

# Your school lunch

Start your school meals journey today

Best value,  
best taste,  
best choice  
for your child

## Dear parent/guardian

Welcome to the school meals service in Bolton. Whether this is your first experience of school meals or you have older children I'm sure you will find the information in this leaflet invaluable when choosing a lunchtime option for your child. Please read through the information provided and if you want to know more visit [www.bolton.schoolmeals.gov.uk](http://www.bolton.schoolmeals.gov.uk). Our meals provide important nutrients to help your child develop and learn.

## What's cooking?

Nutrition plays such an important part in your child's learning and development. School meals contain at least one third of the daily recommended intake of 14 important vitamins and minerals. All our kitchens cook the meals on site every day using fresh local produce.



## Sample Menu

Traditional roast chicken in gravy  
Quorn slice in gravy (v)  
Omelette (v)  
Mashed/Roast potatoes  
Broccoli/Carrots  
Chopped salad  
Aussie crunch  
Fresh fruit or yoghurt

## Fussy Eaters

We know our youngest customers need help when choosing a meal they will eat and enjoy. Our staff are parents too and understand about fussy eaters. We actively encourage them to expand their tastes. The menus are available on your school website or contact us for a copy of the menu, this will allow you to go through the choices available and discuss with your child what they might choose for their lunch.



Did you  
know school  
meals are free  
for ALL children  
in reception,  
years 1 & 2

## Special Diets and Allergens

We can cater for most special diets (medical and ethical). Following consultation with parents and medical professionals, we put strict measures in place to ensure your child receives the correct meal. Allergen information is also available on our website [www.bolton.gov.uk/schoolmeals](http://www.bolton.gov.uk/schoolmeals). We never knowingly use nuts in our recipes.

## Vegetarian and Halal options

We serve a variety of vegetarian options and many schools will offer a halal option as well. Please ask at your school, our Catering Managers are always available to answer any questions or concerns you may have.



# We know where our food comes from

We aim to include as much fresh and local produce as possible into our recipes. We offer complete traceability on all our products from farm to fork.

Many of our products are responsibly sourced too, we have accreditations to prove it. You can rely on us when it comes to quality. Supporting local businesses and reducing food miles and food waste are also top of our agenda.



## Meet the school meals crew!

These little characters will help your child make healthier choices. We know children will relate to these guys, look out for them popping up offering help and advice to your child.



## Eat a rainbow

Our salad selections/choices filled with brightly coloured veggies are an excellent way of encouraging children to work towards their 5 a day.

Children can help themselves in addition to any hot vegetables they have had from the counter.



Looking for a job that works around the school holidays, why not join our friendly team.

Contact  
**01204 336955**  
to discuss.

## Making mealtimes fun and educational

We know children sometimes need extra encouragement to try new tastes and flavours. Our theme days are an excellent way of doing this. Not only do they add fun and excitement to the dining room, they are educational as children can learn about different events and food associated with it. They are also a good way of persuading a young child to expand their palette using clever disguises.

Eat,  
grow and  
learn with  
school  
meals

## We are here to help

If you need any information or have any questions

Visit: [www.bolton.gov.uk/schoolmeals](http://www.bolton.gov.uk/schoolmeals)

Call: 01204 336950 Email: [schoolmeals@bolton.gov.uk](mailto:schoolmeals@bolton.gov.uk)

**Bolton**  
**Council**

