

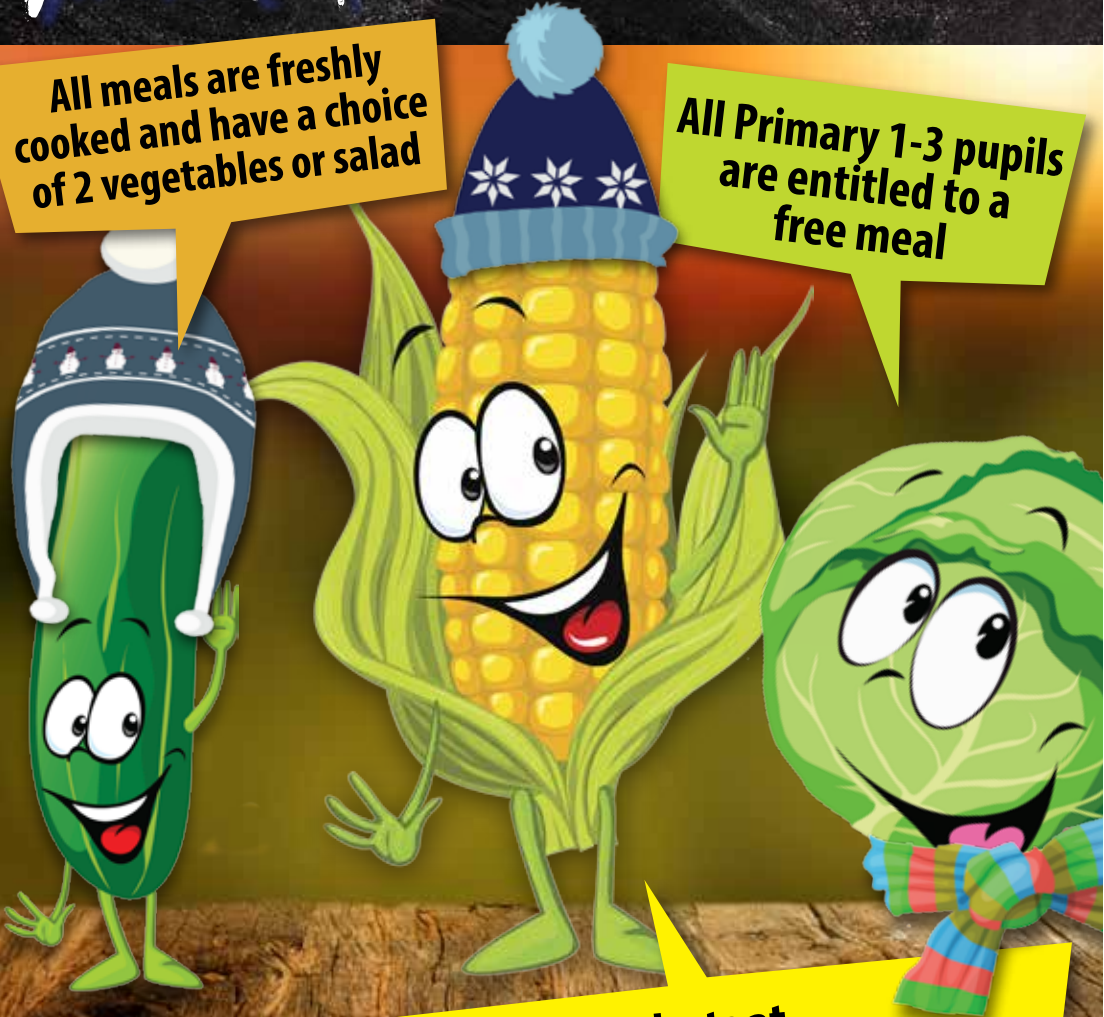


PRIMARY SCHOOL AUTUMN AND WINTER MENU 2016

2 courses £1.90

All meals are freshly
cooked and have a choice
of 2 vegetables or salad

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



Sign up to email alerts at
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 £1.90.
- 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
Soup/starter of the day	Lentil soup (v)	Chicken noodle soup	Lentil soup (v)	Vegetable soup (v)	Lentil soup (v)
OPTION 1 Served with choice of vegetables	Beef style Quorn bolognese with pasta and garlic bread (v)	Roast turkey & gravy with baby jacket potatoes	Belmont mince pie & mashed potato	Chicken curry & boiled rice	Breaded fish & chips
OPTION 2 Served with choice of vegetables	Chicken burger in a bun with oven baked potato wedges	Vegetable noodles & sweet chilli sauce (v)	Cheese toastie & soup of the day (v)	Tuna pasta with sweetcorn & side salad	Cowboy beans & pork sausages with oven baked waffle potatoes
OPTION 3 Baked potato with filling and side salad	Hot filling: Quorn bolognese (v) or Cold fillings: (v) Option	Hot filling: Vegetable chilli (v) or Cold fillings: (v) Option	Cold fillings: (v) Option	Hot fillings: Vegetable curry (v) or Chicken curry or Cold fillings: (v) Option	Hot filling: Baked beans (v) or Cold fillings: (v) Option
Option 4 Snack 2 Go	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				
Dessert	Apple crumble & custard	Creamed rice & fruit	Chocolate iced sponge & custard	Caramel shortcake & custard	Jelly & fruit

WEEK 1: Menu available on the following dates: Week beginning 24th October; 14th November; 5th December; 9th January; 30th January; 20th February; 13th March

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup/starter of the day	Potato & leek soup (v)	Lentil soup (v)	Chicken noodle soup	Lentil soup (v)	Vegetable soup (v)
OPTION 1 Served with choice of vegetables	Macaroni cheese with oven baked potato wedges (v)	Roast beef with Yorkshire pudding & mashed potato	Quorn style chicken tikka & boiled rice (v)	Steak pie & mashed potato	Breaded fish & chips
OPTION 2 Served with choice of vegetables	*Fish fingers & mashed potato	Cheese pizza slice with tomato pasta (v)	Beef burger in a bun with oven baked potato wedges	Tomato & mascarpone pasta with garlic bread (v)	*Homemade kebab burger in a bun with salad
Option 3 Baked potato with filling and side salad	Hot filling: Coronation chicken or Cold fillings: (v) Option	Cold fillings: (v) Option	Hot filling: Quorn tikka (v) or Cold fillings: (v) Option	Cold fillings: (v) Option	Hot filling: Baked beans (v) or Cold fillings: (v) Option
Option 4 Snack 2 Go	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				
Dessert	Eve's pudding & custard	Meringue nest & winter fruits	Swiss roll & custard	Iced gingerbread & custard	Raspberry ripple mousse

WEEK 2: Menu available on the following dates: Week beginning 31st October; 21st November; 12th December; 16th January; 6th February; 27th February; 20th March *Salmon fish fingers - a good source of omega 3: *Homemade kebab is made with fresh lamb

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup/starter of the day	Lentil soup (v)	Tomato soup (v)	Chicken & rice soup	Vegetable soup (v)	Lentil soup (v)
OPTION 1 Served with choice of vegetables	Chicken curry & boiled rice	Beef & vegetable stew with dumplings	Beef style Quorn lasagne with garlic bread (v)	Chicken pie with baby jacket potatoes	Breaded fish & chips
OPTION 2 Served with choice of vegetables	Cheese & tomato toastie with coleslaw (v)	Cheese pizza with oven baked potato wedges (v)	Fish finger bap with salad & coleslaw	Macaroni cheese & salad (v)	Beef burger in a bun with salad & pink coleslaw
Option 3 Baked potato with filling and side salad	Hot filling: Vegetable curry (v) or Chicken curry or Cold fillings: (v) Option	Hot filling: Beef & vegetable stew or Cold fillings: (v) Option	Cold fillings: (v) Options	Hot filling: Chicken tikka or Cold fillings: (v) Option	Hot filling: Baked beans (v) or Cold fillings: (v) Option
Option 4 Snack 2 Go	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				
Dessert	Iced sponge & custard	Carrot cake & debonair cream	Apple pie & custard	Arctic roll & fruit cocktail	Banoffee pie & custard

WEEK 2: Menu available on the following dates: Week beginning 7th November; 28th November; 19th December; 23rd January; 13th February; 6th March; 27th March

DID YOU KNOW?

- 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**
- 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.
- **Online payments will be in all schools by November 2016.**
- Pay securely for school meals and other expenses such as trips and uniforms through online payments.
- **Cash is still accepted, allowing pupils to add money via the school meals top up machine.**

