

# Allergen Information

- Bolton Council School Meals Service have available allergen information for foods prepared on site at <http://boltonmbc.mysaffronportal.com/>. Allergen information is also available from your Kitchen Manager.



## Special Diets

- School Meals provide special diets for children with allergies who would like to have a school meal. Special diets are provided for children with a medical problem, not just a dislike of certain foods. Medical evidence confirming the child's allergy is required.

### Nut Allergies

We never knowingly use any ingredients which contain or may contain peanuts, nuts, or peanut based products in the provision of school meals. Whilst we make every effort to ensure the food provided is free from peanuts, nuts or peanut based products, we do not provide nut and peanut free menus.



## Why Choose School Meals

- Choosing school food will save you precious time in the morning preparing a packed lunch.
- A balanced meal will help boost your child's concentration levels during afternoon classes.
- There is a great choice each day, your child will never get bored.
- Packed lunches can mean additional trips to the supermarket and added expenses.
- All menus adhere to the School Food Standards.

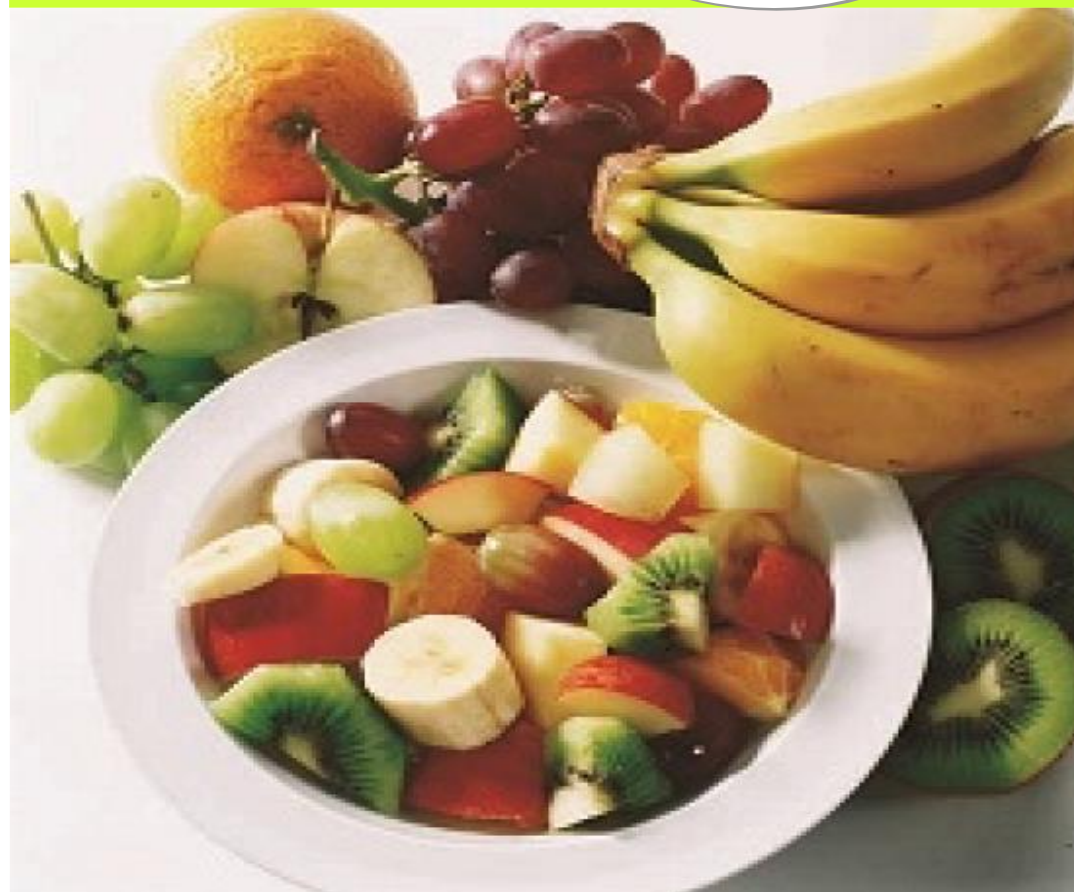
## Contact us

If you have any further questions or enquiries about the service we provide:

Tel: 01204 336950 E-mail: [schoolmeals@bolton.gov.uk](mailto:schoolmeals@bolton.gov.uk)  
or visit [www.bolton.gov.uk/schoolmeals](http://www.bolton.gov.uk/schoolmeals)

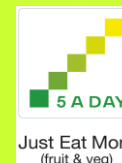
May 2022

**Bolton**  
Council



**Did you know eating a hot school lunch can provide at least 2 portions of fruit and veg a day of the recommended 5 a day**

**Bolton Council School Meals**  
Great value, great food.



# Dear Parent/Guardian

Welcome to the new menu being served at your child's school. Choosing School Meals for your child will teach them important social skills as well as providing all the nutrients young people need to help with their learning and development.

We only serve meals that children love to eat and we cater for medical and cultural diets. Contact the school meals service for more information. Allergen information is also available on request and on the website at [www.bolton.gov.uk/schoolmeals](http://www.bolton.gov.uk/schoolmeals).



## week one

| Monday                                                                                                        | Tuesday                                                                                             | Wednesday                                                                                                                  | Thursday                                                                                                            | Friday                                                                                                     |
|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Margherita pizza (v)<br>Filled jacket potato<br><br>Sweetcorn<br>Fresh salad<br>Apple muffin with fresh fruit | Sausage roll<br>Cheese and tomato panini (v)<br><br>Chipped potatoes<br>Garden peas<br>Jammy dodger | Roast chicken fillet in gravy<br>Quorn fillet in gravy (v)<br><br>Roast potatoes<br>Broccoli<br>Cornflake cake and custard | Beef lasagne<br>Quorn lasagne (v)<br>Tuna mayo roll<br><br>Potato wedges<br>Garlic bread<br>Coleslaw<br>Fresh fruit | Fish fingers<br>Cheesey potato boat (v)<br><br>Potato mash<br>Baked beans<br>Fresh salad<br>Iced fruit bun |



## week two



| Monday                                                                                                                  | Tuesday                                                                                                                                            | Wednesday                                                                                                            | Thursday                                                                                   | Friday                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| Tomato pasta (v)<br>Open cheese pie (v)<br><br>Potato mash<br>Green beans<br>Fresh salad and coleslaw<br>Yoghurt muffin | Sausages with gravy<br>Quorn sausages with gravy (v)<br>Salmon mayonnaise roll<br><br>Chipped potatoes<br>Garden peas<br>Marble sponge and custard | Beef and onion pie with gravy<br>Quorn sausage pasta (v)<br><br>Potato mash<br>Carrots<br>Decorated jelly with fruit | Chicken balti<br>Vegeballs with gravy (v)<br><br>Boiled rice<br>Fresh salad<br>Fresh fruit | Tuna pasta bake<br>Vegetable pizza (v)<br><br>Baked beans<br>Country vegetables<br>Oat cookie |

School Meals operate a morning break service offering a range of healthy snacks, toasted bakery goods and fresh fruit that will fill the gap until lunchtime and keep up concentration levels too.



## week three

| Monday                                                                                                                                                                   | Tuesday                                                                                                                     | Wednesday                                                                                                                           | Thursday                                                                                                         | Friday                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| Cheese whirl (v)<br>Raviolini in a tomato sauce (v)<br>Baked beans filled jacket potato (v)<br><br>Chipped potatoes<br>Baked beans<br>Fresh salad<br>Fruit and ice cream | Pork meatballs with gravy<br>Three bean chilli (v)<br><br>Savoury rice<br>Sweetcorn<br>Chocolate sponge and chocolate sauce | Pork loin steak in gravy<br>Quorn fillet in gravy (v)<br><br>Roast potatoes<br>Broccoli and cauliflower florets<br>Shortbread round | Tangy chicken flatbread<br>Crustless quiche (v)<br><br>Salad potatoes<br>Fresh salad and coleslaw<br>Fresh fruit | Battered fish<br>Mac and cheese (v)<br><br>Potato mash<br>Garden peas<br>Tomato ketchup<br>Aussie crunch |



Also available every day: fresh salad, fresh fruit, yoghurt and drinks