



PRIMARY SCHOOL MENU

Spring and Summer 2016

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

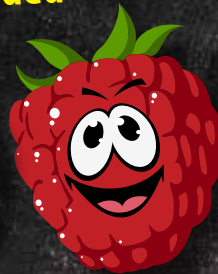


- Option 1 RED BAND**
- Option 2 GREEN BAND**
- Option 3 YELLOW BAND** is Baked Potato with filling. Cold fillings available are: Tuna mayo, Cheese, Coleslaw, plus a chilled drink is offered.
Options 1,2,3 are all served with Soup or Dessert or Fruit & yoghurt for £1.90.
- Option 4 BLUE BAND Snack 2 Go** includes a filled sandwich, fruit or yoghurt plus a chilled drink and a homemade mini bite for £1.90. Cold fillings for sandwiches include Tuna mayo, Chicken, Cheese, Gammon & salad.

✓ **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**



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup/Starter of the day	Potato and leek soup (v)	Melon and berry cocktail (v)	Lentil soup (v)	Watermelon slice (v)	Chicken and rice soup
Option 1 RED BAND	Quorn lasagne & garlic bread (v)	Roast beef Yorkshire pudding & baby jackets	Chicken curry & rice	Pork link sausages with mashed potato & baked beans	Breaded fish & chips
Option 2 GREEN BAND	Chicken burger & homemade wedges	Pizza (cheese & tomato) (v)	Soup & small baguette with cheese & tomato (v)	Tuna pasta	Cheesy beans & toast (v)
Option 3 YELLOW BAND Baked potato with filling and side salad	Cold fillings: (v) option	Hot filling: Baked beans (v) or Cold fillings (v) option	Hot filling: Chicken curry or Cold fillings (v) option	Hot filling: Baked beans (v) or Cold fillings (v) option	Cold fillings: (v) option
Option 4 BLUE BAND Snack 2 Go	Children can choose a filled sandwich, fruit or yoghurt plus a chilled drink and a homemade mini bite.				
Dessert	Caramel flan	Apple crumble	Arctic roll	Trifle	Berry muffin

WEEK 1: Menu available on the following dates: Week beginning 18th April; 9th May; 30th May; 20th June; 15th August; 5th September; 26th September. *Please note: On Tuesday 31st May & Tuesday 27th September, the Roast beef will be replaced with Chicken burger

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup/Starter of the day	Lentil soup (v)	3 variety Melon cocktail (v)	Golden vegetable soup (v)	Chicken noodle soup	Fresh fruit salad (v)
Option 1 RED BAND	Chicken tikka curry with boiled rice & naan	Bolognese spiral pasta & garlic bread	Steak pie & mashed potato	Macaroni cheese (v)	Breaded fish & chips
Option 2 GREEN BAND	Tomato pasta (v)	Cheese toastie (v)	*Fish fingers & mashed potato	Beef burger & homemade wedges	Quorn sausage roll & baked beans (v)
Option 3 YELLOW BAND Baked potato with filling and side salad	Hot filling: Chicken tikka curry or Cold fillings (v) option	Hot filling: Bolognese or Cold fillings (v) option	Hot filling: Baked beans (v) or Cold fillings (v) option	Cold fillings: (v) option	Hot filling: Baked beans (v) or Cold fillings (v) option
Option 4 BLUE BAND Snack 2 Go	Children can choose a filled sandwich, fruit or yoghurt plus a chilled drink and a homemade mini bite.				
Dessert	Lemon sponge & custard	Summer fruit crumble & custard	Meringue nest & summer berries	Strawberry flan	Raspberry ripple mousse

WEEK 2: Menu available on the following dates: Week beginning :25th April; 16th May; 6th June; 27th June; 22nd August; 12th September; 3rd October. *Salmon fish fingers - a good source of omega 3

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup/Starter of the day	Chicken noodle soup	Fresh fruit salad (v)	Spring vegetable soup (v)	Lentil soup (v)	Tomato soup (v)
Option 1 RED BAND	Macaroni cheese (v)	Chicken curry & boiled rice	Mince pie & mashed potato	*Home made kebab and salad bap	Breaded fish & chips
Option 2 GREEN BAND	Chicken tikka wrap	Tuna pasta	Cowboy beans with Quorn sausages & waffles (v)	Cheese and tomato pizza (v)	Beef style Quorn spaghetti bolognese (v)
Option 3 YELLOW BAND Baked potato with filling and side salad	Hot filling: Chicken tikka or Cold fillings (v) option	Hot filling: Chicken curry or baked beans (v) or Cold fillings (v) option	Hot filling: Baked beans (v) or Cold fillings (v) option	Cold fillings: (v) option	Hot filling: Quorn bolognese (v) or Cold fillings (v) option
Option 4 BLUE BAND Snack 2 Go	Children can choose a filled sandwich, fruit or yoghurt plus a chilled drink and a homemade mini bite.				
Dessert	Chocolate sponge & custard	Strawberry mousse	Mixed summer fruit flan	Mandarin cream sponge	Ice cream

WEEK 3: Menu available on the following dates: Week beginning : 2nd May; 23rd May; 13th June; 29th August; 19th September; 10th October. *Home made kebab is lamb

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

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

