

the go Fresh gang



Primary School 2017 Summer Menu



SOUTH
LANARKSHIRE
COUNCIL

Dear Parent/Carer

From the **24th April 2017** we will be serving our Summer 2017 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	24/4	15/5	5/6	26/6	28/8	18/9	9/10
Week 2	1/5	22/5	12/6	14/8	4/9	25/9	23/10
Week 3	8/5	29/5	19/6	21/8	11/9	2/10	

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



the
goFresh
gang

Primary School Three Week Menu – Summer 2017

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tangy toast fingers #	Vegetable soup (v)	Honeydew melon (v)	Lentil soup (v)	Breadsticks with dip (v)
Blue tray	Penne bolognaise	Crispy fishcake in a bun with coleslaw	Sausage in finger roll with tomato sauce	Chicken curry with boiled rice	Fish fingers and tomato sauce
Red tray	Cheese toastie (v)	Cheese and tomato pizza with side	Macaroni Cheese (v)	Baked Potato with Tuna mayo or Beans (v)	Quorn dippers and tomato sauce (v)
Sides	Coleslaw Carrots Side salad	Coleslaw Peas Side salad	Potato wedges Baked beans Side salad	Sweetcorn Side salad	Chips Peas Side salad
Green snack	Tuna mayonnaise roll with side	Tuna pasta pot	Sweet chilli chicken wrap # with side	Ham baguette with side	Ham club sandwich
Yellow snack	Cheese roll (v) with side	Cheese club sandwich (v)	Tuna mayonnaise baguette with side	Spicy tomato pasta pot (v)	Ploughmans salad (v)
Dessert	Jam coconut cake or seasonal fresh fruit (v)	Yoghurt pot or seasonal fresh fruit (v)	Jelly with fruit or seasonal fresh fruit (v)	Ice cream or seasonal fresh fruit (v)	Fruity Friday (fresh fruit salad) with a side of yoghurt (v)

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Vegetable soup (v)	Honeydew melon (v)	Lentil soup (v)	Tangy toast fingers #	Breadsticks with dip (v)
Blue tray	Chicken curry with boiled rice	Baked Potato with Tuna mayo or Cheese (v)	Steak Pie	Sausage in Gravy	Breaded fish and tomato sauce
Red tray	Cheese toastie (v)	Cheese and tomato pizza (v)	Chicken and Spring vegetable casserole	Macaroni Cheese (v)	Spanish Rice #
Sides	Coleslaw Baked beans Side salad	Potato croquettes Peas Side salad	Mashed potato Sweetcorn Side salad	Potato wedges Broccoli Side salad	Chips Beetroot Side salad
Green snack	Tuna mayonnaise roll with side	Cheese club sandwich (v)	Sweet chilli chicken wrap # with side	Ham baguette with side	Ham club sandwich
Yellow snack	Cheese roll (v) with side	Tuna pasta pot	Tuna mayonnaise baguette with side	Ploughmans salad (v)	Cheese club sandwich (v)
Dessert	Homemade cookie or seasonal fresh fruit (v)	Fairy cake or seasonal fresh fruit (v)	Yoghurt or seasonal fresh fruit (v)	Jelly or seasonal fresh fruit (v)	Fruity Friday (fresh fruit salad) with a side of yoghurt (v)

A selection of bread including home baked / unlimited seasonal vegetables / fresh chilled water.

- A vegetarian choice is available by pre order

Vegetarian option for Tangy toast fingers is Garlic mushrooms on toast

Vegetarian option for Sweet chilli chicken wrap is Sweet chilli quorn wrap

Vegetarian option for Spanish rice is Vegetarian Spanish rice (v)

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tangy toast fingers #	Lentil soup (v)	Honeydew melon (v)	Vegetable soup (v)	Breadsticks with dip (v)
Blue tray	Chicken fajita	Turkey meatballs in gravy	Homemade sausage pastry	Chicken curry with boiled rice	Fish fingers with tomato sauce
Red tray	Cheesy beano (v)	Cheese and tomato pizza (v)	Macaroni Cheese (v)	Baked Potato with Tuna mayo or Beans (v)	Roast vegetable tart (v)
Sides	Potato smiles Coleslaw Side salad	Potato wedges Peas Side salad	Mashed potato Baked beans Side salad	Sweetcorn Side salad	Chips Peas Side salad
Green snack	Tuna mayonnaise roll with side	Sweet chilli chicken wrap # with side	Tuna mayonnaise baguette with side	Ham roll with side	Ham club sandwich
Yellow snack	Cheese roll (v) with side	Tuna pasta pot	Cheese baguette with side	Tuna mayonnaise club sandwich #	Cheese club sandwich (v)
Dessert	Ice cream or seasonal fresh fruit (v)	Jelly with fruit or seasonal fresh fruit (v)	Fairy Cake or seasonal fresh fruit (v)	Home made Cookie or seasonal fresh fruit (v)	Fruity Friday (fresh fruit salad) with a side of yoghurt (v)

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

- # Vegetarian option for Tangy toast fingers is Garlic mushrooms on toast
- # Vegetarian option for Sweet chilli chicken wrap is Sweet chilli quorn wrap
- # Vegetarian option for Tuna mayonnaise sandwich is Quorn mayonnaise sandwich

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

Food Pledge

- 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:** Portioned seasonal fruit is available daily.
- 4. 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.
- 5. Pete Potato's promise:** Unlimited vegetables, salad, bread and fresh chilled water are available with all meals.
- 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