

# MEET EATING SCHOOL MEALS PLAY

We've achieved Food for Life Bronze Award



## Renfrewshire School Meals achieve high marks

Renfrewshire Council schools' catering service holds the Food for Life Bronze Award for its primary school meals.

This award is an endorsement from the Soil Association Scotland that, as caterers, we serve more freshly prepared meals using local, seasonal ingredients which are free from undesirable additives and trans fats, are better for animal welfare and comply with national nutrition standards. The Food for Life award demonstrates the Council's commitment to helping Scotland become a Good Food Nation, where the food is both tasty to eat and nutritious, fresh and environmentally sustainable.

A healthy and nutritious diet is essential to your child's growth and development and can decrease the risk of obesity and other health problems.

The Schools (Health Promotion and Nutrition) Act (Scotland) requires all local authorities to ensure that food and drink provided in schools complies with national nutritional requirements.

All schools offer a choice, including hot meals, hot/cold lunch bags, salads and desserts. We try to cater for a wide range of tastes and we offer a vegetarian option on request. We hope that your child will join us at lunchtime and we look forward to welcoming them.

## Our quality pledge

- Our meals are freshly prepared with seasonal ingredients
- Our eggs are free range
- Our meat is farm level assured by Quality Meat Scotland
- We don't serve any endangered fish
- Our menu is free from undesirable additives and GM ingredients

We have some job opportunities in Catering, Cleaning and School Crossing Patrol.  
Call 0300 300 0330 to apply or go to [myjobscotland.gov.uk/councils/renfrewshire-council](http://myjobscotland.gov.uk/councils/renfrewshire-council)

Our school meals are healthy, balanced and nutritious. Kids can choose from 'Grab and Go' three days a week and 'Dine in' to a traditional two course meal twice a week.

We take great care in what we have in our menus. Not just to meet legal requirements, but because we want our school meals to be healthy, nutritious and enjoyable.

At least two types of seasonal vegetables, mixed salad and bread are provided each day, and an oily fish at least once every three weeks as part of the school lunch.  
If you child has a food allergy or requires a special diet, please let us know, email: [site-serv.es@renfrewshire.gov.uk](mailto:site-serv.es@renfrewshire.gov.uk) tel: 0300 300 0380

**Don't forget**  
All Primary 1 to Primary 3 pupils are entitled to receive a free school meal.

## Primary school menu—weekly planner

The planner below shows the week that each of the menus overleaf will be served.

Week 1	04/12/17	01/01/18	29/01/18	26/02/18	26/03/18	23/04/18
Week 2	11/12/17	08/01/18	05/02/18	05/03/18		30/04/18
Week 3	18/12/17	15/01/18	12/02/18	12/03/18		07/05/18
Week 4		22/01/18	19/02/18	19/03/18	16/04/18	14/05/18



£1.90



£2.10

More information about school meals, including information about allergens, is available at:

[www.renfrewshire.gov.uk/schoolmeals](http://www.renfrewshire.gov.uk/schoolmeals)

email: [site-serv.es@renfrewshire.gov.uk](mailto:site-serv.es@renfrewshire.gov.uk)

Tel: 0300 300 0380

# Primary school menus—weekly planner

Week One					
	Monday	Tuesday	Wednesday	Thursday	Friday
	DINE IN DAY	GRAB & GO DAY	GRAB & GO DAY	DINE IN DAY	GRAB & GO DAY
Option 1	Homemade cheese and tomato pizza with potato wedges	Cod and salmon fish fingers in a tortilla wrap	Chicken curry with brown rice	Minced beef with boiled new potatoes	Macaroni cheese
Option 2	Pork steak with potato wedges	Sandwich selection	Sandwich selection	Turkey meatballs in tomato sauce with boiled new potatoes	Sandwich selection
Option 3	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings
Selection of seasonal fruit	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection
Vegetables	Peas	Roasted vegetables	Baby corn	Sliced green beans	Coleslaw
		Beetroot	Yellow pepper		Cherry tomatoes
	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed salad
Starter or Dessert	Lentil soup	Tomato noodle soup	Potato soup	Broccoli soup	Scotch Broth
	Apple cinnamon crumble with custard	Cheese and biscuits	Strawberry fruit ice smoothie	Flapjack	Baked rice

Week Three					
	Monday	Tuesday	Wednesday	Thursday	Friday
	DINE IN DAY	GRAB & GO DAY	GRAB & GO DAY	DINE IN DAY	GRAB & GO DAY
Option 1	Sliced roast turkey with baby boiled potatoes	Vegetable bolognese with garlic and herb bread	Quorn tikka with rice	Steak pie with roast potatoes	Chicken poppers with potato wedges
Option 2	Salmon fish fingers with baby boiled potatoes	Sandwich selection	Sandwich selection	Omelette with roast potatoes	Sandwich selection
Option 3	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings
Selection of seasonal fruit	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection
Vegetables	Peas	Potato salad	Red peppers	Baked beans	Corn on the Cob
		Roasted vegetables	Coleslaw	Broccoli florets	
	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed Salad
Starter or Dessert	Lentil soup	Cream of carrot soup	Cream of vegetable soup	Lentil Soup	Scotch Broth
	Bread and butter pudding	Cream crackers and cheese	Cucumber sticks with dip	Cranberry and coconut oat cookie	Raspberry fruit ice smoothie

Week Two					
	Monday	Tuesday	Wednesday	Thursday	Friday
	DINE IN DAY	GRAB & GO DAY	GRAB & GO DAY	DINE IN DAY	GRAB & GO DAY
Option 1	Homemade cheese and tomato pizza with potato slices	Quorn stovies	Vegetable chow mein	Breaded haddock with oven chips	Beef burger in a bun with diced potatoes
Option 2	Chicken and pasta bake	Sandwich selection	Sandwich selection	Vegetable chilli with rice	Sandwich selection
Option 3	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings
Selection of seasonal fruit	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection
Vegetables	Green beans	Broccoli florets	Roasted red onions	Peas	Cucumber
	Red pepper			Coleslaw	Raw baby carrots
	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed salad
Starter or Dessert	Lentil soup	Creamed carrot soup	Pea soup	Carrot and lentil soup	Broccoli soup
	Fruit chocolate traybake	Mandarin jelly	Breadsticks with dip	Banana oat cookie	Fruit yoghurt

Week Four					
	Monday	Tuesday	Wednesday	Thursday	Friday
	DINE IN DAY	GRAB & GO DAY	GRAB & GO DAY	DINE IN DAY	GRAB & GO DAY
Option 1	Chicken and vegetable pie with potato slices	Quorn burger in a bun with potato wedges	Chicken chow mein	Vegetable lasagne with garlic bread	Hot dog sausage in a finger roll with potato wedges
Option 2	Spanish omelette with potato slices	Sandwich selection	Sandwich selection	Cottage pie	Sandwich selection
Option 3	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings	Baked potato with assorted fillings
Selection of seasonal fruit	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection
Vegetables	Peas	Cherry tomatoes	Green beans	Broccoli	Corn on the Cob
	Sweetcorn	Coleslaw	Potato salad		
	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed Salad
Starter or Dessert	Lentil soup	Carrot and orange soup	Tomato and rice soup	Lentil Soup	Cream of mushroom soup
	Sultana sponge	Ice cream	Carrot sticks with dip	Fruit cocktail and custard	Fruit yoghurt

<b>Drinks</b>	All meals are served with a choice of drinks including milk and water.
<b>Bread and salad</b>	All meals are served with a choice of bread and salad.
<b>Fruit and vegetables</b>	Seasonal fruit and vegetables used throughout the menu

<b>Vegetarian</b>	Vegetarian meal available upon request.
<b>Produce</b>	All of our potato-based products are baked, not deep fried.
<b>Fillings</b>	A choice of meat, cheese and tuna available daily.