

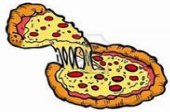


Week 1

Week 2

Week 3

Pasta or Pizza  
Monday



Homemade margherita pizza (v)  
Filled jacket potatoes  
Carbohydrate included in main meal  
Sweetcorn  
Chopped salad  
Ice cream tub  
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

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)  
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  
Wholemeal pasta  
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 mousse  
Fresh fruit or yoghurt

Traditional roast chicken in gravy  
Quorn slice in gravy (v)  
  
Mashed potatoes  
Broccoli  
Chopped salad  
Ginger biscuit & fruit portion  
Fresh fruit or yoghurt

Homemade meat pie  
Vegimince pie (v)  
Filled jacket potatoes  
Roast potatoes  
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  
Jammy dodger  
Fresh fruit or yoghurt

Chicken tikka masala  
Vegetarian tikka masala (q)  
Tuna wrap  
  
Wholegrain rice  
Roast potatoes  
Sweetcorn  
Chopped salad  
Orange crunch muffin  
Fresh fruit or yoghurt

Chicken wrap  
Pasta in arabbiata sauce  
  
Yoghurt & mint sauce  
Oven baked jacket wedges  
  
Chopped salad  
  
Chocolate sponge & Chocolate sauce  
Fresh fruit or yoghurt

Fish Friday



Juicy burger on a bun  
Vegetarian burger on a bun (q)  
Salmon sandwich  
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

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

## The Oaks Primary School : September 2021



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 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 £2.20, 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)