



# 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 *** 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 Primary 1-3 pupils are entitled to a free meal

All meal options include a drink

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.