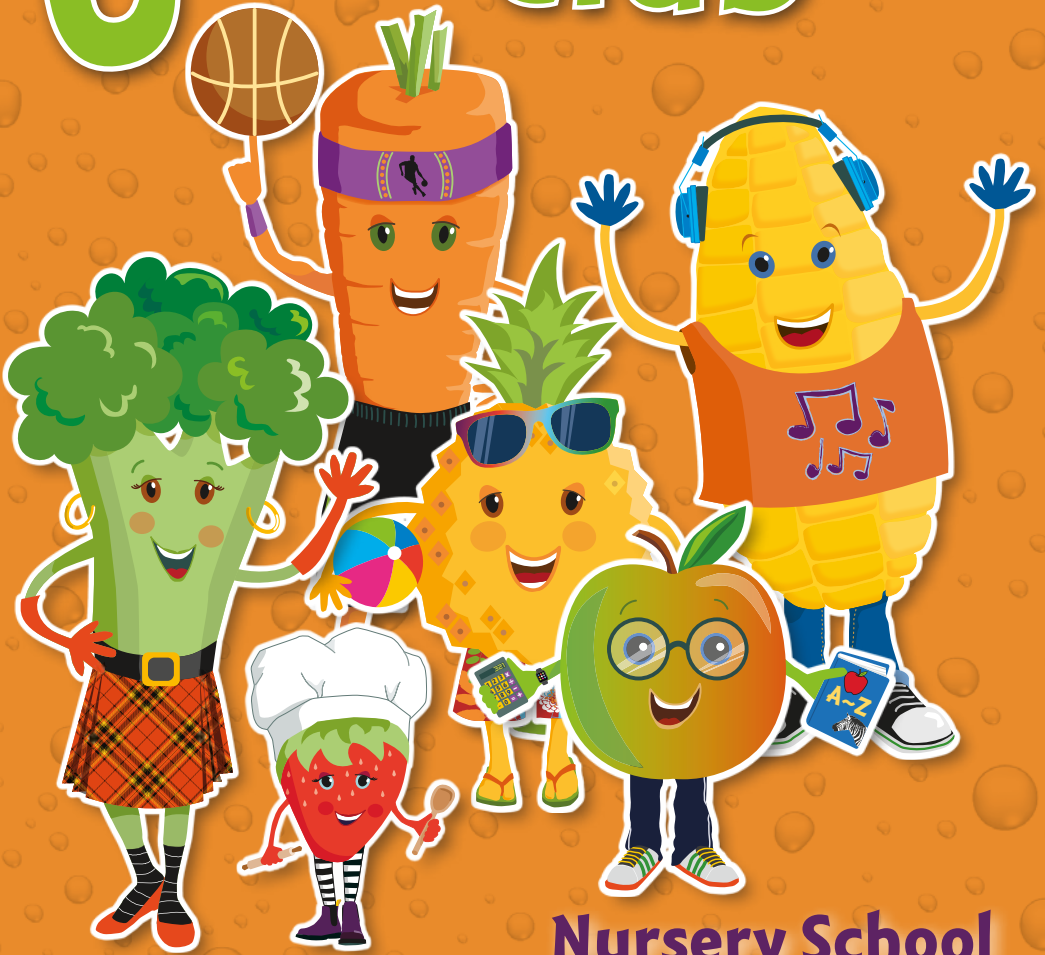


the go Fresh club



Nursery School
Brunch and afternoon menu
Winter 2019-20

Dear Parent/Carer

From the **28 October 2019** we will be serving our Winter 2019-20 menu in your child's nursery.

Brunch is for children who attend for long mornings between 8.00am and 12.35pm.
Afternoon tea is for children who attend for long afternoons between 1.00pm and 5.35pm.

Your comments are very important to us and if you or your child have any suggestions regarding nursery brunch and afternoon tea snacks, 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 nursery staff.

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

Week 1	28/10	18/11	9/12	13/01	3/02	24/02	16/03	20/04
Week 2	4/11	25/11	16/12	20/01	10/02	2/03	23/03	
Week 3	11/11	2/12	6/01	27/01	17/02	9/03	30/03	

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



the
goFresh
club

Three week menu - Winter 2019-20

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Brunch	Bagel with cheese spread (v) Selection of fresh fruit (v)	Pitta bread strips with cream cheese (v) Yoghurt (v)	Ham wrap Selection of fresh fruit (v)	Breadsticks with dip (v) Turkey roll Yoghurt (v)	Banana sponge (v) Cucumber with dip (v) Selection of fresh fruit (v)
Afternoon snack*	Freshly made tuna mayo soft roll with side salad Selection of fresh fruit (v)	Freshly made chicken soft roll with side salad Yoghurt (v)	Freshly made ham soft roll with side salad Selection of fresh fruit (v)	Freshly made turkey sandwich with side salad Yoghurt (v)	Tuna mayo pasta pot with side salad (v) Selection of fresh fruit (v)

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Brunch	Cheese roll (v) Breadsticks with dip (v)	Chicken wrap Selection of fresh fruit (v)	Pitta bread strips with cream cheese (v) Selection of fresh fruit (v)	Turkey filled bagel Melon slices (v)	Carrot and orange sponge (v) Selection of fresh fruit (v) Tuna wrap
Afternoon snack*	Freshly made cheese soft roll with side salad (v) Yoghurt (v)	Freshly made chicken sandwich with side salad Selection of fresh fruit (v)	Freshly made ham sandwich with side salad Selection of fresh fruit (v)	Freshly made salmon sandwich with side salad Yoghurt (v)	Tuna mayo pasta pot with side salad Selection of fresh fruit (v)

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Brunch	Pitta bread strips with cream cheese (v) Yoghurt (v)	Breadsticks with dip (v) Cheese roll (v) Selection of fresh fruit (v)	Lemon sponge (v) Ham finger roll	Turkey wrap Selection of fresh fruit (v)	Bagel with cheese spread (v) Yoghurt (v)
Afternoon snack*	Freshly made tuna soft roll with side salad Yoghurt (v)	Freshly made turkey sandwich with side salad Selection of fresh fruit (v)	Freshly made ham soft roll with side salad Selection of fresh fruit (v)	Freshly made chicken sandwich with side salad Selection of fresh fruit (v)	Salmon mayo pasta pot with side salad Yoghurt (v)

***Sandwiches with tuna mayo or cheese are available daily.**

***Unlimited freshly tossed salad, bread and water is available with all meals.**

South Lanarkshire Council
Facilities Services



Fresh food you can trust made daily in our schools
by fully trained catering professionals



Food Pledge

Our meals are free from **undesirable additives** and **trans fats** with **no genetically modified ingredients**

We will continuously endeavour to **increase the amount of farm assured and red tractor food** we use



We will make our menus **seasonal**

Our dishes are **freshly prepared daily** in schools by our **accredited catering staff**

All our milk comes from **Scottish farms**

We do not serve any **endangered fish** due to the fish we procure being **MSC accredited**

We put in place measures to continuously **reduce food waste and packaging** to meet the Council's **sustainability targets**



All of our meat can be **traced back to a Scottish or U.K. farm**

We train our catering employees to provide **food and health guidance** and become actively involved in **food education activities**



We developed an information platform on the Council's website providing **menus, recipes, nutritional content and allergen information**



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