

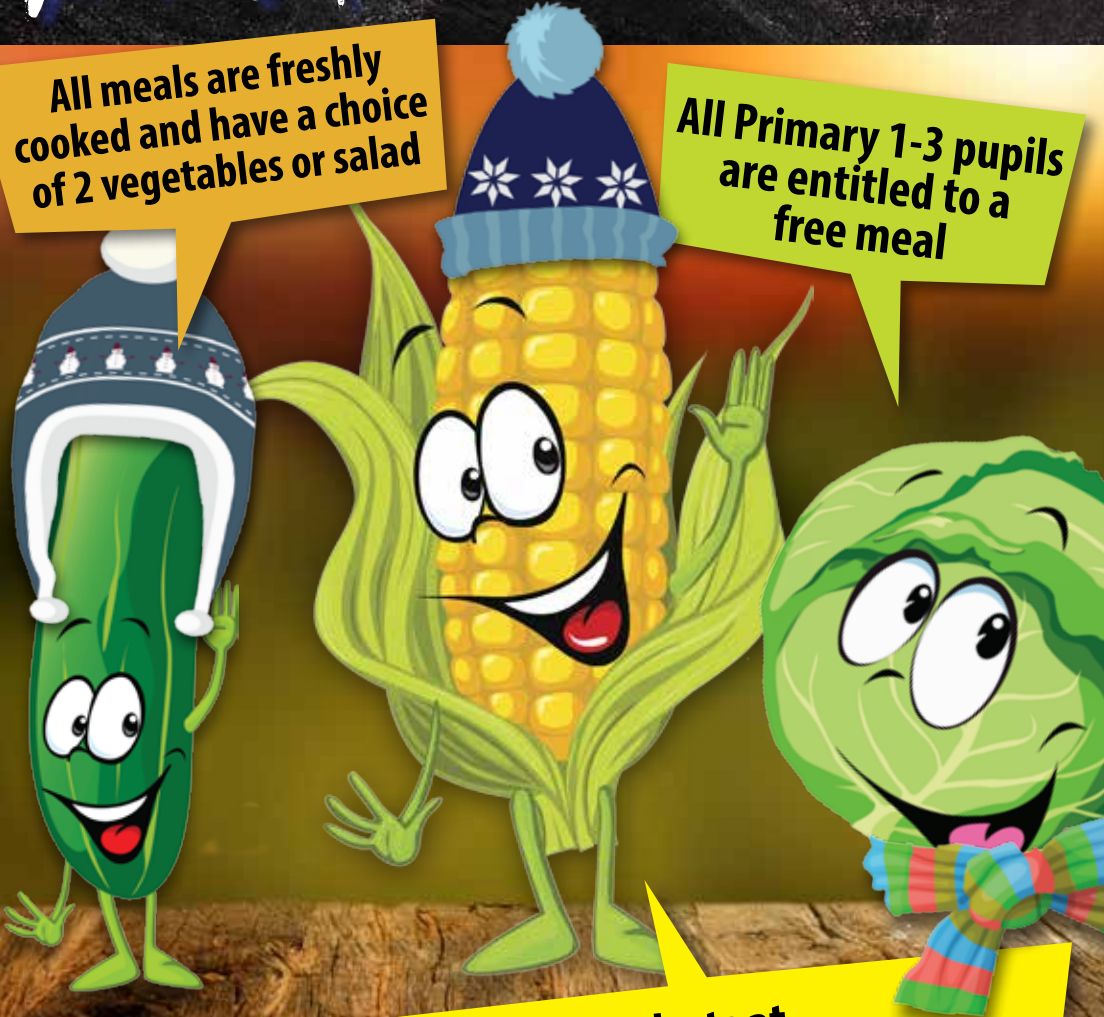


PRIMARY SCHOOL AUTUMN AND WINTER MENU 2016

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.**

