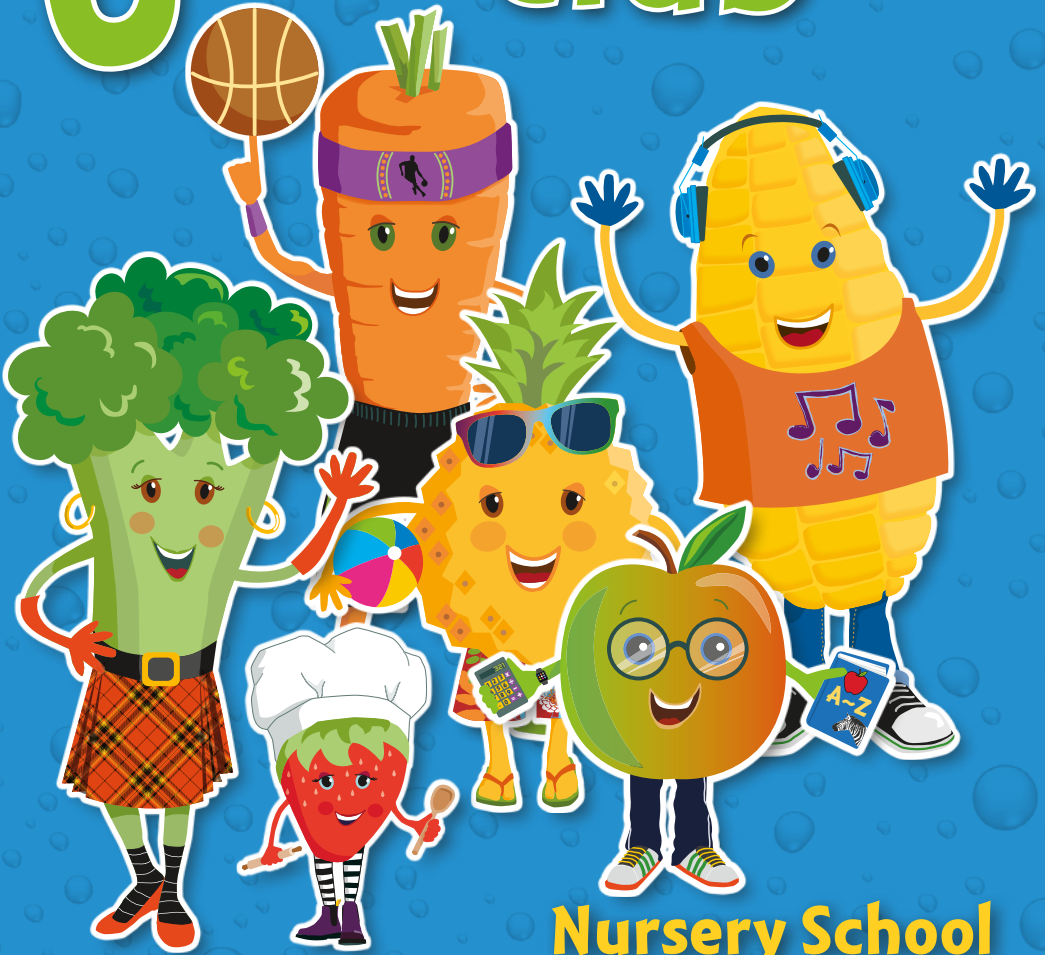


the go Fresh club



Nursery School

Lunch 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.

Your comments are very important to us and if you or your child have any suggestions regarding nursery 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 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



Three week menu - Winter 2019-20

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Starter		Breadsticks with dip (v)	Tomato soup (v)		Cucumber batons with dip (v)
Main meal	Spaghetti bolognaise with garlic bread and cut green beans	Cheese and tomato pizza/pasta combo with sweetcorn (v)	Turkey meatballs pineapple curry with boiled rice, naan bread and peas	Sausage in finger roll with wedges and beans	Salmon nibbles with sweet chilli noodles and sliced carrots
Yellow meal	Quorn dippers with wedges and country mixed vegetables (v)	Firecracker pizza with sweetcorn (v)	Vegetable curry with boiled rice, naan bread and peas (v)	Macaroni cheese with wedges and broccoli (v)	Baked potato with beans (v)
Snack selection*	Freshly made tuna mayo soft roll with side salad	Freshly made chicken soft roll with side salad	Freshly made ham soft roll with side salad	Freshly made turkey sandwich with side salad	Tuna mayo pasta pot with side salad
Dessert	Fresh fruit selection (v)			Yoghurt (v)	

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Starter		Lentil soup (v)		Tomato soup (v)	
Main meal	Chicken curry with boiled rice, naan bread and sliced carrots	Chicken sausage with mashed potatoes and beans	Macaroni cheese with pitta bread strips and peas (v)	Cheese and tomato pizza with wedges and sweetcorn (v)	Turkey meatballs in gravy with mashed potatoes and peas
Yellow meal	Vegetable curry with boiled rice, naan bread and sliced carrots (v)	Spaghetti bolognaise (quorn) with garlic bread and cut green beans (v)	Macaroni cheese with pitta bread strips and peas (v)	Cheese and tomato pizza with wedges and sweetcorn (v)	Baked potato with ratatouille (v)
Snack selection*	Freshly made cheese soft roll with side salad (v)	Freshly made chicken sandwich with side salad	Freshly made ham sandwich with side salad	Freshly made salmon sandwich with side salad	Tuna mayo pasta pot with side salad
Dessert	Yoghurt (v)		Fresh fruit selection (v)		Carrot and orange sponge (v)

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Fresh fruit selection (v)				Tomato soup (v)
Main meal	Macaroni cheese with pitta bread strips and broccoli (v)	Cheese and tomato pizza with sweetcorn and coleslaw (v)	Scottish beef casserole with baby potatoes and carrot and turnip mash	Homemade sausage pastry with mashed potatoes and beans	Fish fingers with wedges and beetroot
Yellow meal	Vegetable curry with boiled rice, naan bread and peas (v)	Cheese and tomato pizza with sweetcorn and coleslaw (v)	Quorn dippers with savoury rice and country mixed vegetables (v)	Homemade quorn sausage pastry with mashed potatoes and beans (v)	Baked potato with beans or cheese (v)
Snack selection*	Freshly made tuna soft roll with side salad	Freshly made turkey sandwich with side salad	Freshly made ham soft roll with side salad	Freshly made chicken sandwich with side salad	Salmon mayo pasta pot with side salad
Dessert		Yoghurt (v)	Lemon sponge (v)	Yoghurt (v)	



the goFresh club



*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

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 will make our menus **seasonal**



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

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

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