

Moorgate Primary School Menu

May – October 2018

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|------------------------------------|--|------------------------------------|------------------------------------|-----------------------------|
| WEEK 1 | Cheese & tomato pizza (v) | Baked sausage | Pork loin steak in gravy | Bolognese | Fish fingers |
| | Filled jacket potato | Quorn sausage (v) | Salmon in a lemon crumb | Cheese & onion panini (v) | Filled jacket potato |
| | | Cheese flan (v) | Quorn slice in gravy (v) | | Tomato ketchup |
| | Carbohydrate included in main meal | Mashed potatoes | Roast potatoes | Oven baked jacket wedges | Chips |
| | | | | Wholemeal pasta | |
| | Sweetcorn | Baked beans | Broccoli, cauliflower & carrot mix | Carrot roundels | Garden peas |
| | Orange crunch muffin | Frozen fruit yoghurt | Shortbread & Fruit | Chocolate Fudge cake | Selection of fresh fruit |
| Fresh bread available daily | | | | | |
| WEEK 2 | Hot dog | Baked gammon | Roast Chicken in Gravy | Meat pie | Harry Ramsden battered fish |
| | Filled jacket potato | Cheese whirl (v) | Quorn Balti (v) | Tomato pasta | Egg mayonnaise sandwich (v) |
| | Tomato ketchup | | Gravy | Gravy | Tomato ketchup |
| | Oven baked jacket wedges | Boiled potatoes | Roast potatoes | Mashed potatoes | Chips |
| | | | Wholegrain rice | | |
| | Sweetcorn | Baked beans | Carrot batons | Green beans | Garden peas |
| | Apple muffin | Orange jelly with topping Strawberry Jelly with Topping | Oat Cookie & fruit portion | Ice cream tub | Selection of fresh fruit |
| Help yourself salad trolley filled with a selection of fresh salad items available daily | | | | | |
| WEEK 3 | Pizza (cooks choice) | Pork meatballs in gravy | Chicken wrap | Chicken Balti | Breaded cod |
| | Filled jacket potato | Vegeballs in gravy (v) | Pasta in tomato sauce (v) | Vegetarian sausage roll (v) | Omelette (v) |
| | | Filled jacket potato | | | Tomato ketchup |
| | Carbohydrate included in main meal | Wholegrain rice | Oven baked jacket wedges | Boiled potatoes | Chips |
| | | | | Wholegrain rice | |
| | Baked beans | Sweetcorn | Coleslaw | Broccoli, cauliflower & carrot mix | Garden peas |
| | Iced sponge | Aussie crunch | Selection of fresh fruit | Artic Roll & Fruit | Shortbread & fruit portion |
| 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 7 8 9 10 11 14 15 16 17 18 21 22 23 24 25 28 29 30 31 | M T W T F 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29 | 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 | M T W T F 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 31 |
| JUNE | M T W T F 4 5 6 7 8 11 12 13 14 15 18 19 20 21 22 25 26 27 28 29 | 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 | 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 | 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 |
| JULY | 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 | 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 | M T W T F 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 31 | 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 |
| AUGUST | M T W T F 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 31 | 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 | 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 | M T W T F 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 | 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 | M T W T F 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 31 | 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 | M T W T F 6 7 8 9 10 13 14 15 16 17 20 21 22 23 24 27 28 29 30 31 | 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 | 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

Moorgate 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