




# PRIMARY SCHOOL AUTUMN AND WINTER MENU 2017

2 courses £2.00

## DID YOU KNOW?

- All chicken served in a Primary School is British Red Tractor standard 
- **The only milk served will be plain. Flavoured milk will no longer be available on the menu**
- Our lunches are prepared from homemade recipes, which meet school nutrition standards
- **Our red meat and burgers come straight from the butcher**
- Children have a choice of two vegetables or salad with their lunch
- **Home baking is produced with reduced sugar content**
- We aim to use 50% fruit in many of our desserts
- **We have reduced the days when home baking and desserts are available**
- On a Tuesday and Friday the treats available are fruit based options
- **See our pictorial menu at: [www.northlanarkshire.gov.uk/primaryschoolmeals](http://www.northlanarkshire.gov.uk/primaryschoolmeals)**
- Themed days are held within our schools. The calendar can be found on the web page
- **Through a pre order system, each pupil receives a coloured band to match their meal choice**
- All schools have access to online payments for secure payment of school meals and other expenses such as trips and uniforms
- **Cash top up machines still available for weekly payment of school meals**



See you child's daily food choices when paying online

All Primary 1-3 pupils are entitled to a free meal

Sign up to email alerts at [www.northlanarkshire.gov.uk/primaryschoolmeals](http://www.northlanarkshire.gov.uk/primaryschoolmeals)

- Option 1 RED BAND**
- Option 2 GREEN BAND**
- Option 3 YELLOW BAND** is Baked potato with filling. Cold fillings available are: Tuna mayo, Cheese, Coleslaw, plus a chilled drink. Options 1,2,3 are all served with soup or dessert or fruit & yoghurt for £2.00.
- Option 4 BLUE BAND Snack 2 Go** Includes a filled sandwich, fruit or yoghurt or soup, plus a chilled drink and a homemade plain biscuit. Pupils can request no butter on sandwich choice.

✓ All children get a choice of seasonal vegetables or fresh salad with each option  
 ✓ All free meals are entitled to a free milk  
 ✓ Bread and chilled water are provided free on a daily basis to all pupils



| WEEK 1  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|--|---|---|---|
| <b>Soup of the day</b>  | Lentil Soup (v)  | Chicken Noodle   | Lentil soup (v)   | Vegetable Soup (v)                                    | Lentil Soup (v)                                       |
| <b>OPTION 1 Served with choice of vegetables</b>  | Beef style Quorn bolognese and garlic bread (v)<br>Choice of vegetables  | Chicken curry and rice with sweetcorn                                      | Penne Pasta Sausage Bake<br>Choice of salad or vegetables | Sloppy Joe*<br>Choice of salad or vegetables          | Breaded fish, chips & peas                            |
| <b>OPTION 2 Served with choice of vegetables</b>  | Turkey burger with oven baked potato wedges and salad  | Tomato pasta with salad  | Cheese toastie & soup of the day (v)                      | Tuna pasta with sweetcorn                             | Cowboy beans, sausage & oven baked potato waffles     |
| <b>All Mains served with a Choice of Seasonal Vegetables or Fresh Salad</b>   |  |  |   |   |   |
| <b>OPTION 3 Baked potato with filling and side salad</b>  | <b>Cold filling or hot filling</b><br>Quorn Bolognese (v)  | <b>Cold filling or hot filling</b><br>Vegetable curry (v) or chicken curry | <b>Cold filling</b>                                       | <b>Cold filling or hot filling</b><br>Baked beans (v) | <b>Cold filling or hot filling</b><br>Baked beans (v) |
| <b>Dessert of the day</b>   | Apple crumble and custard  | Fruity Tuesday   | Chocolate iced sponge and custard                         | Caramel shortcake and custard                         | Jelly and fruit cocktail or whole fruit               |
| <b>OPTION 4 Snack 2 Go</b>  | Children can choose a filled sandwich, fruit or yoghurt or soup, plus a chilled drink and a homemade plain biscuit. Pupils can request no butter on sandwich choice. |  |   |   |   |
| <b>WEEK 1: Menu available on the following dates: Week beginning 23 October, 13 November, 4 December, 8 January, 29 January, 19 February, 12 March *Beef Ragu bap</b> |  |  |   |   |   |

| WEEK 2   | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|---|--|---|---|
| <b>Soup of the day</b>   | Potato and leek soup (v)  | Lentil soup (v)   | Chicken noodle soup  | Lentil soup (v)   | Vegetable soup (v)                                |
| <b>OPTION 1 Served with choice of vegetables</b>   | Macaroni cheese with broccoli (v)   | Roast beef, Yorkshire pudding, mashed potato, turnip & carrot | Quorn style chicken tikka and rice with a choice of vegetables (v) | Steak pie & mashed potato with mixed vegetables             | Fish & chips, peas                                |
| <b>OPTION 2 Served with choice of vegetables</b>   | Fish Fingers*<br>Mashed Potato, Baked Beans   | Cheese pizza with tomato pasta salad (v)                      | Tasty beef burger, oven baked potato wedges with salad             | Tomato pasta (v), garlic bread<br>Choice of vegetable/salad | Cheese & tomato toastie with coleslaw & salad (v) |
| <b>All Mains served with a Choice of Seasonal Vegetables or Fresh Salad</b>  |   |   |  |   |   |
| <b>OPTION 3 Baked potato with filling and side salad</b>   | <b>Cold filling or hot filling</b><br>Baked Beans (v)   | <b>Cold filling</b>   | <b>Cold filling or hot filling</b><br>Quorn tikka (v)              | <b>Cold filling</b>   | <b>Cold filling</b>                               |
| <b>Dessert of the day</b>  | Eve's pudding and custard   | Fruity Tuesday  | Swiss roll and custard   | Iced gingerbread and custard                                | Jelly and fruit cocktail or whole fruit           |
| <b>OPTION 4 Snack 2 Go</b>   | Children can choose a filled sandwich, fruit or yoghurt or soup plus a chilled drink and a homemade plain biscuit. Pupils can request no butter on sandwich choice. |   |  |   |   |
| <b>WEEK 2: Menu available on the following dates: Week beginning 30th October, 20th November, 11th December, 15th January, 5th February, 26th February, 19th March *Salmon fish finger</b> |   |   |  |   |   |

| WEEK 3  | MONDAY   | TUESDAY                                | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|--|---|
| <b>Soup of the day</b>  | Lentil soup (v)  | Tomato soup (v)                        | Chicken and rice soup  | Vegetable soup (v)   | Lentil soup (v)                                       |
| <b>OPTION 1 Served with choice of vegetables</b>  | Chicken curry with rice and sweetcorn  | Pork sausage, mashed potato and turnip | Beef style Quorn lasagne (v) with garlic bread with choice of vegetables | Mince pie & mashed potato with peas and carrots                  | Fish & chips, peas                                    |
| <b>OPTION 2 Served with choice of vegetables</b>  | Quesadillas (v)<br>Choice of vegetables  | Macaroni cheese with peas (v)          | Beef burger with coleslaw and salad                                      | Cheese & tomato pizza (v)<br>Oven baked potato wedges with salad | Chilli con carne with rice<br>Choice of vegetables    |
| <b>All Mains served with a Choice of Seasonal Vegetables or Fresh Salad</b>   |  |  |  |  |   |
| <b>OPTION 3 Baked potato with filling and side salad</b>  | <b>Cold filling or hot filling</b><br>Vegetable curry (v) or chicken curry   | <b>Cold filling</b>                    | <b>Cold filling</b>  | <b>Cold filling</b>  | <b>Cold filling or hot filling</b><br>Baked Beans (v) |
| <b>Dessert of the day</b>   | Iced Sponge and Custard  | Fruity Tuesday                         | Apple pie and custard  | Arctic roll & fruit cocktail                                     | Jelly and fruit cocktail or whole fruit               |
| <b>OPTION 4 Snack 2 Go</b>  | Children can choose a filled sandwich, fruit or yoghurt or soup, plus a chilled drink and a homemade plain biscuit. Pupils can request no butter on sandwich choice. |  |  |  |   |
| <b>WEEK 3: Menu available on the following dates: Week beginning 6 November, 27 November, 18 December, 22 January, 12 February, 5 March, 26 March</b> |  |  |  |  |   |