

Moorgate Standard Primary Menu October 2018 – May 2019



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|------------------------------------|-----------------------------------|-------------------------------|------------------------------------|-----------------------------|
| WEEK 1 | Cheese & tomato pizza (v) | Baked sausage | Lasagne | Pork loin steak in gravy | Tomato pasta (v) |
| | Filled jacket potatoes | Baked sausage (v) | Lasagne (v) | Quorn slice in gravy (v) | MSC Salmon in a lemon crumb |
| | Carbohydrate included in main meal | Cheese flan (v) | Quorn dippers (v) | Vegetable ravioli (v) | Oven baked jacket wedges |
| | Chopped salad | Chips | Mashed potatoes | Roast potatoes | Sweetcorn |
| | Coleslaw | Baked beans | Garlic & herb slice | Broccoli, cauliflower & carrot mix | |
| | Ice cream tub | Ginger biscuit & fruit portion | Garden peas | Jammy dodger | Selection of fresh fruit |
| | | | Chocolate mousse | | |
| Fresh bread available daily | | | | | |
| WEEK 2 | Meatballs in gravy | Cheese whirl (v) | Roast chicken in gravy | Beef Balti | MSC Breaded fish |
| | Meatballs in gravy | Mild spiced chilli | Quorn slice in gravy (v) | Vegetarian sausage roll (v) | Cheese & onion panini (v) |
| | | | Tuna pasta bake | | |
| | Wholegrain rice | Garlic & herb baby baked potatoes | Yorkshire pudding | Wholegrain rice | Potato waffles |
| | Carrot roundels | Wholegrain rice | Mashed potatoes | Salad potatoes | Baked beans |
| | | Mixed Vegetables | Broccoli | Sweetcorn | Chopped salad |
| | Marble sponge & custard | Shortbread & fruit portion | Chocolate fudge cake | Orange crunch muffin | Selection of fresh fruit |
| Help yourself salad trolley filled with a selection of fresh salad items available daily | | | | | |
| WEEK 3 | Baked gammon | Burger on a bun | Meat pie | Chicken wrap | MSC Fish fingers |
| | Omelette (v) | Quorn burger on a bun (v) | Vegimince pie (v) | Cheese wrap | Filled jacket potatoes |
| | | Filled jacket potatoes | Quorn fillet in gravy | | |
| | Roast potatoes | Herby diced potatoes | Boiled potatoes | Yoghurt & mint sauce | Mashed potatoes |
| | | | | Oven baked jacket wedges | Pasta hoops in tomato sauce |
| | Baked beans | Sweetcorn | Green cabbage | Chopped salad | Garden peas |
| | Jam and coconut sponge | Oat Cookie & fruit portion | Strawberry jelly with topping | Sweetcorn | Selection of fresh fruit |
| Chocolate sponge & Chocolate sauce | | | | | |
| 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 | M T W T F | M T W T F | M T W T F | M T W T F | M T W T F |
| | 29 30 31 1 2 | 3 4 5 6 7 | 7 8 9 10 11 | 11 12 13 14 15 | 18 19 20 21 22 | 25 26 27 28 |
| | 5 6 7 8 9 | 10 11 12 13 14 | 14 15 16 17 18 | 18 19 20 21 22 | 25 26 27 28 29 | |
| | 12 13 14 15 16 | 17 18 19 20 21 | 21 22 23 24 25 | 22 23 24 25 26 | 29 30 | |
| | 19 20 21 22 23 | 24 25 26 27 28 | 28 29 30 31 | | | |
| 26 27 28 29 30 | 31 | | | | | |
| DECEMBER | M T W T F | M T W T F | M T W T F | M T W T F | M T W T F | M T W T F |
| | 3 4 5 6 7 | 10 11 12 13 14 | 14 15 16 17 18 | 18 19 20 21 22 | 22 23 24 25 26 | 29 30 |
| | 10 11 12 13 14 | 17 18 19 20 21 | 21 22 23 24 25 | 22 23 24 25 26 | 29 30 | |
| | 17 18 19 20 21 | 24 25 26 27 28 | 28 29 30 31 | | | |
| | 24 25 26 27 28 | 31 | | | | |
| JANUARY | M T W T F | M T W T F | M T W T F | M T W T F | M T W T F | M T W T F |
| | 7 8 9 10 11 | 14 15 16 17 18 | 18 19 20 21 22 | 25 26 27 28 | | |
| | 14 15 16 17 18 | 21 22 23 24 25 | 28 29 30 31 | | | |
| | 21 22 23 24 25 | 28 29 30 31 | | | | |
| | 28 29 30 31 | | | | | |
| FEBRUARY | M T W T F | M T W T F | M T W T F | M T W T F | M T W T F | M T W T F |
| | 4 5 6 7 8 | 11 12 13 14 15 | 18 19 20 21 22 | 25 26 27 28 | | |
| | 11 12 13 14 15 | 18 19 20 21 22 | 25 26 27 28 | | | |
| | 18 19 20 21 22 | 25 26 27 28 | | | | |
| | 25 26 27 28 | | | | | |
| MARCH | M T W T F | M T W T F | M T W T F | M T W T F | M T W T F | 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 | | |
| | 11 12 13 14 15 | 18 19 20 21 22 | 25 26 27 28 29 | | | |
| | 18 19 20 21 22 | 25 26 27 28 29 | | | | |
| | 25 26 27 28 29 | | | | | |
| APRIL | M T W T F | M T W T F | M T W T F | M T W T F | M T W T F | 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 | |
| | 8 9 10 11 12 | 15 16 17 18 19 | 22 23 24 25 26 | 29 30 | | |
| | 15 16 17 18 19 | 22 23 24 25 26 | 29 30 | | | |
| | 22 23 24 25 26 | 29 30 | | | | |
| MAY | M T W T F | M T W T F | M T W T F | M T W T F | M T W T F | 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 | | |
| | 6 7 8 9 10 | 13 14 15 16 17 | 20 21 22 23 24 | 27 28 29 30 31 | | |
| | 13 14 15 16 17 | 20 21 22 23 24 | 27 28 29 30 31 | | | |
| | 20 21 22 23 24 | 27 28 29 30 31 | | | | |

Bolton Council School Meals

Moorgate 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