

School Meals in Bury

Spring/Summer 2011

Bury
COUNCIL

Welcome,

We do try to make our school meals appealing to children so we offer a mix of familiar and popular dishes. All children are encouraged to eat vegetables, salad and fresh fruit. Many of the schools now also have salad bars where the children can help themselves to an assortment of salad.

We understand that you may want to know more about the catering service at your child's school, so to reassure you we would like you to be aware that all our catering supervisors are more than happy to discuss any specific questions you may have!

Sonia Smith,

Head of Catering, EDS Operations, Bury Council

Did you know?

- Chips are only on the menu once per week. The majority of primary schools no longer have deep fat fryers so potato products are oven baked not fried and all contain less than 5% fat.
- We don't serve any sugary drinks, confectionary or crisps. The only drinks offered are water, milk or fruit juice.
- Pork sausages are only on the menu once per fortnight. The sausages are made to our specific recipe with a higher meat content than standard sausages.
- The Crispy Chicken Chunks are chunks of whole chicken breast meat in a light flour coating which are oven baked.
- Our pizzas are all home made with a fresh bread base, tomato topping and a small amount of vegetarian cheese.
- We only use free range eggs
- We only use cocoa powder which is a good source of iron, so we use this as an ingredient to help meet the iron levels.
- We only use 'Lo Salt' in cooking which helps reduce the sodium levels. No salt is put on the tables.
- Baked beans have always been reduced sugar and salt.
- We have improved all our standard recipes so they are lower in saturated fat, sugar and salt. We have also increased the use of fruit, oats and wholemeal flour for added fibre.

Catering for special diets

We can cater for children with specific food related conditions, but we ask that initially you contact the school. A meeting will be arranged with our catering supervisor and yourself to discuss your child's diet. We will try to accommodate your child's dietary needs far as

practically possible from the current menu. The details will then displayed in the kitchen so that our catering staff are fully aware of pupil's dietary requirements.



School meals are fun and educational

Throughout the academic year we run promotions where we aim to educate pupils about the importance of food. We regularly run theme days in conjunction with head teachers to compliment the school's curriculum.



We are looking for highly motivated people to come and join our team.

Our rates of pay are excellent and hours of work are term time only. Full on job training is offered and there are many opportunities to work towards nationally recognised qualifications.

For details and a list of current vacancies visit:
www.yourcounciljobs.co.uk

Are you entitled to free school meals?

If you are in receipt of certain benefits and have a household income which does not exceed the current Government threshold, you could be entitled to free school meals for your child. For further information or to register, please contact Children's Services, who are based in **Athanaeum House, Market Street, Bury** or ring: **0161 253 5630**.



Language Line services 0161 253 5353

ترجمہ در دسترس میباشد۔

ترجمہ دستیاب ہے۔

可提供翻譯服務。

Tłumaczenie jest dostępne
Traduction disponible en français

Contact us

To find out more about school meals, please contact us on:

Tel: **0161 253 5710**

or email: catering@bury.gov.uk

Website: www.bury.gov.uk/schoolcatering



Week Commencing: 02.05.2011 / 06.06.2011 / 04.07.2011 / 05.09.2011 / 03.10.2011

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cheddar Cheese & Onion Pie Chipped Potatoes</p> <p>or</p> <p>Crispy Chicken Breast Chunks Chipped Potatoes</p> <p>served with a choice of</p> <p>Mixed Salad Farmhouse Mixed Vegetables Baked Beans</p>	<p>Savoury Minced Beef Yorkshire Pudding Creamed Potatoes</p> <p>or</p> <p>Fish in Breadcrumbs Creamed Potatoes</p> <p>served with a choice of</p> <p>Mixed Salad Mushy Peas Carrots</p>	<p>Pizza Margarita Jacket Wedges</p> <p>or</p> <p>Gammon & Pineapple Jacket Wedges</p> <p>served with a choice of</p> <p>Mixed Salad Sweetcorn Garden Peas</p>	<p>Roast Turkey Stuffing & Gravy Roast & Creamed Potatoes</p> <p>or</p> <p>Salmon Fishcakes Roast & Creamed Potatoes</p> <p>served with a choice of</p> <p>Mixed Salad Broccoli Cabbage</p>	<p>Beef Lasagne Crusty Bread Vegetables</p> <p>or</p> <p>Plain Omelette Potato Waffles</p> <p>served with</p> <p>Mixed Salad Peas & Sweetcorn</p>
<p>Jacket Potato with Baked Beans Salad & Vegetables</p>	<p>Jacket Potato with Cheese Savoury Salad & Vegetables</p>	<p>Turkey Baguette Salad & Vegetables</p>	<p>Jacket Potato with Spicy Tuna Salad & Vegetables</p>	<p>Ham Baguette Salad & Vegetables</p>
<p>Fruit Ice Cream Pots Oat Cookies Orange Cuplets Fresh Fruit Yoghurt</p>	<p>Chocolate Sponge & Peppermint Sauce Jelly & Ice Cream Fresh Fruit Yoghurt</p>	<p>Creamy Rice Pudding with Sultanas Apricot Flapjack Fresh Fruit Yoghurt</p>	<p>Ginger Cake Cheese & Biscuits Fresh Fruit Yoghurt Milkshake</p>	<p>Eve's Pudding & Custard Melon Fresh Fruit Yoghurt</p>

Week Commencing: 09.05.2011 / 13.06.2011 / 11.07.2011 / 12.09.2011 / 10.10.2011

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pork Sausages Creamed Potatoes</p> <p>or</p> <p>Fish Fingers Creamed Potatoes</p> <p>served with a choice of</p> <p>Mixed Salad Baked Beans Broccoli</p>	<p>Beef Curry Rice & Pitta Bread</p> <p>or</p> <p>French Bread Pizza Jacket Wedges</p> <p>served with a choice of</p> <p>Mixed Salad Farmhouse Vegetables Green Beans</p>	<p>Meatballs in Tomato Sauce Penne Pasta</p> <p>or</p> <p>Broccoli & Cheese Quiche Creamed Potatoes</p> <p>served with a choice of</p> <p>Mixed Salad Sweetcorn Garden Peas</p>	<p>Chicken Casserole Rice</p> <p>or</p> <p>Fish in a Bun Chipped Potatoes</p> <p>served with a choice of</p> <p>Mixed Salad Garden Peas Baked Beans</p>	<p>Savoury Pork Pie Roast Potatoes & Gravy</p> <p>or</p> <p>Macaroni Cheese Garlic Bread & Salad</p> <p>served with a choice of</p> <p>Mixed Salad Cabbage Carrots</p>
<p>Jacket Potato with Baked Beans Salad & Vegetables</p>	<p>Jacket Potato with Cheese Savoury Salad & Vegetables</p>	<p>BLT Baguette Salad & Vegetables</p>	<p>Cheese & Tomato Toppers Salad & Vegetables</p>	<p>Jacket Potato with Tuna & Sweetcorn Salad & Vegetables</p>
<p>Mandarin & Orange Brownie Arctic Roll Fresh Fruit Yoghurt</p>	<p>Paris Sandwich & Custard Strawberry Mousse Fresh Fruit Yoghurt</p>	<p>Oatie Cherry Crumble & Custard American Muffins Fresh Fruit Yoghurt Milkshake</p>	<p>Lemon Spice Cake Ice Cream Cornets Fresh Fruit Yoghurt</p>	<p>Vanilla Sponge & Chocolate Sauce Fromage Frais Fresh Fruit Yoghurt</p>

Week Commencing: 16.05.2011 / 20.06.2011 / 18.07.2011 / 19.09.2011 / 17.10.2011

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Pasta Bake Crusty Bread & Salad</p> <p>or</p> <p>Salt & Vinegar Fish Goujons Jacket Wedges</p> <p>served with a choice of</p> <p>Mixed Salad Garden Peas Sweetcorn</p>	<p>Cheese & Onion Pie, Chipped Potatoes</p> <p>or</p> <p>Crispy Chicken Breast Chunks, Chipped Potatoes</p> <p>served with a choice of</p> <p>Mixed Salad Farmhouse Vegetables Baked Beans</p>	<p>Roast Pork Stuffing & Gravy Roast & Creamed Potatoes</p> <p>or</p> <p>Lemon Sole Roast & Creamed Potatoes</p> <p>served with a choice of</p> <p>Mixed Salad Broccoli Carrots</p>	<p>Pasta Bolognese Garlic Bread</p> <p>or</p> <p>Omelette Potato Waffles</p> <p>served with a choice of</p> <p>Mixed Salad Baked Beans Tomatoes</p>	<p>Minced Beef Cobbler Creamed Potatoes Gravy</p> <p>or</p> <p>Pizza Margarita, Jacket Potato</p> <p>served with a choice of</p> <p>Mixed Salad Sweetcorn Garden Peas</p>
<p>Jacket Potato with Cheese Salad & Vegetables</p>	<p>Jacket Potato with Tuna & Sweetcorn Salad & Vegetables</p>	<p>Ham or Cheese Baguette Salad & Vegetables</p>	<p>Jacket Potato with Baked Beans Salad & Vegetables</p>	<p>Chicken Wrap Mixed Salad & Vegetables</p>
<p>Ice Cream Pots Raisin Flapjack Fresh Fruit Yoghurt</p>	<p>Banana Split Oat Cookies Orange Cuplets Fresh Fruit Yoghurt</p>	<p>Rice Pudding with Sultanas Melon Boat Fresh Fruit Yoghurt</p>	<p>Jam Sponge & Custard Cheese & Biscuits Fresh Fruit Yoghurt</p>	<p>Chocolate Cake Fresh Fruit Salad Milkshake Fresh Fruit Yoghurt</p>

Week Commencing: 23.05.2011 / 27.06.2011 / 26.09.2011

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Burger in a Bun Salad & Chipped Potatoes</p> <p>or</p> <p>Cheese & Tomato Quiche Chipped Potatoes</p> <p>served with a choice of</p> <p>Mixed Salad Sweetcorn Baked Beans</p>	<p>Chilli Con Carne Rice</p> <p>or</p> <p>French Bread Pizza Jacket Potato</p> <p>served with a choice of</p> <p>Mixed Salad Mixed Vegetables Green Beans</p>	<p>Pasta Bake Salad & Garlic Bread</p> <p>or</p> <p>Plate Meat Pie Boiled Potatoes & Gravy</p> <p>served with a choice of</p> <p>Mixed Salad Carrots Cabbage</p>	<p>Pork Sausages Creamed Potatoes</p> <p>or</p> <p>Vegetable Ravioli Herby Diced Potatoes</p> <p>served with a choice of</p> <p>Mixed Salad Baked Beans Broccoli</p>	<p>Chicken Curry Rice & Pitta Bread</p> <p>or</p> <p>Cod Fillet Fish Fingers Potato Waffles</p> <p>served with a choice of</p> <p>Mixed Salad Garden Peas Sweetcorn</p>
<p>Jacket Potato with Baked Beans Salad & Vegetables</p>	<p>Jacket Potato with Tuna Savoury Salad & Vegetables</p>	<p>Chicken Pitta Pockets Salad & Vegetables</p>	<p>Jacket Potato with Baked Beans Salad & Vegetables</p>	<p>Hot Baguette Salad & Vegetables</p>
<p>Oatie Apple Crumble & Custard Strawberry Mousse Fresh Fruit Yoghurt</p>	<p>Bakewell Tart & Custard Chocolate Arctic Roll Fresh Fruit Yoghurt</p>	<p>Baked Vanilla Sponge & Chocolate Sauce Fromais Frais Fresh Fruit Yoghurt</p>	<p>Carrot Cake Mandarin Orange Jelly Milkshake Fresh Fruit Yoghurt</p>	<p>Orange Brownie Apple Anzac Biscuit Orange Cuplet Fresh Fruit Yoghurt</p>