

The Valley Halal Primary Menu October 2018 – May 2019

**Bolton
Council**



WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cheese & tomato pizza (v)	Baked sausage (h)	Lasagne (h)	Roast chicken in gravy	Tomato pasta (v)
Filled jacket potatoes	Baked sausage (v)	Lasagne (v)	Cheese flan (v)	MSC Salmon in a lemon crumb
	Quorn slice in gravy (v)	Quorn dippers (v)		
Carbohydrate included in main meal	Mashed potatoes	Chips	Yorkshire pudding	Oven baked jacket wedges
Chopped salad	Baked beans	Garden peas	Broccoli, cauliflower & carrot mix	Garlic & herb slice
Coleslaw				Sweetcorn
Frozen fruit yoghurt	Apple muffin	Strawberry jelly with topping	Jammy dodger	Selection of fresh fruit

Fresh bread available daily

WEEK 2

Vegetarian sausage roll (v)	Cheese whirl (v)	Roast chicken in gravy (h)	Chicken biryani (h)	MSC Breaded fish
Vegetable ravioli (v)	Vegeballs in tomato & pepper sauce (v)	Mild spiced chilli	Quorn slice in gravy (v)	Cheese & onion panini (v)
Mashed potatoes	Garlic & herb baby baked potatoes	Filled jacket potatoes	Oven baked jacket wedges	Potato waffles
Baked beans	Sweetcorn	Roast potatoes	Carrot batons	Garden peas
Marble sponge & custard	Shortbread & fruit portion	Broccoli	Orange crunch muffin	Selection of fresh fruit
		Chocolate fudge cake		

Help yourself salad trolley filled with a selection of fresh salad items available daily

WEEK 3

Vegetarian sausage roll (v)	Burger on a bun (h)	Meat pie (h)	Chicken wrap (h)	MSC Fish fingers
Omelette (v)	Quorn burger on a bun (v)	Pasta in arabiata sauce	Egg mayonnaise sandwich (v)	Filled jacket potatoes
	Filled jacket potatoes		Yoghurt & mint sauce	
Tomato ketchup			Roast potatoes	Chips
Mashed potatoes	Oven baked jacket wedges	Salad potatoes	Carrot roundels	Mushy peas
Baked beans	Sweetcorn	Garden peas		
Iced sponge	Oat Cookie & fruit portion	Strawberry jelly with topping	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
	29	30	31	1	2
	5	6	7	8	9
	12	13	14	15	16
	19	20	21	22	23
	26	27	28	29	30

DECEMBER	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
	31				

JANUARY	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	

FEBRUARY	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	

MARCH	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

APRIL	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			

MAY	M	T	W	T	F
				1	2
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	24
	27	28	29	30	31

Bolton Council School Meals

The Valley 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