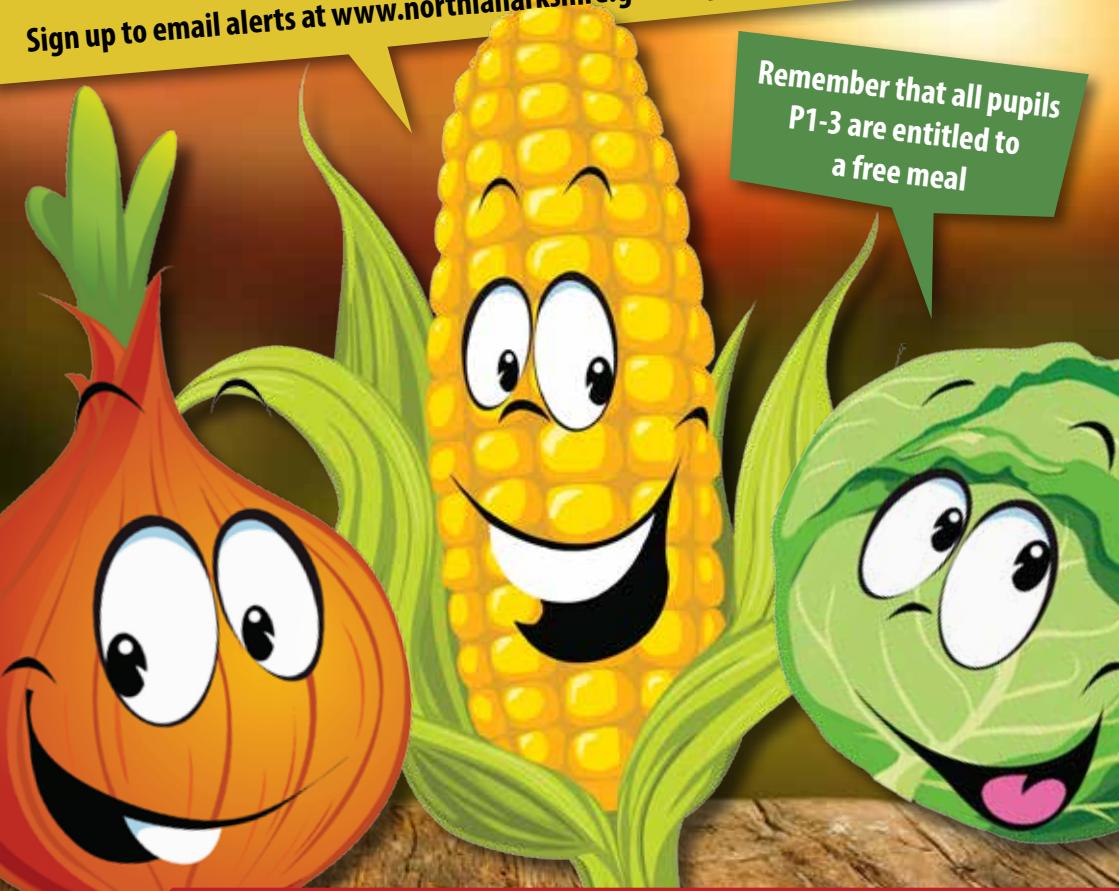


PRIMARY SCHOOL MENU

Autumn and Winter 2015

Get the latest primary school menus sent straight to your inbox.
Sign up to email alerts at www.northlanarkshire.gov.uk/primaryschoolmeals

Remember that all pupils
P1-3 are entitled to
a free meal



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 RED BAND	Beef style Quorn bolognese with pasta and garlic bread (v)	Roast chicken with gravy & mashed sweet potato	Steak pie & mashed potato	Chicken curry and boiled rice	Breaded fish & chips or boiled potatoes
Option 2 GREEN BAND	Chicken burger in a bun with oven baked potato wedges	Cowboy beans with Quorn sausages & oven baked diced potatoes (v)	Mixed pepper pasta (v)	Quorn sausage roll with mashed potato & baked beans (v)	Broccoli & cauliflower pasta bake (v)
Option 3 Baked potato with filling YELLOW BAND	Hot filling: Beef style Quorn bolognese (v) or Cold Fillings	Hot filling: Baked beans (v) or Cold Fillings	Cold fillings	Hot filling: chicken curry or Cold Fillings	Cold fillings
Option 4 Winter Snack 2 Go BLUE BAND	Children can choose a filled sandwich plus a choice of chilled drink, with either the soup or dessert of the day.				
+Soup or +Dessert of the day	Lentil soup (v)	Chicken noodle soup	Yellow split pea soup (v)	Lentil soup (v)	Vegetable soup (v)
+Dessert or + Soup of the day	Apple crumble and custard	Chocolate iced sponge and custard	Creamed rice and fruit	Caramel shortcake and custard	Jelly and fruit

WEEK 1: Menu available on the following dates: Week beginning 19th October; 9th November; 30th November; 21st December; 18th January; 8th February; 29th February; 21st March

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 RED BAND	Macaroni cheese with oven baked potato wedges (v)	Roast beef with Yorkshire pudding & baby jacket potatoes	Mince & mashed potato	Chicken style Quorn tikka and boiled rice (v)	Breaded fish & chips or boiled potatoes
Option 2 GREEN BAND	Fish fingers* with mashed potato	Cheese & tomato pizza slice with tomato pasta (v)	Pasta in tomato sauce (v)	Beef burger in a bun with oven baked potato wedges	Baked beans & toast (v)
Option 3 Baked potato with filling YELLOW BAND	Cold fillings	Cold fillings	Cold fillings	Hot filling: Chicken style Quorn tikka (v) or Cold Fillings	Hot filling: Baked beans (v) or Cold Fillings
Option 4 Winter Snack 2 Go BLUE BAND	Children can choose a filled sandwich plus a choice of chilled drink, with either the soup or dessert of the day.				
+Soup or +Dessert of the day	Potato and leek (v)	Lentil soup (v)	Cream of chicken soup	Lentil soup (v)	Vegetable soup (v)
+Dessert or + Soup of the day	Eve's pudding and custard	Iced gingerbread and custard	Swiss roll and custard	Meringue nest and winter fruits	Raspberry ripple mousse

WEEK 2: Menu available on the following dates: Week beginning 26th October; 16th November; 7th December; 4th January; 25th January; 15th February; 7th March; 28th March *Salmon fish fingers- a good source of omega 3

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Option 1 RED BAND	Chicken curry and boiled rice	Sausages & gravy with baby boiled potatoes (v - version available)	Beef style Quorn lasagne with garlic bread (v)	Steak pie & mashed potato	Breaded fish & chips or boiled potatoes
Option 2 GREEN BAND	Beef style Quorn burger in a bun with coleslaw & baby boiled potatoes (v)	Chicken Tikka in a pitta pocket with salad	Cheese pizza oven baked potato wedges (v)	Vegetable curry with boiled rice (v)	Cheese toastie with coleslaw & salad (v)
Option 3 Baked potato with filling YELLOW BAND	Hot filling: Chicken curry or Cold Fillings	Cold fillings	Cold fillings	Hot filling: Vegetable curry (v) or Cold Fillings	Cold fillings
Option 4 Winter Snack 2 Go BLUE BAND	Children can choose a filled sandwich plus a choice of chilled drink, with either the soup or dessert of the day.				
+Soup or +Dessert of the day	Lentil soup (v)	Cream of tomato soup (v)	Lentil soup (v)	Chicken and rice soup	Vegetable soup (v)
+Dessert or + Soup of the day	Iced sponge and custard	Apple pie and custard	Carrot cake and cream	Banoffee pie and custard	Arctic roll

WEEK 3: Menu available on the following dates: Week beginning 2nd November; 23rd November; 14th December; 11th January; 1st February; 22nd February; 14th March

1. **Option 1 RED BAND** + Soup or Dessert or Fruit & Yoghurt £1.80
2. **Option 2 GREEN BAND** + Soup or Dessert or Fruit & Yoghurt £1.80
3. **Option 3 Baked Potato with filling YELLOW BAND** + Soup or Dessert and a drink for £1.80 - Cold Fillings for baked potatoes include Tuna Mayo, Cheese, Coleslaw
4. **Option 4 Winter Snack 2 Go BLUE BAND** Sandwich + Soup or dessert and a drink for £1.80 - Cold Fillings for sandwiches include Tuna Mayo, Cheese, Chicken and Gammon

- ✓ All children get a choice of seasonal vegetables or fresh salad with each option
- ✓ All free meals are entitled to a free milk
- ✓ Free bread and Water provided



THEME DAYS

The Theme day calendar can be found on the web site. Theme days are a fun way for young people to learn about other cultures eating habits and will replace the normal menu choices on the selected days in your school. Some theme days are pre-selected for example Halloween, and some will be selected by your individual schools to fit in with the curriculum.

PRE-ORDER

As from October 2015 the Primary school menus are colour coded to fit with the pre-order system (available in most schools) and will allow you to discuss the various choices with your child. Each option is represented by a coloured band which the child will be given dependent on choice, this ensures each pupil receives what they have ordered and also assists in cutting down on queuing times and waste.

ONLINE PAYMENTS AND CASHLESS SYSTEM

The council is now introducing additional methods of payment within schools to make life easier for parents/carers, reduce the need for pupils to carry cash and reduce the volumes of cash being handled in the school. You will be able to pay securely online using debit/credit card for all school meals and other school expenses such as trips and uniform items.

Online payments and cashless catering are being rolled out throughout all schools and will be completed by November 2016. Check the website to see if your school has been given a date yet.

- Payments can be made securely online 24/7 from your home pc, tablet or mobile phone.
- You will still be able to pay by cash by a top up machine (for school meals) in the school.

www.northlanarkshire.gov.uk/schoolpayments

