

|        |                     | → MONDAY ←   |   | → TUESDAY ←  |   | → WEDNESDAY ←  |  | → THURSDAY ←   |  | → FUN FRIDAY ←   |   |
|--------|---------------------|--|---|--|---|--|--|--|--|--|---|
| WEEK 1 | Hot Meal Options    | <b>Cheese Panini</b><br>served with crunchy chopped salad<br><br>V   | <b>Vegan Sausage Roll</b><br>served with herby diced potatoes and baked beans<br><br>VE | <b>Cheese and Tomato Pizza</b><br>served with sunshine sweetcorn and crunchy chopped salad<br><br>V              | <b>Meat and Potato Pie</b><br>served with garden peas and gravy | <b>Mascarpone Pasta Bake</b><br>served with fresh seasonal vegetables and crusty garlic bread<br><br>NEW V       | <b>Cook's Roast Chicken Dinner</b><br>served with creamed potatoes, seasonal vegetables, and gravy | <b>Tomato, Garlic and Basil Pasta Bake</b><br>served with fresh seasonal vegetables and crusty garlic bread<br><br>V | <b>Chicken Curry</b><br>served with 50/50 rice, warm naan bread and sunshine sweetcorn | <b>Harry Ramsden's 100% Fish Fillet</b><br>served with oven baked chips and mushy peas                           | <b>British Pork Sausage</b><br>served with oven baked chips, peas and gravy |
|        | Daily Hot Selection | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad<br><br>V                         |   | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad<br><br>V                         |   | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad<br><br>V                         |  | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad<br><br>V                             |  | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad<br><br>V                         |   |
|        | Cold Option         | <b>Choice Of Sandwich</b><br>on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |   | <b>Choice Of Sandwich</b><br>on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |   | <b>Choice Of Sandwich</b><br>on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |  | <b>Choice Of Sandwich</b><br>on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts     |  | <b>Choice Of Sandwich</b><br>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   |   | Sliced Peaches In Juice served with Ice Cream or Juicy Chopped Fresh Fruit or Yoghurt                            |   | Chocolate Crunch or Juicy Chopped Fresh Fruit or Yoghurt   |  | Lemon Drizzle Cake or Juicy Chopped Fresh Fruit or Yoghurt   |  | Cooks Homemade Muffin or Juicy Chopped Fresh Fruit or Yoghurt  |   |

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| WEEK 2 | Hot Meal Options    | <b>Quorn Vegan Nuggets</b><br>served with oven baked potato wedges and baked beans<br><br>VE                     | <b>Homemade Cheese Whirl</b><br>served with baked beans<br><br>V | <b>Cheese and Tomato Pizza</b><br>served with sunshine sweetcorn and crunchy chopped salad<br><br>V              | <b>Pasta Bolognaise</b><br>served with mixed vegetables and garlic bread | <b>Macaroni Cheese</b><br>served with crusty garlic bread<br><br>V   | <b>Beef and Onion Pie</b><br>served with creamed potatoes, seasonal vegetables, and gravy | <b>Quorn Swedish Style Balls</b><br>served with pasta and tomato and basil Sauce<br><br>V                        | <b>Chicken Curry</b><br>served with 50/50 rice, warm naan bread and sunshine sweetcorn | <b>Birds Eye Fish Fingers</b><br>served with oven baked chips and mushy peas                                     | <b>Crispy Chicken Fillet</b><br>served with oven baked chips and sunshine sweetcorn |
|        | Daily Hot Selection | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad<br><br>V                         |  | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad<br><br>V                         |  | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad<br><br>V                         |   | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad.<br><br>V                        |  | <b>Jacket Potato</b><br>with choice of tasty fillings and crunchy chopped salad<br><br>V                         |   |
|        | Cold Option         | <b>Choice Of Sandwich</b><br>on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |  | <b>Choice Of Sandwich</b><br>on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |  | <b>Choice Of Sandwich</b><br>on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |   | <b>Choice Of Sandwich</b><br>on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |  | <b>Choice Of Sandwich</b><br>on fresh soft bread with crunchy chopped salad, plus a choice from today's desserts |   |
|        | Dessert             | Homemade Iced Sponge or Juicy Chopped Fresh Fruit or Yoghurt   |  | Marble Sponge and Custard or Juicy Chopped Fresh Fruit or Yoghurt  |  | Cook's Homemade Ginger Biscuits with Pears or Juicy Chopped Fresh Fruit or Yoghurt                               |   | Cook's Homemade Decorated Carrot Cake or Juicy Chopped Fresh Fruit or Yoghurt                                    |  | Homemade Shortbread Biscuit or Juicy Chopped Fresh Fruit or Yoghurt  |   |

# FEEDING INQUISITIVE MINDS

## LOCAL KITCHEN

### Canon Sharples Primary School Menu

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.

### SCHOOL MEAL MAP

#### PRESTON

Fruit, Vegetables, Fresh Eggs & Milk

#### COPPULL

Fresh bread

#### LEIGH

Cooked Meat, Cheese & Yogurts

**BURSCOUGH**  
Frozen Foods

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

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.

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.

### Special Diets and Allergies

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.

Please contact your school office in the first instance to inform them of your child's requirements.

## 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!

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.

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. 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.

The new claim form will soon be available at: [www.wigan.gov.uk/freeschoolmeals](http://www.wigan.gov.uk/freeschoolmeals) 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)