

# the go Fresh gang



## Primary School Winter 2018-19 Menu

## Dear Parent/Carer

From **29 October 2018** we will be serving our Winter 2018-19 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
- £1.65 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:

<b>Week 1</b>	29/10	19/11	10/12	14/1	4/2	25/2	18/3
<b>Week 2</b>	5/11	26/11	17/12	21/1	11/2	4/3	25/3
<b>Week 3</b>	12/11	3/12	7/1	28/1	18/2	11/3	15/4

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 us by e-mailing: [gofreshgang@southlanarkshire.gov.uk](mailto:gofreshgang@southlanarkshire.gov.uk)

South Lanarkshire do not use any nuts, peanuts or sesame seeds in any dishes. Some ingredients may contain traces of these if they are produced in premises where these are present.

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

Further information is available on South Lanarkshire Council's website [www.southlanarkshire.gov.uk/school\\_lunches](http://www.southlanarkshire.gov.uk/school_lunches)

Yours sincerely,

**Alistair McKinnon**

Head of Facilities, Waste and Grounds Services



the  
**goFresh**  
gang



# Three week menu – Winter 2018-19

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Oatcakes with cheese spread (v)	Tomato soup (v)	Lentil soup (v)	Breadsticks with dip (v)	Chicken noodle soup #
<b>Blue meal</b>	Spaghetti bolognaise with garlic bread	Chicken curry with boiled rice	Cheese and tomato pizza with corn on the cob	Traditional Mince with creamy mashed potatoes	Fish fingers with chips
<b>Red meal</b>	Cheesy beano	Quorn dippers with savoury rice	Chicken pie with baby potatoes	Macaroni cheese	Baked potato with cheese or beans
<b>Snack selection **</b>	Chicken salad pot	Freshly made ham sandwich	Freshly made salmon baguette	Freshly made turkey sandwich	Banana roll with carrot and raisin salad
<b>Vegetarian option</b> <b>Yellow meal</b>	Cheesy beano	Quorn dippers with savoury rice	Cheese and tomato pizza with corn on the cob	Macaroni cheese	Baked potato with beans
<b>Veg of the day</b>	Sweetcorn	Broccoli	Carrots	Peas	Beans
<b>Dessert</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Banana sponge or fresh fruit	Fresh fruit or yoghurt	Fresh fruit or yoghurt

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Breadsticks with dip (v)	Chicken noodle soup #	Cucumber batons with dip (v)	Tomato soup (v)	Lentil soup (v)
<b>Blue meal</b>	Chicken curry with boiled rice	Spaghetti bolognaise with garlic bread	Steak pie and baby potatoes	Cheese and tomato pizza with wedges	Fish with chips
<b>Red meal</b>	Cottage pie	Chicken in a bun with potato salad	Hot tomato pasta with garlic bread	Chicken fajita with wedges	Turkey meatballs in gravy with chips
<b>Snack selection **</b>	Banana roll with carrot and raisin salad	Freshly made turkey sandwich	Freshly made salmon baguette	Chicken salad pot	Freshly made ham sandwich
<b>Vegetarian option</b> <b>Yellow meal</b>	Cottage pie	Spaghetti with bolognaise and garlic bread	Hot tomato pasta with garlic bread	Cheese and tomato pizza with wedges	Meatballs in gravy with mashed potatoes
<b>Veg of the day</b>	Broccoli	Sweetcorn	Carrots	Peas	Beans
<b>Dessert</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Carrot and orange sponge or fresh fruit	Fresh fruit or yoghurt	Fresh fruit or yoghurt

**Pupils are encouraged to pick a portion from our salad bar to supplement all meals.  
Fresh drinking water and a variety of breads are available with all meals.**

# Noodle soup is available on request for vegetarian option

\*\* Daily fillings include cheese or tuna mayonnaise

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Oatcakes with cheese spread (v)	Cucumber batons with dip (v)	Tomato soup (v)	Lentil soup (v)	Chicken noodle soup #
<b>Blue meal</b>	Chilli with fluffy rice and tortilla wedges	Chicken curry with boiled rice	Cheese and tomato pizza with corn on the cob	Homemade sausage pastry with mashed potatoes	Fish fingers with chips
<b>Red meal</b>	Macaroni cheese	Salmon and sweet potato fishcake with savoury rice	Baked potato with tuna or cheese	Lasagne with salad	Chicken fried rice
<b>Snack selection **</b>	Freshly made salmon baguette	Freshly made ham baguette	Chicken salad pot	Freshly made turkey sandwich	Banana roll with carrot and raisin salad
<b>Vegetarian option</b> <b>Yellow meal</b>	Macaroni cheese	Vegetarian curry with rice	Baked potato with cheese	Homemade vegetarian sausage pastry and beans	Cheese and tomato pizza with corn on the cob
<b>Veg of the day</b>	Broccoli	Sweetcorn	Corn on the cob	Beans	Beetroot
<b>Dessert</b>	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Forest fruit sponge or fresh fruit	Fresh fruit or yoghurt	Fresh fruit or yoghurt

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

- 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:** Our meats are sourced within the U.K. with the majority being of Scottish origin.
- 4. Becky Broccoli's promise:** Our chicken carries the British Standard Red tractor logo.
- 5. Pete Potato's promise:** Homemade bread baked daily.
- 6. 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](mailto:equalities@southlanarkshire.gov.uk)

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