

the goFresh gang



Primary School 2016 Summer Menu



Dear Parent/Carer

From the **25th of April 2016** we will be serving our Summer 2016 menu in your child's school.

Food provenance has been a focus for us and we are pleased to note that pupils, parents and carers are increasingly asking the origin of the foods we provide within school lunches.

The Primary Schools menu meets the Schools Health Promotion and Nutrition (Scotland) Act 2007 and The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008.

The price per meal is as follows:

- Free of charge for all pupils in primary 1, primary 2 and primary 3
- £1.60 for all pupils in primary 4, primary 5, primary 6 and primary 7

Below is an easy guide to which weekly menu is being served:

| | | | | | | | |
|---------------|-------|-------|-------|-------|-------|-------|-------|
| Week 1 | 25/04 | 16/05 | 06/06 | 15/08 | 05/09 | 26/09 | 24/10 |
| Week 2 | 02/05 | 23/05 | 13/06 | 22/08 | 12/09 | 03/10 | 31/10 |
| Week 3 | 09/05 | 30/05 | 20/06 | 29/08 | 19/09 | 10/10 | |

Your comments are very important to us and if you or your child have any suggestions regarding school lunches, we would be grateful to hear from you. Please contact by e-mailing: gofreshgang@southlanarkshire.gov.uk

If your child has any special dietary needs, food allergies or intolerances, please contact the cook in charge at your child's school.

Yours sincerely,

Stephen Kelly

Head of Facilities, Waste and Grounds Services



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Primary School Three Week Menu – Summer 2016

| Week one | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|------------------------------------|---|---|----------------------------------|
| Starter | Tangy toast fingers # | Vegetable soup (v) | Carrot batons and dip (v) | Lentil soup (v) | Breadsticks with dip (v) |
| Blue tray | Penne bolognaise | Chicken curry with boiled rice | Sausage in finger roll with tomato sauce | Beef casserole with Yorkshire pudding and mashed potato | Fish and chips with tomato sauce |
| Red tray | Cheese toastie (v) | Cheese and tomato pizza (v) | Macaroni cheese (v) | Baked potato with tuna or cheese (v) | Spanish rice # |
| Vegetables and side salad served with all meals | Sweetcorn and side salad | Broccoli and side salad | Mixed vegetables and side salad | Carrots and side salad | Peas and side salad |
| Green snack | Tuna mayonnaise roll | Chicken sandwich # | Cheese baguette (v) | Tuna mayonnaise in sandwich square # | Cheese sandwich (v) |
| Yellow snack | Banana roll (v) | Tuna pasta pot | Ham baguette | Ham roll | Tuna mayonnaise sandwich |
| Dessert | Frozen yoghurt or seasonal fresh fruit | Fairy cake or seasonal fresh fruit | Homemade lemon cookie or seasonal fresh fruit | Chocolate muffin or seasonal fresh fruit | Jelly or seasonal fresh fruit |

| Week two | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|------------------------------------|--|--------------------------------------|--|
| Starter | Vegetable soup (v) | Carrot batons and dip (v) | Lentil soup (v) | Tangy toast fingers # | Breadsticks with dip (v) |
| Blue tray | Chicken curry with boiled rice | Mince hotpot | Sausage with mashed potato # | Steak pie with mashed potatoes | Fish fingers with chips and tomato sauce |
| Red tray | Macaroni cheese (v) | Cheese and tomato pizza (v) | Chicken fajita | Cheese toastie (v) | Spicy sausage pasta # |
| Vegetables and side salad served with all meals | Sweetcorn and side salad | Peas and side salad | Baked beans and side salad | Green beans and side salad | Beetroot and side salad |
| Green snack | Tuna mayonnaise roll | Chicken sandwich # | Cheese baguette (v) | Tuna mayonnaise in sandwich square # | Cheese sandwich (v) |
| Yellow snack | Cheese roll (v) | Tuna pasta pot | Ham baguette | Ham roll | Tuna mayo sandwich |
| Dessert | Homemade cookie or seasonal fresh fruit | Fairy cake or seasonal fresh fruit | Frozen yoghurt or seasonal fresh fruit | Jelly or seasonal fresh fruit | Chocolate muffin or seasonal fresh fruit |

A selection of bread including home baked / unlimited seasonal vegetables / fresh chilled water.
- A vegetarian choice is available by pre order.

| Week three | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|-------------------------------|------------------------------------|---|--|
| Starter | Tangy toast fingers # | Lentil soup (v) | Carrot batons and dip (v) | Vegetable soup (v) | Breadsticks and dip (v) |
| Blue tray | Turkey meatballs in gravy with potato smiles | Special fried rice | Fish fingers in sandwich square | Chicken curry with boiled rice | Fish and chips with tomato sauce |
| Red tray | Macaroni cheese (v) | Cheese and tomato pizza (v) | Lasagne # | Baked potato with tuna or cheese (v) | Sausage pastry # |
| Vegetables and side salad served with all meals | Broccoli and side salad | Peas and side salad | Sweetcorn and side salad | Carrots and side salad | Baked beans and side salad |
| Green snack | Cheese roll (v) | Chicken sandwich # | Cheese baguette (v) | Tuna mayonnaise in sandwich square # | Cheese sandwich (v) |
| Yellow snack | Banana roll (v) | Tuna pasta pot | Ham baguette | Ham roll | Tuna mayo sandwich |
| Dessert | Ice cream or seasonal fresh fruit | Jelly or seasonal fresh fruit | Fairy cake or seasonal fresh fruit | Homemade cookie or seasonal fresh fruit | Frozen yoghurt or seasonal fresh fruit |

**A selection of bread including home baked / unlimited seasonal vegetables / fresh chilled water.
- A vegetarian choice is available by pre order.**

We continue to demonstrate our commitment to health and wellbeing of school pupils through our 'Go Fresh Gang', 6 promises for healthy active children:

Alan apple's promise: All meals are freshly prepared each day with seasonal produce.

Colin carrot's promise: Our meals are free from undesirable additives and trans fats.

Sally strawberry's promise: Portioned seasonal fruit is available daily.

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.

Pete potato's promise: Unlimited vegetables, salad, bread and fresh chilled water are available with all meals.

Gaz grape's promise: Pre-order and guarantee the meal of your choice.



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
www.southlanarkshire.gov.uk