

		→ MONDAY ←		→ TUESDAY ←		→ WEDNESDAY ←		→ THURSDAY ←		→ MEAT FREE FUN FRIDAY ←	
WEEK 1	Hot Meal Options	<b>British Pork Sausage</b> served with chips and peas and gravy	<b>Harry Ramsden's 100% Fish Fillet</b> served with oven baked chips and mushy peas	<b>Meat and Potato Pie</b> served with garden peas and gravy	<b>Cheese and Tomato Pizza</b> served with sunshine sweetcorn and crunchy chopped salad <b>V</b>	<b>Cook's Roast Chicken Dinner</b> served with roast potatoes, seasonal vegetables and gravy	<b>Macaroni Cheese</b> served with crusty garlic bread <b>V</b>	<b>Chicken Curry</b> served with 50/50 rice, warm naan bread and sunshine sweetcorn	<b>Tomato, Garlic and Basil Pasta Bake</b> served with fresh seasonal vegetables and crusty garlic bread <b>V</b>	<b>Quorn Pasta Bolognaise</b> served with mixed vegetables and garlic bread <b>V</b>	<b>Homemade Cheese Whirl</b> served with Heinz baked beans <b>V</b>
	Daily Hot Selection	<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad. <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad. <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad. <b>V</b>	
	Cold Option	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	
	Dessert	Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt		Sliced Peaches In Juice served with Ice Cream or Juicy Chopped Fresh Fruit or Yoghurt		Decorated Strawberry Mousse or Juicy Chopped Fresh Fruit or Yoghurt		Cook's Homemade Decorated Carrot Cake or Juicy Chopped Fresh Fruit or Yoghurt		Homemade Iced Finger or Juicy Chopped Fresh Fruit or Yoghurt	

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WEEK 2	Hot Meal Options	<b>Crispy Chicken Fillet</b> served with oven baked chips and sunshine sweetcorn	<b>Star and Stripes</b> served with oven baked chips and peas	<b>Southern Style Chicken</b> served with herby diced potatoes and mixed vegetables	<b>Pasta Bolognaise</b> Served with mixed vegetables and garlic bread	<b>Fresh Pork Steak</b> served with creamed potatoes, broccoli and gravy	<b>Tomato, Garlic and Basil Pasta Bake</b> served with fresh seasonal vegetables and crusty garlic bread <b>V</b>	<b>Chicken Curry</b> served with 50/50 rice, warm naan bread and sunshine sweetcorn	<b>Homemade Cheese Whirl</b> served with baked beans <b>V</b>	<b>Cheese and Tomato Pizza</b> served with sunshine sweetcorn and crunchy chopped salad <b>V</b>	<b>Quorn Keema Curry</b> served with 50/50 rice, warm naan bread and sunshine sweetcorn <b>V</b>
	Daily Hot Selection	<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad. <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad. <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad. <b>V</b>	
	Cold Option	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	
	Dessert	Chocolate Flapjack or Juicy Chopped Fresh Fruit or Yoghurt		Decorated Fruit and Jelly or Juicy Chopped Fresh Fruit or Yoghurt		Cook's Homemade Shortbread biscuit or Juicy Chopped Fresh Fruit or Yoghurt		Homemade Iced Sponge or Juicy Chopped Fresh Fruit or Yoghurt		Cook's Assorted Fresh Baked Fruit Cookies or Juicy Chopped Fresh Fruit or Yoghurt	

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WEEK 3	Hot Meal Options	<b>Birds Eye Fish Fingers</b> served with oven baked chips and mushy peas	<b>Chicken Meat Balls</b> served with pasta and tomato and basil sauce	<b>Beef and Onion Pie</b> served with roast potatoes, mixed vegetables and gravy	<b>Cheese and Tomato Pizza</b> served with sunshine sweetcorn and crunchy chopped salad <b>V</b>	<b>Cook's Roast Chicken Dinner</b> served with creamed potatoes, carrots, peas and gravy	<b>Tomato, Garlic and Basil Pasta Bake</b> served with fresh seasonal vegetables and crusty garlic bread <b>V</b>	<b>Chicken Curry</b> served with 50/50 rice, warm naan bread and sunshine sweetcorn	<b>Meat Free Cottage Pie</b> served with seasonal vegetables, beetroot and gravy <b>V</b>	<b>Vegan Sausage Roll</b> served with herby diced potatoes and beans <b>V</b>	<b>Quorn Vegan Nuggets</b> served with herby diced potatoes and baked beans <b>V</b>
	Daily Hot Selection	<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad. <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad. <b>V</b>		<b>Jacket Potato</b> with choice of tasty fillings and crunchy chopped salad. <b>V</b>	
	Cold Option	<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts		<b>Percy Pea Pod Packed Lunch</b> Choice of sandwich on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts	
	Dessert	Cook's Homemade Apple Flapjack or Juicy Chopped Fresh Fruit or Yoghurt		Cook's Chocolate Muffin or Juicy Chopped Fresh Fruit or Yoghurt		Cook's Homemade Ginger Biscuits with Pears or Juicy Chopped Fresh Fruit or Yoghurt		Cook's Homemade Shortbread biscuit or Juicy Chopped Fresh Fruit or Yoghurt		Marble Sponge and Custard or Juicy Chopped Fresh Fruit or Yoghurt	

Please contact your school office in the first instance to inform them of your child's requirements. It is our policy to provide a menu for those pupils with medically diagnosed food allergies, food intolerances, religious needs or medical conditions which affect eating requirements.

**Special Diets and Allergies**

To do this, we work closely with schools to create menus that are varied, nutritional, affordable and packed full of fresh, local food. We also guarantee a modern, efficient school meals service thanks to the Evolve smart online ordering system. This allows children to order their food, identifies any allergens and dietary requirements and means parents can top up digitally rather than dealing with cash. It also means we only prepare what's ordered, reducing food waste and speeding up service.

We care about what your children eat, and with years of experience we understand what children need and what they enjoy. We are committed to promoting healthier lifestyles, encouraging children to try new foods and providing a high quality, value for money service.

**Local Kitchen is your local school meals service, providing fresh, healthy and tasty school meals to schools across Wigan.**

The new claim form will soon be available at: [www.wigan.gov.uk/treeschoolmeals](http://www.wigan.gov.uk/treeschoolmeals) Further information can be found at: [Wigan Council Customer Services](http://www.wigan.gov.uk/customer-services) Phone: **01942 489002** Email: [benefits@wigan.gov.uk](mailto:benefits@wigan.gov.uk) Web: [www.wigan.gov.uk/benefits](http://www.wigan.gov.uk/benefits)

If you are currently eligible or think you might be, you can continue to claim for Free School Meals through the new and improved online claims process. However...if you are currently claiming one of the eligible benefits or your household income is below the government's threshold, then it is extremely important that you still complete an application form so your child's school receives further funding from the pupil premium, which is used by the school to support your child's education.

From September 2014, all children in reception, year 1 and year 2 in England will automatically receive a Universal Infant Free School Meal as part of the government's new initiative.

**Ensure your child has a Universal Infant Free School Meal and save your household up to £418.00 a year per child. There has never been a better time to make savings in your household!**

**SCHOOL MEAL MAP**

- PRESTON**  
Fruit, Vegetables & Milk
- COPPULL**  
Fresh bread
- WAKEFIELD**  
Fresh Eggs & Cheese
- LEIGH**  
Cooked Meat & Yogurts
- BURSCOUGH**  
Frozen Foods

A passion for food is the thread which runs through the fabric of Local Kitchen and ensuring the highest quality raw ingredients is a priority to us. We are committed to using local and regional suppliers in order to minimise food miles and to support the local economy. In fact, all our fresh veg is farmed just 12 miles up the road with 95% of our school food suppliers classed as local and 75% of our food purchases produced by local businesses. We are also one of only a handful of local authority caterers to hold the Healthy Good Egg Award.

**LOCAL KITCHEN**

**FEEDING INQUISITIVE MINDS**

**XII Apostles R.C. Primary School Menu**

**Wigan Council**