

# Eatock Standard Primary Menu October 2018 – May 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	Baked sausage	Cheese & tomato pizza (v)	Lasagne	Pork loin steak in gravy	Tomato pasta (v)
	Baked sausage (v)	Filled jacket potatoes	Lasagne (v)	Quorn slice in gravy (v)	MSC Salmon in a lemon crumb
	Cheese flan (v)		Quorn dippers (v)	Omelette (v)	
	<b>Chips</b>	Garlic & herb slice	Mashed potatoes	Roast potatoes	Oven baked jacket wedges
	Baked beans	Chopped salad	Garden peas	Broccoli, cauliflower & carrot mix	Sweetcorn
		Coleslaw			
	Ginger biscuit & fruit portion	Ice cream tub	Strawberry mousse	Jammy dodger	Selection of fresh fruit
	Frozen fruit yoghurt	Chocolate mousse			
Fresh bread available daily					
<b>WEEK 2</b>	Meatballs in gravy	Cheese pastry (v)	Roast chicken in gravy	Chicken Balti	<b>Breaded fish</b>
	Vegeballs in gravy (v)	Bolognaise	Quorn slice in gravy (v)	Vegetarian sausage roll (v)	Cheese & onion panini (v)
			Yorkshire pudding		
	Wholemeal pasta	Roast potatoes	Mashed potatoes	Wholegrain rice	<b>Potato waffles</b>
	Carrot batons	Wholemeal pasta		Salad potatoes	
		Mixed Vegetables	Broccoli	Sweetcorn	Baked beans
	Shortbread & fruit portion	Marble sponge & custard	Chocolate fudge cake	Orange crunch muffin	Chopped salad Selection of fresh fruit
Help yourself salad trolley filled with a selection of fresh salad items available daily					
<b>WEEK 3</b>	Baked gammon	<b>Burger on a bun</b>	Meat pie	Chicken wrap	<b>MSC Fish fingers</b>
	Omelette (v)	Quorn burger on a bun (v)	Vegimince pie (v)	Tuna wrap	Filled jacket potatoes
		Filled jacket potatoes	Vegetable ravioli (v)	Cheese wrap	
	Roast potatoes	<b>Herby diced potatoes</b>	Boiled potatoes	Yoghurt & mint sauce	Mashed potatoes
	Baked beans	Sweetcorn	Carrot batons	Oven baked jacket wedges	
				Chopped salad	Garden peas
	Iced sponge	Chocolate sponge & Chocolate sauce	Strawberry jelly with topping	Sweetcorn	Selection of fresh fruit
			Shortbread & fruit portion		
Fresh fruit and chilled drinks available daily					

## MENU DATES FOR OCTOBER 2018 – MAY 2019

	Week 1	Week 2	Week 3			
<b>NOVEMBER</b>	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						
<b>DECEMBER</b>	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						
<b>JANUARY</b>	M T W T F					
	7 8 9 10 11					
	14 15 16 17 18					
	21 22 23 24 25					
	28 29 30 31					
<b>FEBRUARY</b>	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					
<b>MARCH</b>	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					
<b>APRIL</b>	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					
<b>MAY</b>	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					

# Bolton Council School Meals

## Eatock 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](http://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](http://www.bolton.gov.uk/schoolmeals)