



Week 1

Week 2

Week 3

Weeks commencing: 4 Nov / 25 Nov / 16 Dec /
20 Jan / 10 Feb / 9 March / 13 April

Weeks commencing: 11 Nov / 2 Dec / 6 Jan /
27 Jan / 24 Feb / 16 March / 20 April

Weeks commencing: 18 Nov / 9 Dec / 13 Jan /
3 Feb / 2 March / 27 April

**Pasta or Pizza
Monday**



Vegetarian sausage roll (v)
Filled jacket potatoes
Salad potatoes
Sweetcorn
Chopped salad
Ice cream tub
Fresh fruit or yoghurt

Creamy tomato pasta (v)
Cheese whirl (v)
Salad potatoes
Garden peas
Chopped salad
Shortbread & fruit portion
Fresh fruit or yoghurt

Homemade margherita pizza (v)
Filled jacket potatoes
Jacket potato half
Sweetcorn
Chopped salad
Iced sponge
Fresh fruit or yoghurt

**Traditional
Tuesday**



Baked sausage
Baked sausage (v)

Mashed potatoes
Baked beans
Chopped salad
Chocolate cookie & fruit
Fresh fruit or yoghurt

Tasty meatballs in gravy
Vegeballs in gravy (v)
Filled jacket potatoes
Savoury rice
Carrot roundels
Chopped salad
Aussie crunch
Fresh fruit or yoghurt

Homemade sausage roll
Vegetable ravioli (v)

Oven baked jacket wedges
Baked beans
Garden peas
Jammy dodger
Fresh fruit or yoghurt

**Cooks choice
Wednesday**



Korma chicken & mini pitta
Vegetarian korma (q)
Filled jacket potatoes
Wholegrain rice
Broccoli, cauliflower & carrot mix
Chopped salad
Strawberry mousse
Fresh fruit or yoghurt

Traditional roast beef in gravy
Quorn slice in gravy (v)

Mashed potatoes
Broccoli, cauliflower & carrot mix
Chopped salad
Marble sponge & custard
Fresh fruit or yoghurt

Golden quorn dippers (v)
Omelette (v)

Roast potatoes
Carrot roundels
Chopped salad
Strawberry jelly with topping
Fresh fruit or yoghurt

**International Day
Thursday**



Italian bolognese
Italian bolognese (v)
Omelette (v)
Wholemeal pasta

Garden peas
Chopped salad
Jam and coconut sponge
Fresh fruit or yoghurt

Sweet chilli chicken fillet
Vegetarian tikka masala (q)
Tuna wrap
Wholegrain rice

Sweetcorn
Chopped salad
Orange crunch muffin
Fresh fruit or yoghurt

Chicken wrap
Creamy tomato pasta (v)
Yoghurt & mint sauce
Garlic & herb slice

Mixed vegetables
Chopped salad
Lemon mousse slice
Fresh fruit or yoghurt

Fish Friday



Salmon sandwich
Juicy burger on a bun
Vegetarian burger on a bun (q)
Chips

Coleslaw
Chopped salad
Selection of fresh fruit
Fruit yoghurt

Harry Ramsden battered fish MSC
Cheese & onion panini (v)

Chips

Mixed Vegetables
Baked beans
Selection of fresh fruit
Fruit yoghurt

Golden fish fingers MSC
Filled jacket potatoes

Mashed potatoes
Pasta hoops in tomato sauce
Garden peas
Chopped salad
Selection of fresh fruit
Fruit yoghurt

Bolton Council School Meals

Horwich Parish 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