

School Meals Halal Option

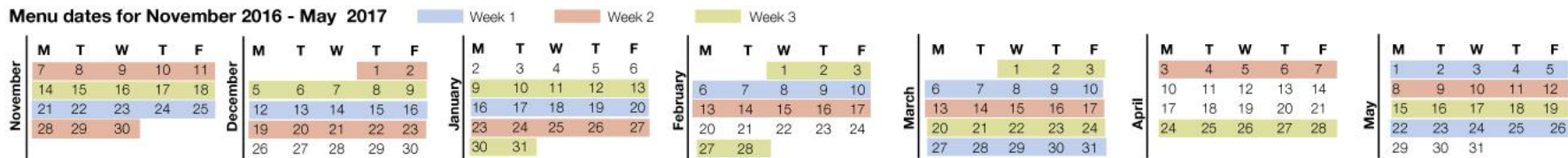
Autumn / Winter Menu 2016-2017

(H) Two versions of the meat / poultry dish will be prepared, one being suitable for our Muslim customers



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Battered fish fillet with chipped potatoes and sweetcorn Halal meat or vegetarian (V) chilli with chipped potatoes and fresh chopped salad Home-made shortbread biscuit with fresh fruit	Home-made chicken biryani (H) with fresh chopped salad Vegeballs in tomato and basil sauce (V) with wholemeal rice and mixed vegetables Home-made cheese whirl (V) with salad potatoes and mixed vegetables Home-made fruit muffin	Marinated chicken (H) in a soft wrap or cheese and onion panini (V) with herby diced potatoes, fresh chopped salad and coleslaw Tuna filled jacket potato with fresh chopped salad and coleslaw Home-made chocolate sponge with chocolate sauce	Roast chicken (H) or quorn slice (V) with Yorkshire pudding and gravy, mashed potatoes and broccoli, cauliflower and carrot mix Omelette (V) with mashed potatoes and broccoli, cauliflower and carrot mix Chocolate or strawberry mousse	Home-made cheese and tomato pizza (V) with half jacket potato and baked beans Quorn burger (V) with jacket potato and baked beans Selection of fresh fruit
A selection of fresh bread available daily					
Week 2	BBQ chicken (H) with herby diced potatoes and diced carrots Quorn dippers (V) with herby diced potatoes and diced carrots Home-made rice pudding with tinned fruit	Beef sausage or halal chicken sausage with baked potato wedges and sweetcorn Vegetable ravioli (V) with baked potato wedges and sweetcorn Home-made mississippi mud pie	Home-made meat pie (H) or vegimince pie (V) and gravy with mashed potatoes and mixed vegetables Omelette (V) with mashed potatoes and baked beans Home-made oat cookie	Baked chicken (H) in gravy with salad potatoes and broccoli florets Penne pasta and tomato sauce (V) with broccoli florets Home-made chocolate muffin	Breaded cod fishcake or fish fillet with chipped potatoes and garden peas Home-made mixed bean chilli (V) with chipped potatoes and fresh chopped salad Selection of fresh fruit
A selection of chopped salad and fresh fruit daily					
Week 3	Salmon wholemeal roll with half jacket potato and fresh chopped salad Home-made cheese and tomato pizza (V) with half jacket potato and baked beans Home-made ginger biscuit with fresh fruit	Beef burger or halal lamb burger on a wholemeal roll with chipped potatoes and fresh chopped salad Quorn sausage hot dog (V) on a finger roll with chipped potatoes and fresh chopped salad Home-made chocolate brownie	Home-made chicken curry (H) with wholemeal rice and fresh chopped salad Cheese pasty (V) with herby diced potatoes and sweetcorn Home-made oat and raisin cookie with fresh fruit	Pasta in a home-made meat (H) bolognaise sauce with diced carrots Vegetarian sausage roll (V) with jacket wedges and diced carrots Home-made marble sponge and custard	Fish fingers with Manager's choice of potato and mushy peas Filled jacket potato with Manager's choice of filling and fresh chopped salad Selection of fresh fruit
Yoghurt and a selection of chilled drinks available daily					

Menu dates for November 2016 - May 2017



Bolton Council School Meals

Halal Option Menu November 2016 – May 2017



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.

The healthy food choices on the Autumn/Winter Menu complies with the Government's School Food Standards.

Menu Choices

Most schools offer the menu as detailed, however some have amended/opted for bespoke menus to meet their needs, for more details on the menu served in your school please contact the school office.



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.

Excellent Value for Money

The price of a school meal in Bolton is just £1.25, 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.



Allergen Information

Allergen information can be obtained by talking to our staff or visiting the school meals website.



"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 ...

- encourage your children to try different foods, as well as enjoy familiar favourites.
- provide at least two of the recommended 5-a-day portions of fruit and vegetables.
- start them thinking about healthy eating, which will help them make good food choices in the future.
- help children's concentration and behaviour in the classroom.

"I really like having hot lunches - they keep you warm on cold days".

Bolton Council

Contact us

If you would like more information about school meals please visit our website at www.boltongov.uk/schoolmeals or contact us on 01204 336957