

the **go Fresh** gang



Primary School
2016-17 Winter Menu



SOUTH
LANARKSHIRE
COUNCIL

Dear Parent/Carer

From the **7th of November 2016** we will be serving our Winter 2016-17 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	7/11	28/11	19/12	23/01	13/02	6/03	27/03
Week 2	14/11	5/12	9/01	30/01	20/02	13/03	17/04
Week 3	21/11	12/12	16/01	6/02	27/02	20/03	

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

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

Yours sincerely,

Alistair McKinnon

Head of Facilities, Waste and Grounds Services



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Primary School Three Week Menu – Winter 2016-17

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil soup (v)	Chicken noodle soup #	Tangy toast fingers #	Breadsticks with mayo or salsa dip (v)	Vegetable soup (v)
Blue tray	Lasagne	Crispy fishcake in a bun with coleslaw	Homemade sausage pastry	Chicken curry and boiled rice #	Fish fingers with chips and tomato sauce
Red tray	Cheese toastie (v)	Cheese and tomato pizza (v)	Macaroni cheese (v)	Beef hotpot	Baked potato with tuna or cheese (v)
Vegetables and side salad served with all meals	Coleslaw and side salad (v)	Sweetcorn and side salad (v)	Beans and side salad (v)	Carrots and peas and side salad (v)	Peas and side salad (v)
Green snack	Tuna mayonnaise roll	Banana roll (v)	Cheese baguette (v)	Tuna mayonnaise pasta pot	Cheese roll (v)
Yellow snack	Chicken mayonnaise wrap	Cheese roll (v)	Chicken baguette	Cheese sandwich (v)	Ham roll
Dessert	Rice pudding or seasonal fresh fruit (v)	Fairy cake or seasonal fresh fruit (v)	Yoghurt pot or seasonal fresh fruit (v)	Homemade cookie or seasonal fresh fruit (v)	Jelly or seasonal fresh fruit (v)

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Vegetable soup (v)	Lentil soup (v)	Chicken noodle soup #	Tangy toast fingers #	Breadsticks with mayo or salsa dip (v)
Blue tray	Chicken curry with boiled rice	Mince pie with potatoes	Sausage in finger roll with tomato sauce	Beef casserole with yorkshire pudding and mashed potato	Fish and chips and tomato sauce
Red tray	Cheese toastie (v)	Cheese and tomato pizza (v)	Baked potato with tuna mayo or beans (v)	Macaroni cheese (v)	Roast vegetable tart with potato wedges (v)
Vegetables and side salad served with all meals	Sweetcorn and side salad (v)	Peas and side salad (v)	Beans and side salad (v)	Broccoli and side salad (v)	Coleslaw and side salad (v)
Green snack	Tuna mayonnaise sandwich	Cheese sandwich (v)	Cheese roll (v)	Chicken roll #	Cheese baguette (v)
Yellow snack	Cheese sandwich (v)	Tuna mayonnaise sandwich	Ham roll	Tuna mayonnaise baguette	Ham baguette
Dessert	Homemade cookie or seasonal fresh fruit (v)	Jelly or seasonal fresh fruit (v)	Chocolate sponge cake and custard or seasonal fresh fruit (v)	Yoghurt pot or seasonal fresh fruit (v)	Fairy cake or seasonal fresh fruit (v)

A selection of bread including home baked / unlimited seasonal vegetables / fresh chilled water.
- A vegetarian choice is available by pre order.

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Breadsticks with mayo or salsa dip (v)	Chicken noodle soup #	Lentil soup (v)	Vegetable soup (v)	Honeydew melon (v)
Blue tray	Savoury mince with potatoes	Turkey meatballs in tomato sauce with pasta	Chicken curry with boiled rice	Steak pie with mashed potatoes	Fish fingers with chips and tomato sauce
Red tray	Macaroni cheese (v)	Cheese and tomato pizza (v)	Baked potato with tuna mayo or beans (v)	Cheese toastie (v)	Caribbean sausage with mashed potatoes #
Vegetables and side salad served with all meals	Broccoli and side salad (v)	Peas and side salad (v)	Sweetcorn and side salad (v)	Carrots and side salad (v)	Beans and side salad (v)
Green snack	Tuna mayonnaise baguette	Tuna mayonnaise sandwich	Cheese sandwich (v)	Chicken sandwich #	Cheese roll (v)
Yellow snack	Cheese sandwich (v)	Banana roll (v)	Ham baguette	Tuna mayonnaise sandwich	Ham roll
Dessert	Yoghurt pot or seasonal fresh fruit (v)	Fairy cake or seasonal fresh fruit (v)	Crispie cake or seasonal fresh fruit (v)	Apple crumble and custard or seasonal fresh fruit (v)	Jelly or seasonal fresh fruit (v)

**A selection of bread including home baked / unlimited seasonal vegetables / fresh chilled water.
- A vegetarian choice is available by pre order.**

We continue to demonstrate our commitment to health and wellbeing of school pupils through our 'Go Fresh Gang', 6 promises for healthy active children:

- Alan apple's promise:** All meals are freshly prepared each day with seasonal produce.
- Colin carrot's promise:** Our meals are free from undesirable additives and trans fats.
- Sally strawberry's promise:** Portioned seasonal fruit is available daily.
- Becky broccoli's promise:** Our three week menu has been nutritionally analysed and is compliant with the Schools (Health Promotion and Nutrition) (Scotland) Act 2007.
- Pete potato's promise:** Unlimited vegetables, salad, bread and fresh chilled water are available with all meals.
- 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