

the go Fresh club



Dear Parent/Carer

From the **22 April 2019** we will be serving our Summer 2019 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
- A set price 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	22.04	13.05	3.06	24.06	26.08	16.09	7.10
Week 2	29.04	20.05	10.06	12.08	2.09	23.09	21.10
Week 3	6.05	27.05	17.06	19.08	9.09	30.09	

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: gofreshclub@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

Yours sincerely,

Alistair McKinnon

Head of Facilities, Waste and Grounds Services



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Three week menu – Summer 2019

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Oatcakes with cheese spread or fruit medley	Lentil soup or fruit medley	Cucumber batons with dip or fruit medley	Tomato soup or fruit medley	Breadsticks with dip or fruit medley
Blue meal	Spaghetti bolognaise with garlic bread	Cheese and tomato pizza with corn on the cob	Chicken curry with boiled rice and naan bread	Sausage in finger roll with wedges	Fish fingers with chips
Red meal	Cheesy beano	Chicken tikka wrap with corn on the cob	Salmon nibbles with sweet chilli noodles	Macaroni cheese with wedges	Baked potato with cheese or tuna
Yellow meal -vegetarian	Cheesy beano	Firecracker pizza with corn on the cob	Quorn curry with boiled rice and naan bread	Macaroni cheese with wedges	Baked potato with cheese
Snack **	Banana roll with cheese and apple side	Freshly made tuna mayo baguette	Freshly made ham sandwich	Freshly made turkey sandwich	Freshly made chicken sandwich
Veg of the day	Sweetcorn / side salad	Coleslaw / corn on the cob	Broccoli / carrots	Beans / broccoli	Peas / beans
Dessert	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
Starter	Breadsticks with dip or fruit medley	Tomato soup or fruit medley	Cucumber batons with dip or fruit medley	Lentil soup or fruit medley	Oatcakes with cheese spread or fruit medley
Blue meal	Chicken curry with boiled rice and naan bread	Spaghetti bolognaise with garlic bread	Steak pie and baby potatoes	Cheese and tomato pizza with wedges	Fish with chips
Red meal	Cheese toastie with coleslaw	Chicken in a bun with salad	Macaroni cheese with pitta bread strips	Keema samosas with savoury rice	Turkey meatballs in gravy with chips
Yellow meal -vegetarian	Cheese toastie with coleslaw	Spaghetti with quorn bolognaise and garlic bread	Macaroni cheese with pitta bread strips	Cheese and tomato pizza with wedges	Quorn meatballs in gravy with chips
Snack **	Banana roll with cheese and apple side	Freshly made tuna baguette	Freshly made ham sandwich	Freshly made chicken sandwich	Freshly made turkey sandwich
Veg of the day	Sweetcorn / coleslaw	Coleslaw / side salad	Carrots / peas	Peas / beans	Beetroot / broccoli
Dessert	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.**

**** Daily fillings include cheese or tuna mayonnaise**

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Oatcakes with cheese spread or fruit medley	Cucumber batons with dip or fruit medley	Tomato soup or fruit medley	Lentil soup or fruit medley	Breadsticks with dip or fruit medley
Blue meal	Turkey meatballs sub with side salad	Chicken curry with boiled rice and naan bread	Steak pie and baby potatoes	Homemade sausage pastry with mashed potatoes	Fish fingers with chips
Red meal	Macaroni cheese with garlic bread	Quorn dippers with wedges	Cheese and tomato pizza with corn on the cob	BBQ chicken flatbread with beans	Baked potato with beans or cheese
Yellow meal - vegetarian	Macaroni cheese with garlic bread	Quorn dippers with wedges	Cheese and tomato pizza with corn on the cob	Homemade quorn sausage pastry with mashed potatoes	Baked potato with beans or cheese
Snack **	Banana roll with cheese and apple side	Freshly made tuna mayo baguette	Freshly made chicken sandwich	Freshly made ham baguette	Freshly made turkey sandwich
Veg of the day	Broccoli / side salad	Carrots / peas	Peas / corn on the cob	Beans / sweetcorn	Beetroot / beans
Dessert	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Lemon 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 Club', 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. Paula Pineapple's promise:** Our fish is sourced from Scottish waters, fish fingers are MSC certified.
- 6. Chris Corn'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