

## DID YOU KNOW?

- From April 2017 access for most schools 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.**
- 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.
- **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.
- **NOTE** cash top up machines will accept new notes from summer 2017.

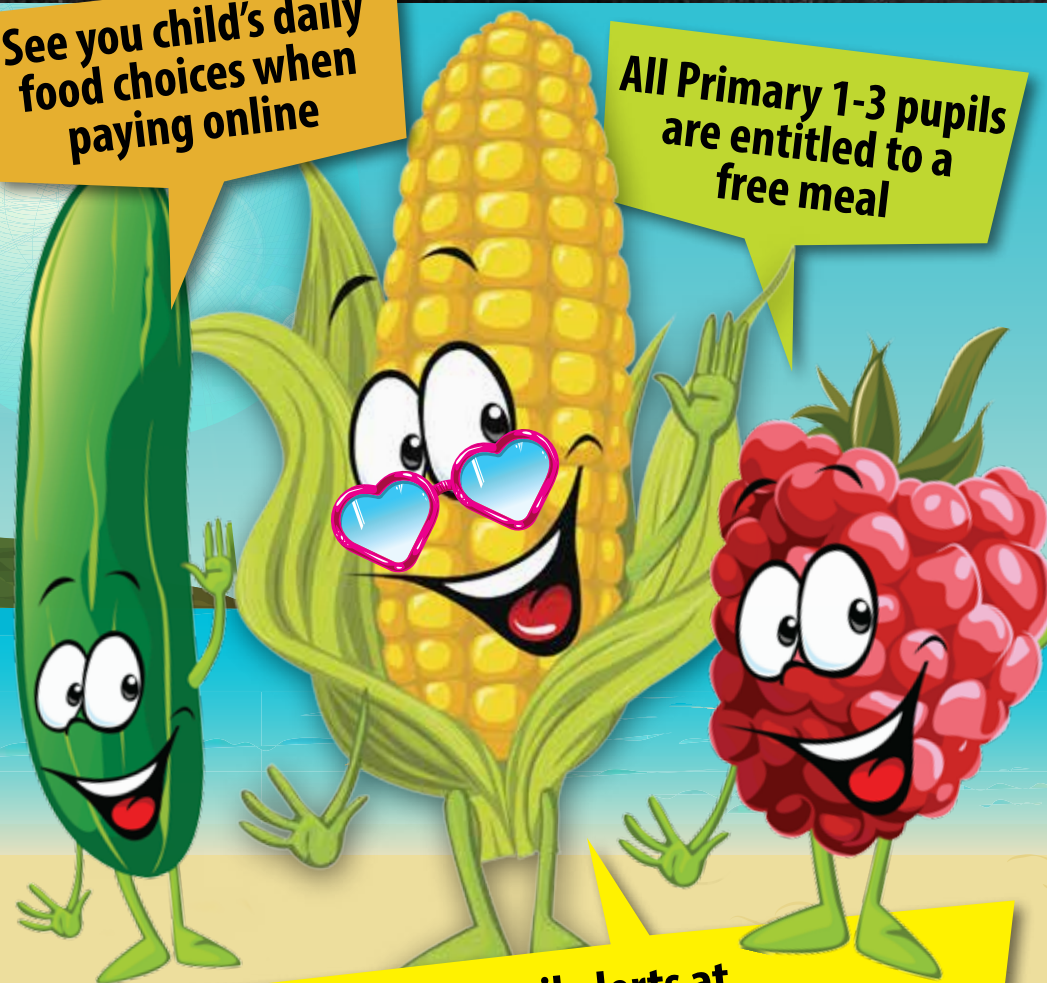


# PRIMARY SCHOOL SPRING AND SUMMER MENU 2017

2 courses £2.00

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 is offered. 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 plus a chilled drink and a homemade mini bite. \*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/starter of the day</b>	Potato & leek soup (v)	Fresh fruit mix(v)	Lentil soup (v)	Watermelon slice (v)	Chicken & rice soup
<b>OPTION 1 Served with choice of vegetables</b>	Quorn lasagne, garlic bread & salad (v)	Chicken curry & rice	Pork link sausages with mashed potato & baked beans	Roast beef with mashed potato, Yorkshire pudding & carrots	Breaded fish, chips & peas
<b>OPTION 2 Served with choice of vegetables</b>	Chicken burger & homemade wedges, with fresh vegetable sticks	Soup & half wrap, with savoury cheese & tomato (v)	Tuna pasta & sweetcorn	Cheese & tomato pizza with salad (v)	Cheesy beans & toast (v)
<b>OPTION 3 Baked potato with filling and side salad</b>	<b>Cold fillings:</b> (v) Option	<b>Cold fillings:</b> (v) Option	<b>Hot filling:</b> Baked beans (v) or <b>Cold fillings:</b> (v) Option	<b>Cold fillings:</b> (v) Option	<b>Cold fillings:</b> (v) Option
<b>Option 4 Snack 2 Go</b>	Children can choose a filled sandwich*, fruit or yoghurt plus a chilled drink and a homemade mini bite. *Pupils can request no butter on sandwich choice				
<b>Dessert</b>	Caramel flan	Apple crumble	Swiss roll	Jam sponge	Chocoletti cake

**WEEK 1: Menu available on the following dates:** Week beginning 17th April; 8th May; 29th May; 19th June; 14th August; 4th September; 25th September

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup/starter of the day</b>	Lentil soup (v)	Melon boat (v)	Golden vegetable soup (v)	Chicken noodle soup	Fresh fruit salad (v)
<b>OPTION 1 Served with choice of vegetables</b>	Chicken korma, with boiled rice & naan	Bolognese penne pasta & garlic bread, with vegetable sticks	Steak pie & mashed potato, with mixed vegetables	Macaroni cheese (v) with peas	Breaded fish, chips & salad
<b>OPTION 2 Served with choice of vegetables</b>	Tomato pasta with salad (v)	Cheese toastie with salad & coleslaw	*Fishcakes with green vegetables & sweet chilli dip	Beef burger with homemade wedges, salad & coleslaw	Cowboy beans with quorn sausages & potato waffles (v)
<b>Option 3 Baked potato with filling and side salad</b>	<b>Hot filling:</b> Chicken korma or <b>Cold fillings:</b> (v) Option	<b>Hot filling:</b> Bolognese or <b>Cold fillings:</b> (v) Option	<b>Hot filling:</b> Baked beans (v) or <b>Cold fillings:</b> (v) Option	<b>Cold fillings:</b> (v) Option	<b>Hot filling:</b> Baked beans (v) or <b>Cold fillings:</b> (v) Option
<b>Option 4 Snack 2 Go</b>	Children can choose a filled sandwich*, fruit or yoghurt plus a chilled drink and a homemade mini bite. *Pupils can request no butter on sandwich choice				
<b>Dessert</b>	Summer fruit crumble & custard	Lemon sponge & custard	Summer fruit pot	Strawberry flan	Raspberry ripple mousse

**WEEK 2: Menu available on the following dates:** Week beginning 24th April; 15th May; 5th June; 26th June; 21st August; 11th September; 2nd October \*Fishcakes are salmon-a good source of omega 3

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup/starter of the day</b>	Lentil soup (v)	Fresh fruit salad (v)	Spring vegetable soup (v)	Lentil soup (v)	Tomato soup (v)
<b>OPTION 1 Served with choice of vegetables</b>	Macaroni cheese (v) & peas	Chicken curry & boiled rice	Mince & mashed potato, with peas & carrots	Turkey meatballs in a tomato sauce, with spaghetti	Breaded fish, chips & peas
<b>OPTION 2 Served with choice of vegetables</b>	Chicken tikka with salad	Fish fingers, with mashed potato & baked beans	Chicken or vegetable enchiladas, (v) with chopped cherry tomato	Cheese and tomato pizza, with salad (v)	Chicken Italiano
<b>Option 3 Baked potato with filling and side salad</b>	<b>Hot filling:</b> Chicken tikka or <b>Cold fillings:</b> (v) Option	<b>Hot filling:</b> Baked beans (v) or <b>Cold fillings:</b> (v) Option	<b>Hot filling:</b> Spiced vegetables (v) or <b>Cold fillings:</b> (v) Option	<b>Cold fillings:</b> (v) Option	<b>Hot filling:</b> Baked beans (v) or <b>Cold fillings:</b> (v) Option
<b>Option 4 Snack 2 Go</b>	Children can choose a filled sandwich*, fruit or yoghurt plus a chilled drink and a homemade mini bite. *Pupils can request no butter on sandwich choice				
<b>Dessert</b>	Chocolate sponge & custard	Blueberry streusel muffin	Mixed summer fruit flan	Mandarin cream sponge	Caramel cake & custard

**WEEK 3: Menu available on the following dates:** Week beginning 1st May; 22nd May; 12th June; 28th August; 18th September; 9th October