

# Lunch at school



# Main menu

Peace of mind - diversity

Meat option

Vegetarian main choice daily Baked Potato/Sandwich vegetarian choice daily All desserts are vegetarian Meals suitable for Muslim pupils daily

Support for autistic children



# All star main meals

- Roast chicken dinner, stuffing and gravy
- Pork and carrot meatballs with spaghetti
- Battered fish fillet
- Bar B Q chicken with 50% wholegrain and 50% white rice
- Minced beef pie with gravy
- Pasta Bolognaise with crusty bread



A main dessert like ...

Banana cake and custard Strawberry yoghurt muffin Apricot flapjacks Summer fruits cheesecake

Fruit and yoghurt daily

#### School Food Standards

A practical guide for schools their cooks and caterers



## Nutritional guidelines Peace of mind - healthy

Reduce salt, fat and sugar 4 food groups every day

Standards for

**Starchy food** – cooked in fat or oil no more than 2 days a week

**Fruit and vegetables** – a dessert containing at least 50% fruit 2 or more times each week

Meat, fish, eggs, beans and other non-dairy sauces of protein – oily fish at least once every 3 weeks Milk and dairy – one portion a day

No more than 2 pastry and 2 coated products a week



#### WHAT DOES IT MEAN?



To find out what else Food for Life Served Here means for your meal, visit our website, www.soilassociation.org/catering

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## Food for Life Served Here

Peace of mind - sustainable

75% freshly prepared High quality ingredients Free range eggs No endangered fish Animal welfare standards met Drinking water Seasonal ingredients & 2 menus a year Dietary and cultural needs met Local suppliers

And Bury Sustainable Food Places award...

# Special Diets & allergens

Our aim to satisfy all special dietary needs

Entire vegan, dairy free and gluten free menu cycle available

Satisfy diabetics with carb count completed by Royal Oldham NHS Trust dieticians

Detailed process for Special Diets and allergens (ring/email us as we are the specialists)





Need to save money? Got hungry mouths to feed?

A child's meal from Bury Catering costs *less* than a packed lunch.

#### A Bury Catering school meal is super value, it is also: Better nutritionally than a typical packed lunch Filling with 2 courses, 2 sides and drinks Varied & Interesting Fun What children want to eat Offers special and multicultural diets Completely nut free and allergen safe Supports social skills **Planet Friendly** We do it so you don't have to

To switch, speak with your child's school office team. If you have any queries about school meals call 0161 253 5710



# Value for Money

Two courses (main & dessert) Two sides (bread and help yourself salad bar) Chilled Water (plus Juice on Monday and Milkshake on a Friday) Up to 5 portions of fruit and vegetables per day

#### Switch & Save

Cheaper & healthier than a packed lunch... Cheaper & healthier than any restaurant...

### WORLD BOOK DAY MENU

Catering

Horrid Henry's Sausage & Mash Horrid Henry's Halal Sausage & Mash Gruffalo's Vegan Sausage Roll

> Supertato Skins Peter Rabbit Carrots Hungry Caterpillar Peas BFG Snoz Cumber Salad Bread

Bruce Bogtrotters Chocolate Cake Jungle Book Fruit Salad Organic Yoghurt

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MENU

ENGLISH AFTERNOON TEA

ASSORTMENT OF FINGER SANDWICHES VEGAN SAUSAGE ROLL UNLIMITED SALAD BAR SELECTION OF FRESH FRUIT SALAD

Speciar A ID CF AM ICT SSTRTC Ches LEMON DRIZZLE CAKE DECORATED CROWN SHORTBREAD BISCUIT

CHILLED ORANGE JUICE OR WATER

HELP US TO CELEBRATE KING CHARLES III CORONATION DAY

## **XATAR WORLD CUP 202**

## MENU

Pork Footballs in Tomato Sauce with Spaghetti Bootlaces

Plant Based Footballs in Tomato Sauce with Spaghetti Bootlaces

Penne Pasta in Tomato Sauce

Energy Jacket Potato with a Selection of Fillings

**Referee's Peas** 

Many Nations Salad Wholemeal Bread

Home-made England Muffins FIFA Fruit Salad Organic Yoghurt



# Paying for school meals

Free School Meals – if you are on Universal Credit and your earned income is less than £7,400 a year, apply for FSM on 0161 253 5858. This benefits school budgets too!

Universal Infant Free School Meals – Reception, Year 1 & 2

Paid meals from September 2023 will be £2.50



# School Grid



The School Grid app allows you to do the following:

Order meals for up to a term Pay by direct debit or card View recipes Check ingredient information Block dishes with certain allergens Contact the Cook Supervisor

Give your email to the school office to get a School Grid account.

# Catering Staff...



## Disclosure & Barring Service

Have received training in allergens and safeguarding

Are DBS cleared to an enhanced level to keep your children safe

## Suppliers

















Contact us...

## 0161 253 5710

catering@bury.gov.uk



