



# PRIMARY SCHOOL AUTUMN AND WINTER MENU 2018/19

**2 courses £2.00**

All meal options include a soup or a sweet treat plus a choice of drink-water, milk or aqua juice.

| WEEK 1                      | MONDAY   | TUESDAY                                  | WEDNESDAY   | THURSDAY                    | FRIDAY  |
|-----------------------------|--|--|---|-----------------------------|---|
| <b>OPTION 1: RED BAND</b>   | Turkey Burger with homemade wedges                                 | Chicken curry with rice                  | Pasta Sausage Bake ★                                  | Mince Cobbler               | Fish and Chips                                |
| <b>OPTION 2: GREEN BAND</b> | Bolognese Penne Pasta with garlic bread (v)*                       | Quiche with herby diced potatoes (v) ★   | Filled Baked Potato with baked beans and cheese** (v) | Pizza with tomato pasta (v) | Cheese Toastie vegetable sticks and dip (v)   |
| <b>BLUE BAND SNACK 2 GO</b> | Sandwich, choice of drink, soup or sweet treat or fruit or yoghurt |  |   |                             |   |
| <b>SOUP or SWEET TREAT</b>  | Lentil Soup (v) or Chocolate Sponge                                | Potato & Leek Soup (v) or Fruity Tuesday | Veg Soup (v) or a Muffin                              | Lentil Soup (v) or Flapjack | Chicken Noodle Soup or Jelly and fruit Friday |

WEEK 1 Menu available on the following dates: Week beginning 22 October; 12 November; 3 December; 7 January; 28 January; 18 February; 11 March \*Quorn \*\*tuna mayo and coleslaw fillings available

| WEEK 2                      | MONDAY   | TUESDAY                                     | WEDNESDAY                                  | THURSDAY                                 | FRIDAY   |
|-----------------------------|--|---|--|--|--|
| <b>OPTION 1: RED BAND</b>   | Beef Burger with vegetable sticks and coleslaw (v) option also available | Haggis Neeps and Tatties ★                  | Chicken Tikka Big Bite ★                   | Lamb Kofta with flatbread and tzatziki ★ | Fish and Chips                                     |
| <b>OPTION 2: GREEN BAND</b> | Tomato Pasta with garlic bread (v)                                       | Pizza with homemade sweet potato wedges (v) | Cheese Toastie with salad and coleslaw (v) | Macaroni Cheese (v)                      | Cowboy Beans with sausages and potato waffles (v)* |
| <b>BLUE BAND SNACK 2 GO</b> | Sandwich, choice of drink, soup or sweet treat or fruit or yoghurt       |   |  |  |  |
| <b>SOUP or SWEET TREAT</b>  | Chicken Soup or Cookie   | Lentil Soup (v) or Fruity Tuesday           | Veg Soup (v) or Brownie                    | Lentil Soup (v) or Fruit Muffin          | Tomato Soup (v) or Jelly and fruit Friday          |

WEEK 2 Menu available on the following dates: Week beginning 29 October; 19 November; 10 December; 14 January; 4 February; 25 February; 18 March \*Quorn

| WEEK 3                      | MONDAY   | TUESDAY                                    | WEDNESDAY  | THURSDAY  | FRIDAY  |
|-----------------------------|--|--|--|---|---|
| <b>OPTION 1: RED BAND</b>   | Chicken Curry and Naan   | Sausage and Mash                           | Beef Burger with potato wedges (v) option also available | Steak pie with potatoes   | Fish and Chips                                |
| <b>OPTION 2: GREEN BAND</b> | Vegetable Crumble (v) ★  | Savoury Rice with tortilla triangles (v) ★ | Lentil Hotpot with crusty potato topping (v) ★           | Fish of the day ***<br>A vegetable burger (v) can be pre-ordered for choice ★ | Enchiladas with chopped cherry tomatoes (v) ★ |
| <b>BLUE BAND SNACK 2 GO</b> | Sandwich, choice of drink, soup or sweet treat or fruit or yoghurt |  |  |   |   |
| <b>SOUP or SWEET TREAT</b>  | Veg Soup (v) or Muffin   | Lentil Soup (v) or Fruity Tuesday          | Minestrone Soup (v) or Sponge                            | Veg Soup (v) or Brownie   | Lentil soup (v) or Jelly and fruit Friday     |

WEEK 3 Menu available on the following dates: Week beginning 5 November; 26 November; 17 December; 21 January; 11 February; 4 March; 25 March \*\*\* Ask your school for details – Choice on day will be either: Salmon Fish Fingers, Salmon Fish Cakes or Zesty Salmon Pasta





encourage your child to try something new from the menu (yellow star dishes) and give them the chance to win a stunt skateboard and helmet. see [www.northlanarkshire.gov.uk/primaryschools](http://www.northlanarkshire.gov.uk/primaryschools) for details

All meal options include a drink

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)

- ✓ **NOTE** Transactions for school meals now go through online payments.
- ✓ Cash top up machines still available for weekly payment of school meals.
- ✓ 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/veg in many desserts.
- ✓ See our pictorial menu at: [www.northlanarkshire.gov.uk/primaryschoolmeals](http://www.northlanarkshire.gov.uk/primaryschoolmeals)
- ✓ Theme days are held within our schools. The calendar can be found on the web page.
- ✓ A pre order system is available ensuring your child receives what they want.
- ✓ Each pupil receives a band which matches the coloured meal options on the menu.