



Week 1

Weeks commencing: 4 Nov / 25 Nov / 16 Dec / 20 Jan / 10 Feb / 9 March / 30 March / 6 April / 27 April

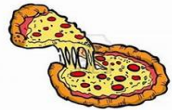
Week 2

Weeks commencing: 11 Nov / 2 Dec / 6 Jan / 27 Jan / 24 Feb / 16 March / 13 April / 4 May

Week 3

Weeks commencing: 18 Nov / 9 Dec / 13 Jan / 3 Feb / 2 March / 23 March / 20 April / 11 May

Pasta or Pizza
Monday



Vegetarian sausage roll (v)
 Vegetable ravioli (v)
 Filled jacket potatoes
 Oven baked jacket wedges
 Sweetcorn
 Chopped salad
 Shortbread & fruit portion
 Fresh fruit or yoghurt

Homemade margherita pizza (v)
 Vegeballs in gravy (v)
 Filled jacket potatoes
 Savoury rice
 Baked beans
 Chopped salad
 Oat Cookie & fruit portion
 Fresh fruit or yoghurt

Vegetarian sausage roll (v)
 Creamy cheese flan (v)
 Salad potatoes
 Baked beans
 Chopped salad
 Iced sponge
 Fresh fruit or yoghurt

Traditional
Tuesday



Korma chicken & mini pitta
 Vegetarian balti (q)
 Wholegrain rice
 Broccoli, cauliflower & carrot mix
 Chopped salad
 Ice cream tub
 Fresh fruit or yoghurt

Cheese whirl (v)
 Vegetarian sausage roll (v)
 Oven baked jacket wedges
 Carrot batons
 Chopped salad
 Aussie crunch
 Fresh fruit or yoghurt

Homemade margherita pizza (v)
 Filled jacket potatoes
 Carbohydrate included in main meal
 Sweetcorn
 Chopped salad
 Strawberry jelly with topping
 Fresh fruit or yoghurt

Cooks choice
Wednesday



Juicy burger on a bun
 Vegetarian burger on a bun (q)
 Chips
 Baked beans
 Chopped salad
 Strawberry mousse
 Fresh fruit or yoghurt

Traditional roast beef in gravy
 Quorn slice in gravy (v)
 Roast potatoes
 Broccoli, cauliflower & carrot mix
 Chopped salad
 Marble sponge & custard
 Fresh fruit or yoghurt

Golden quorn dippers (v)
 Omelette (v)
 Oven baked jacket wedges
 Carrot roundels
 Chopped salad
 Shortbread & fruit portion
 Fresh fruit or yoghurt

International Day
Thursday



Italian bolognese
 Italian bolognese (v)
 Omelette (v)
 Salad potatoes
 Wholemeal pasta
 Garden peas
 Chopped salad
 Jam and coconut sponge
 Fresh fruit or yoghurt

Chicken tikka masala
 Quorn tikka masala (v)
 Creamy tomato pasta (v)
 Wholegrain rice
 Sweetcorn
 Chopped salad
 Apple muffin
 Fresh fruit or yoghurt

Chicken wrap
 Creamy tomato pasta (v)
 Yoghurt & mint sauce
 Garlic & herb slice
 Chopped salad
 Chocolate fudge cake
 Fresh fruit or yoghurt

Fish Friday



Salmon sandwich
 Tuna melt panini
 Cheese & onion panini (v)
 Oven baked jacket wedges
 Coleslaw
 Sweetcorn
 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
 Chips
 Pasta hoops in tomato sauce
 Garden peas
 Chopped salad
 Selection of fresh fruit
 Fruit yoghurt

Bolton Council School Meals

Beaumont Primary School : November 2019 – April 2020



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 2019 – April 2020 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 £1.70, 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