

School meals in Bolton

Moving up to Year Three

Eat,
grow and
learn

Dear parent/guardian

Now your child is growing up quickly and lessons are more focussed on learning, it is essential they receive the correct nutrients and energy to get through a busy school day. Your child will get a choice of 3 freshly prepared main meals, 3 desserts including fresh fruit and low fat yoghurt and a help yourself salad bar and a choice of drinks.



I always feel full
and ready for learning
after my lunch

Our great promotions
mean I get to try foods
from around
the world

10 reasons to choose school meals

School meals remain the best lunchtime choice for your child, here's why

1. Our menus have at least 3 choices a day and your child can top up with unlimited vegetables, salad and bread. A drink is always included
2. Our menus are available online 24/7 so you can chat through the choices with your child
3. Choosing a school meal will save precious time in the morning to enjoy a family breakfast
4. Making packed lunches can result in extra trips to the supermarket and therefore additional spending
5. We will guarantee your child has a nutritious meal that will help with their learning and development
6. We have strict food safety and hygiene procedures in place.
7. Free school meals can save you over £300 per child per year
8. We only use quality ingredients and many are brands you have at home and are accredited with quality marks
9. We can cater for most medical, cultural and vegan diets, just ask for more information
10. All food is prepared by professional trained caring staff.



Menus
are packed
with local
fresh
produce

Always a
vegetarian
choice

Foods
and tastes
from around
the world

Save over £300 per child per year with free school meals

Even though your child is moving into year 3, school meals could continue to be free. You will be entitled to meals if you receive certain benefits or have a reduced household income.

Use your free meal entitlement, you'll be amazed how much you can save

By eating at school instead of bringing in a packed lunch will save you over £300 per child per year.

If you claim your entitlement the savings could buy you:

Two months of
food shopping



A holiday



This year's Christmas
presents



How do I apply?

Tel: 01204 331590

Email: housing.benefits@bolton.gov.uk

Visit: www.bolton.gov.uk

Call in: local council offices

What's on the menu?



Older children like to explore the menu and make wider choices at mealtimes. They can choose a set meal or filled jackets. All menus adhere to nutritional guidelines.

Each day your child will get a freshly cooked 2 course meal with drink and a choice of bread and salad bar.

Sample Menu

Chicken Korma with Mini Pitta
Quorn Korma (V)

Wholemeal Rice
Broccoli

Fresh Bread and Salad Bar

Jacket Potato with various fillings

Strawberry Mousse

Fresh Fruit

Choice of drink

Fuel up at morning break

Most schools provide a morning break service, healthy snacks are served which will give your child a top up of energy to see them through until lunchtime.



A menu for everyone, we can cater for your needs

We know one menu doesn't fit all so that is why we aim to cater for most medical and cultural diets.

I love learning about making healthy choices



Allergies

We have strict processes to ensure any medical diet is adhered to at all times. If your child needs a special diet please contact your school to start the process. Following consultation with the correct medical personnel we will ensure your child receives the correct meal.

Fresh and local wherever possible

We believe it is important to serve fresh local food to our children. We reduce food miles and support local businesses when purchasing our ingredients. Our menus contain seasonal produce so it reaches our kitchens in its prime. We use Red Tractor meat which is responsibly sourced in Britain, and many of our other ingredients are also accredited. We offer complete traceability on all our products from farm to fork.



I get at least 2 of my recommended 5 a day portion of fruit and veg

Please ask, we are here to help

If you need help with a special diet, please contact the catering manager at your child's school. They will always have time to talk through any concerns and answer any questions you might have.

Bolton Council

If you need any information or have any questions

Visit: www.bolton.gov.uk/schoolmeals

Call: 01204 336950 Email: schoolmeals@bolton.gov.uk

