



# PRIMARY SCHOOL SPRING AND SUMMER MENU 2018

2 courses £2.00

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

New added value -  
all meal options  
now include a drink



Sign up to email alerts at  
[www.northlanarkshire.gov.uk/primaryschoolmeals](http://www.northlanarkshire.gov.uk/primaryschoolmeals)

## DID YOU KNOW?

- NLC are going Digital. From the next menu cycle - Autumn/Winter 2018, you can visit the website at [www.northlanarkshire.gov.uk/primaryschoolmeals](http://www.northlanarkshire.gov.uk/primaryschoolmeals) and find a web menu leaflet to print off or sign up to receive a weekly menu alert. This menu leaflet (Spring/Summer 2018) will be the last printed menu leaflet issued
- 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.
- All meal options are now served with a choice of water, milk or Aquajuce.
- All meal options can choose either a soup or sweet treat with their meal.
- 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)
- On a Tuesday the only sweet treat is fresh fruit and on a Friday it is fruit and jelly or yoghurt.
- Details of (v) options can be found on the webpage and these must be preordered in advance.
- 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: Transactions for school meals now go through online payments.
- Cash top up machines still available for weekly payment of school meals.





✓ All meal options include a soup or sweet treat plus a choice of drink -water, milk or Aquajuce

✓ Bread and chilled water are provided free on a daily basis to all pupils

✓ The sweet treat on a Tuesday is fruit and on a Friday is jelly and fruit

✓ Each day fruit or yoghurt can be selected as the sweet option



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1: RED BAND</b>	Quorn lasagne, garlic bread and salad (v)	Chicken curry and rice with a side of vegetables	Pork link sausages with mashed potato and baked beans. (v) Option available	Roast beef with mashed potato, Yorkshire pudding and carrots	Breaded fish, chips and peas
<b>OPTION 2: GREEN BAND</b>	Turkey burger with homemade wedges and chopped vegetable batons	Filled baked potato with baked beans and cheese (v)	Tuna pasta with cucumber batons	Cheese and tomato pizza with tomato pasta salad (v)	Sweet chilli chicken wrap with coleslaw, salad and chips. (v) Option available
<b>BLUE BAND SNACK 2 GO</b>	Children can choose a filled sandwich. Pupils can request no butter.				
<b>SOUP or SWEET TREAT</b>	Potato and leek soup (v) or chocolate orange iced sponge	Lentil soup (v) or fruity Tuesday	Minestrone soup (v) or home baking selection	Lentil soup (v) or Swiss roll	Chicken and rice soup or jelly and fruit Friday

**WEEK 1 Menu available on the following dates: Week beginning 16th April; 7th May; 28th May; 18th June; 13th August; 3rd September; 24 September**

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1: RED BAND</b>	Home made chicken curry with naan bread	Bolognese penne pasta with garlic bread and green beans	Steak pie with mashed potato and mixed vegetables	Macaroni cheese (v) with peas	Breaded fish, chips and salad
<b>OPTION 2: GREEN BAND</b>	Cheese toastie with salad and coleslaw (v)	Filled baked potato and savoury cheese with tomato and pepper salsa (v)	*Salmon fish fingers with mashed potato and baked beans. (v) Option available	Beef burger with homemade wedges, sliced vegetables and coleslaw	Cowboy beans with Quorn sausages and potato waffles (v)
<b>BLUE BAND SNACK 2 GO</b>	Children can choose a filled sandwich. Pupils can request no butter.				
<b>SOUP or SWEET TREAT</b>	Lentil soup (v) or muffin	Potato and leek soup (v) or fruity Tuesday	Golden vegetable soup (v) or home baking selection	Chicken noodle soup or gingerbread	Lentil soup (v) or jelly and fruit Friday

**WEEK 2 Menu available on the following dates: Week beginning 23rd April; 14th May; 4th June; 25th June; 20th August; 10th September; 1st October \*Salmon is a good source of omega 3**

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OPTION 1: RED BAND</b>	<b>NEW</b> Turkey meatballs in a tomato sauce with spaghetti and green beans	Macaroni cheese (v) and broccoli	Mince with mashed potato and carrots	Chicken curry with rice and sweetcorn	Breaded fish, chips and peas
<b>OPTION 2: GREEN BAND</b>	Cheese and tomato pizza with sweet potato fries and salad (v)	Beef burger with chopped vegetables and potato salad. (v) Option available	Loaded baked potato shells with cucumber sticks (v)	Sausage roll with mashed potato and baked beans. (v) Option available	Tomato pasta with garlic bread and broccoli (v)
<b>BLUE BAND SNACK 2 GO</b>	Children can choose a filled sandwich. Pupils can request no butter.				
<b>SOUP or SWEET TREAT</b>	Lentil soup (v) or iced sponge	Vegetable broth (v) or fruity Tuesday	Spring vegetable soup (v) or home baking selection	Lentil soup (v) or fruit muffin	Tomato soup (v) or jelly and fruit Friday

**WEEK 3 Menu available on the following dates: Week beginning 30th April; 21st May; 11th June; 27th August; 17th September; 8th October**

