

the **go Fresh** gang



**Primary School
2017-18 Winter Menu**

Dear Parent/Carer

From the **30th October 2017** we will be serving our Winter 2017-18 menu in your child's school.

Food provenance has been a focus for us and we are pleased to note that pupils, parents and carers are increasingly asking the origin of the foods we provide within school lunches.

The Primary Schools menu meets the Schools Health Promotion and Nutrition (Scotland) Act 2007 and The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008.

The price per meal is as follows:

- Free of charge for all pupils in primary 1, primary 2 and primary 3
- £1.60 for all pupils in primary 4, primary 5, primary 6 and primary 7

Below is an easy guide to which weekly menu is being served:

Week 1	30/10	20/11	11/12	15/1	5/2	26/2	19/3
Week 2	6/11	27/11	18/12	22/1	12/2	5/3	26/3
Week 3	13/11	4/12	8/1	29/1	19/2	12/3	16/4

Your comments are very important to us and if you or your child have any suggestions regarding school lunches, we would be grateful to hear from you. Please contact us by e-mailing: gofreshgang@southlanarkshire.gov.uk

South Lanarkshire do not use any nuts, peanuts or sesame seeds in any dishes. Some ingredients may contain traces of these if they are produced in premises where these are present.

If your child has any special dietary needs, food allergies or intolerances, please contact the cook in charge at your child's school.

Further information is available on South Lanarkshire Council's website www.southlanarkshire.gov.uk/school_lunches

Yours sincerely,

Alistair McKinnon

Head of Facilities, Waste and Grounds Services



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Three week menu – Winter 2017-18

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Lentil soup (v) with bread	Potato and leek soup (v) with bread	Vegetable soup (v) with bread	Chicken noodle soup # with bread	Tomato soup (v) with bread
Fruit pot	Fruit pot	Fruit pot	Fruit pot	Fruit pot	Fruit pot
Blue meal	Chicken curry with boiled rice	Savoury mince with potatoes	Chicken in gravy with Yorkshire pudding and potatoes	Beef casserole with mashed potatoes	Fish fingers with chips
Red meal	Penne pasta arrabiata (v)	Cheese and tomato pizza with coleslaw (v)	Spaghetti Bolognese with garlic bread #	Quorn dippers with mashed potatoes (v)	Baked potato with tuna mayonnaise or baked beans (v)
Veg of the day	Carrots and peas (v)	Sweetcorn (v)	Broccoli (v)	Peas (v)	Beetroot (v)
Combo meal	Half tuna wrap, half cheese sandwich and small tomato pasta pot	Half ham baguette, small tuna pasta pot and cucumber batons with dip	Small tomato pasta pot, half tuna mayonnaise roll and half turkey sandwich	Cheese pasta pot, half ham salad wrap, carrot batons and dip	Chicken salad pot, half egg mayonnaise roll and half ham sandwich

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Vegetable soup (v) with bread	Chicken noodle soup # with bread	Lentil soup (v) with bread	Tomato soup (v) with bread	Potato and leek soup (v) with bread
Fruit pot	Fruit pot	Fruit pot	Fruit pot	Fruit pot	Fruit pot
Blue meal	Chicken curry with boiled rice	Salmon and sweet potato crispy fishcake with potatoes	Steak pie with potatoes	Sausage in gravy with mashed potatoes #	Fish with chips
Red meal	Penne pasta arrabiata (v)	Cheese and tomato pizza with coleslaw (v)	Macaroni cheese (v)	Lasagne	Baked potato with tuna mayonnaise or baked beans (v)
Veg of the day	Peas (v)	Sweetcorn (v)	Broccoli (v)	Peas (v)	Beetroot (v)
Combo meal	Half tuna wrap, half cheese sandwich and small tomato pasta pot	Half ham baguette, small tuna pasta pot and cucumber batons with dip	Small tomato pasta pot, half tuna mayonnaise roll and half turkey sandwich	Cheese pasta pot, half ham salad wrap, carrot batons and dip	Chicken salad pot, half egg mayonnaise roll and half ham sandwich

All lunches include a selection of bread including home baked, salad and fresh chilled water

A vegetarian choice is available by pre-order

Vegetarian option for chicken noodle soup is noodle soup

Vegetarian option for Spaghetti bolognese is Quorn bolognese

Vegetarian option for Sausage in gravy is Quorn sausage in gravy

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tomato soup (v) with bread	Vegetable soup (v) with bread	Potato and leek soup (v) with bread	Lentil soup (v) with bread	Chicken noodle soup # with bread
Fruit pot	Fruit pot	Fruit pot	Fruit pot	Fruit pot	Fruit pot
Blue meal	Turkey meatballs in gravy with potatoes	Chicken fried rice	Chicken curry with boiled rice	Homemade sausage pastry with mashed potatoes #	Fish fingers with chips
Red meal	Macaroni cheese (v)	Cheese and tomato pizza with coleslaw (v)	Spaghetti Bolognese with garlic bread #	Chicken fajita with potato smiles	Baked potato with tuna mayonnaise or baked beans (v)
Veg of the day	Broccoli (v)	Sweetcorn (v)	Peas (v)	Beans (v)	Beetroot (v)
Combo meal	Half tuna wrap, half cheese sandwich and small tomato pasta pot	Half ham baguette, small tuna pasta pot and cucumber batons with dip	Small tomato pasta pot, half tuna mayonnaise roll and half turkey sandwich	Cheese pasta pot, half ham salad wrap, carrot batons and dip	Chicken salad pot, half egg mayonnaise roll and half ham sandwich

All lunches include a selection of bread including home baked, salad and fresh chilled water

A vegetarian choice is available by pre order

Vegetarian option for chicken noodle soup is noodle soup

Vegetarian option for Homemade sausage pastry is Quorn sausage pastry

Vegetarian option for Spaghetti bolognese is Quorn bolognese

We continue to demonstrate our commitment to health and wellbeing of school pupils through our 'Go Fresh Gang', six promises for healthy active children:

- 1. Alan Apple's promise:** All meals are freshly prepared each day with seasonal produce.
- 2. Colin Carrot's promise:** Our menus are free from undesirable additives and trans fats.
- 3. Sally Strawberry's promise:** Our meats are sourced within the U.K. with the majority being of Scottish origin.
- 4. Becky Broccoli's promise:** Our chicken carries the British Standard Red tractor logo.
- 5. Pete Potato's promise:** Our fish is sourced from Scottish waters, fish fingers are MSC certified.
- 6. Gaz Grape's promise:** Pre-order and guarantee the meal of your choice.

If you need this information in another language or format, please contact us to discuss how we can best meet your needs.

Phone: 0303 123 1015 Email: equalities@southlanarkshire.gov.uk

www.southlanarkshire.gov.uk