

Clarendon Primary School Menu

May – October 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Cheese & tomato pizza (v)	Baked sausage	Chicken biryani	Tomato pasta (v)	Fish fingers
	Filled jacket potato	Baked sausage (h)	Chicken biryani (h)	Omelette (v)	Mild spiced chilli
		Quorn sausage (v)	Quorn Slice in gravy (v)		Mild spiced chilli (h)
		Cheese & onion panini (v)			Salmon sandwich
	Carbohydrate included in main meal	Mashed potatoes		Boiled potatoes	Chips
		Jacket potato	Mini naan bread		Garden peas
	Sweetcorn	Baked beans	Broccoli, cauliflower & carrot mix	Fresh chopped salad	
			Coleslaw		
Orange crunch muffin	Frozen fruit yoghurt	Shortbread & Fruit	Chocolate Fudge cake	Selection of fresh fruit	
Fresh bread available daily					
WEEK 2	Lasagne	Vegetable ravioli (v)	Roast Chicken in Gravy	Meat pie	Harry Ramsden battered fish
	Lasagne (h)	Country Bake (v)	Roast Chicken in Gravy (h)	Meat pie (h)	Egg mayonnaise sandwich (v)
	Filled jacket potato	Omelette (v)	Quorn biryani (v)	Cheese whirl (v)	
			Gravy	Gravy	Tomato ketchup
	Carbohydrate included in main meal	Garlic & herb baby baked potatoes	Roast potatoes	Boiled potatoes	Oven baked jacket wedges
	Garlic bread				
	Sweetcorn	Garden peas	Carrot batons	Green beans	Baked beans
Apple muffin	Orange jelly with topping	Ginger biscuit with fruit	Ice cream tub	Selection of fresh fruit	
	Strawberry Jelly with Topping				
Help yourself salad trolley filled with a selection of fresh salad items available daily					
WEEK 3	Pizza (cooks choice)	Chicken Balti	Burger on a bun	Breaded cod	Chicken wrap
	Filled jacket potato	Chicken Balti (h)	Burger on a bun (h)	Cheese and onion panini (v)	Vegetarian sausage roll (v)
		Vegeballs in gravy (v)	Cheese flan	Quorn Spanish rice (v)	Chicken wrap (h)
				Tomato ketchup	
	Carbohydrate included in main meal	Wholegrain rice	Herby diced potatoes	Oven baked jacket wedges	Boiled potatoes
	Baked beans	Broccoli, cauliflower & carrot mix	Sweetcorn	Garden peas	Coleslaw
					Chopped salad
Iced sponge	Artic roll & tinned fruit	Shortbread & fruit portion	Aussie crunch	Selection of fresh fruit	
Fresh fruit and chilled drinks available daily					

MENU DATES FOR MAY – OCTOBER 2018					Week 1	Week 2	Week 3		
MAY	M	T	W	T	F				
		1	2	3	4				
	7	8	9	10	11				
	14	15	16	17	18				
	21	22	23	24	25				
	28	29	30	31					
JUNE	M	T	W	T	F				
					1				
	4	5	6	7	8				
	11	12	13	14	15				
	18	19	20	21	22				
	25	26	27	28	29				
JULY	M	T	W	T	F				
		2	3	4	5	6			
	9	10	11	12	13				
	16	17	18	19	20				
	23	24	25	26	27				
	30	31							
AUGUST	M	T	W	T	F				
				1	2	3			
	6	7	8	9	10				
	13	14	15	16	17				
	20	21	22	23	24				
	27	28	29	30	31				
SEPTEMBER	M	T	W	T	F				
	3	4	5	6	7				
	10	11	12	13	14				
	17	18	19	20	21				
	24	25	26	27	28				
OCTOBER	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	31	1	2				

Bolton Council School Meals

Clarendon 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