

# *Taste of Mediterranean*

International  
School Meals Day

Thursday 3 March 2016

## Menu

### Soup

Minestrone (v)

### Main meals

Spanish rice # (Blue tray)

French pizza bread # (Red tray)

### Vegetable

Peas and sweetcorn mix

### Snacks

Tuna mayo on thins (Green snack)

Cheese and onion baguette (v) (Yellow snack)

### Dessert

Homemade lemon cookie

# a vegetarian choice is available  
by pre-order



If you need this information in another language or format,  
please contact us to discuss how we can best meet your needs.  
Phone: 0303 123 1015 Email: [equalities@southlanarkshire.gov.uk](mailto:equalities@southlanarkshire.gov.uk)

[www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk)

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Dear Parent/Carer,

On Thursday 3rd of March 2016 our Catering Team will be producing an International School Meals Day "Taste of Mediterranean" themed menu for your child's school lunch.

We have included some new items for your child to enjoy and you can be assured that we continue to use the healthiest options in terms of cooking methods and products.

The meal is based on products from a healthy Mediterranean diet, topped off with a delicious Homemade Lemon Cookie and the cost of the meal will remain as normal at £1.50 (for P4 to P7).

We would be pleased for your child to comment on the new ideas and recipes which may be used for our forthcoming menus. Please note that this menu replaces the scheduled menu for that day.

You can contact the Go Fresh Gang on the email below.

[Go\\_Fresh\\_Gang@southlanarkshire.gov.uk](mailto:Go_Fresh_Gang@southlanarkshire.gov.uk)

Yours faithfully

Stephen Kelly  
Head of Facilities, Waste and Grounds Services



## Go Fresh Gang's six promises for healthy active children: Food Pledge

1. **Alan Apple's promise:** All meals are freshly prepared each day with seasonal produce.
2. **Colin Carrot's promise:** Our menus are free from undesirable additives and trans fats.
3. **Sally Strawberry's promise:** Portioned seasonal fruit is available daily.
4. **Becky Broccoli's promise:** Our three week menu has been nutritionally analysed and is compliant with the Schools (Health Promotion and Nutrition) (Scotland) Act 2007 and meets the Soil Association's Food for Life Bronze catering mark accreditation.
5. **Pete Potato's promise:** Unlimited vegetables, salad, bread and fresh chilled water are available with all meals.
6. **Gaz Grape's promise:** Pre-order and guarantee the meal of your choice.