	Mild spiced chilli (h)		Quorn slice in gravy (v)		Chicken wrap (h)
	Boiled potatoes		Mashed potatoes	Garlic & herb slice	Potato waffles
	Wholegrain rice	Wholegrain rice			
	Baked beans	Carrot roundels	Broccoli	Sweetcorn	Garden peas
	Oat Cookie & fruit portion	Marble sponge & custard	Strawberry jelly with topping	Shortbread & fruit portion	Chopped salad
Help yourself salad trolley filled with a selection of fresh salad items available daily					
WEEK 3	Vegetarian sausage roll (v)	Chicken korma (h)	Meat pie (h)	Tomato pasta (v)	Burger on a bun (h)
	Omelette (v)	Chicken korma	Cheese pasty (v)	Vegeballs in gravy (v)	MSC Fish fingers
		Vegetable ravioli (v)			Chips
	Oven baked jacket wedges	Wholegrain rice	Mashed potatoes	Wholegrain rice	
	Baked beans	Garlic & herb slice		Chopped salad	Garden peas
	Jam and coconut sponge	Sweetcorn	Green cabbage	Carrot roundels	
	Oat Cookie & fruit portion	Apple muffin	Chocolate sponge & Chocolate sauce	Selection of fresh fruit	
Fresh fruit and chilled drinks available daily					

MENU DATES FOR OCTOBER 2018 – MAY 2019

	Week 1	Week 2	Week 3			
NOVEMBER	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
	29 30 31 1 2	3 4 5 6 7	7 8 9 10 11	11 12 13 14 15	18 19 20 21 22	25 26 27 28 29
	5 6 7 8 9	10 11 12 13 14	14 15 16 17 18	18 19 20 21 22	22 23 24 25 26	29 30
	12 13 14 15 16	17 18 19 20 21	21 22 23 24 25	25 26 27 28		
	19 20 21 22 23	24 25 26 27 28	28 29 30 31			
26 27 28 29 30	31					
DECEMBER	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
	3 4 5 6 7	10 11 12 13 14	14 15 16 17 18	18 19 20 21 22	22 23 24 25 26	29 30
	10 11 12 13 14	17 18 19 20 21	21 22 23 24 25	25 26 27 28		
	17 18 19 20 21	24 25 26 27 28	28 29 30 31			
	24 25 26 27 28	31				
JANUARY	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
	7 8 9 10 11	14 15 16 17 18	18 19 20 21 22	22 23 24 25	25 26 27 28	
	14 15 16 17 18	21 22 23 24 25	25 26 27 28			
	21 22 23 24 25	28 29 30 31				
	28 29 30 31					
FEBRUARY	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
	4 5 6 7 8	11 12 13 14 15	18 19 20 21 22	22 23 24 25	25 26 27 28	
	11 12 13 14 15	18 19 20 21 22	25 26 27 28			
	18 19 20 21 22	25 26 27 28				
	25 26 27 28					
MARCH	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
	4 5 6 7 8	11 12 13 14 15	18 19 20 21 22	22 23 24 25	25 26 27 28 29	
	11 12 13 14 15	18 19 20 21 22	25 26 27 28			
	18 19 20 21 22	25 26 27 28				
	25 26 27 28 29					
APRIL	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	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	
	8 9 10 11 12	15 16 17 18 19	22 23 24 25 26			
	15 16 17 18 19	22 23 24 25 26				
	22 23 24 25 26	29 30				
MAY	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F	M T W T F
	6 7 8 9 10	13 14 15 16 17	20 21 22 23 24	27 28 29 30 31		
	13 14 15 16 17	20 21 22 23 24	27 28 29 30 31			
	20 21 22 23 24	27 28 29 30 31				
	27 28 29 30 31					

Bolton Council School Meals

SS Simon and Jude Menu : October 2018 – May 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 October 2018 – May 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

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