

How to contact us

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Email: cateringandcleaning@stirling.gov.uk
www: www.stirling.gov.uk/schoolmeals

How to pay

Lunch payments can be made directly to the school office or
through **ParentPay**.

Other useful websites

www.soilassociation.org/cateringmark

www.takelifeon.co.uk

www.fresh-eating.co.uk

www.food.gov.uk

www.nutrition.org.uk

www.foodforlifescotland.org

www.bda.uk.com

www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition

www.scottishschoolmeals.co.uk

www.scotland.gov.uk/procurement



Spring & Summer 2017 MENU



lunch time

If you need help or this information
supplied in an alternative format
please call 01786 404040.



[stirling.gov.uk/school meals](http://stirling.gov.uk/school%20meals) phone 01786 404040



Stirling Council's Primary Schools Lunch Menu

Welcome

Our Spring/Summer menu for 2017 runs from 18th April until the 6th October.

We are pleased to confirm that the ticket price will remain at **£2.10** for a two course meal and a drink. This is our third year offering menus at Food for Life Silver Level Catering Mark, and we are proud to serve food that promotes the importance of provenance and quality good food for all.

The Food for Life Catering Mark is an endorsement from the Soil Association Scotland that as caterers we have taken steps to ensure that the food that we serve uses fresh ingredients which are free from undesirable additives and trans fats, are better for animal welfare and comply with national nutrition standards.

There are three levels to the Catering mark - Bronze, Silver and Gold - and being at Silver Level means that:

- Our meals do not contain any undesirable food additives, hydrogenated fats or GM ingredients.
- Over 75% of our dishes are freshly prepared every day by our cooks.
- All of the meat we use is traceable and from farms which satisfy UK welfare standards.
- All of the eggs we use are free range from cage free hens.
- We offer a seasonal menu
- We provide ongoing training for our dedicated team of catering staff.
- We ensure our meals comply with the national nutritional standards set out by the Scottish Government.
- We provide information for children about where their food comes from.
- Poultry, eggs and pork are produced in line with the standards set for the Freedom Food Scheme, a welfare minimum or 10% of ingredients are organic.
- All of the milk we use in our recipes and the children drink is certified local organic milk.
- A range of locally sourced items are on the menu.
- No fish is served from the Marine Conservation Society "fish to avoid list".

We have also introduced a new Theme Calendar to our School Meals Service.

In your Child's School we will be offering a Theme once a month.

Join us for lunch and enjoy our menu.

- 26th April Spring
- 17th May Vegetarian Day
- 14th June Picnic day
- August let's get Started Back to school
- 27th September School Milk Day
- 31st October Halloween (participating schools only)
- 3rd November Scottish School Meals Day
- December Christmas Lunch (Date to be confirmed)

We hope that your children enjoy their school lunches and welcome any suggestions for improvement at any time.

What's for lunch today?

Choose 1

Soup or Dessert

Green tray choose both

+ plus

Choose 1

Main Course

+ plus

Unlimited Seasonal Vegetables

+ plus

Choose 1

Fresh Fruit Juice or Milk or Water

+ plus

Unlimited Bread & Salad Bar

Friday Special
Green Pick and Mix Tray

for
£2:10

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil Soup	Melon Slice	Tomato Soup	Carrot Batons & Dip	Fruit Juice Cupette
1 Red Tray Choice of soup or pudding	Macaroni Cheese	Butchers Choice Sausages	Chicken Korma	Spaghetti Bolognese	Breaded Fish
2 Blue Tray Choice of soup or pudding	Pizza	Linda McCartney Vegetarian Sausages	Savoury Rice Pot with Sweet & Sour Sauce	Jacket Potato with Various Fillings	Tomato Pasta Pot
3 Green Tray Choice of soup and pudding	Fish Finger Sub	1/2 Turkey Sandwich 1/2 Cheese Sandwich	Ham Salad Baguette	Cheese Toastie	1/2 Tuna Wrap Chicken Goujon with various salad bar options
Pudding	Orange Cookie or Fruit or Yogurt	Carrot Muffin or Fruit or Yogurt	Jelly & Fruit or Fruit or Yogurt	Iced Chocolate Sponge or Fruit or Yogurt	Grapes and Yogurt
Vegetable	French Fries Sliced Cucumber or Garden Peas	Mashed Potato Baked Beans or Sweetcorn & Peppers	Rice /Naan Carrot Batons or Green Beans	Garlic Bread Coleslaw or Broccoli	Chips/ Garlic Bread Peas or Pickles
Salad Bar	Peaches and Grated Carrot	Cherry Tomatoes and Mixed Salad	Cucumber Rounds and Mandarins	Mixed Peppers and Grapes	Lettuce Coleslaw

2017 Dates for Week One: 17 April, 8 May, 29 May, 19 June, 4 September, 25 September.

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tomato Soup	Breadsticks & Hummus	Lentil Soup	Minestrone Soup	Mixed Grapes
1 Red Tray Choice of soup or pudding	Homemade Sausage Roll	Chicken Fried Rice with Korma Sauce	Home Baked Gammon	Beef Burger Roll	Salmon Fish Fingers
2 Blue Tray Choice of soup or pudding	Linda McCartney Vegetarian Sausage Roll	Macaroni Cheese	Jacket Potato with Various Fillings	Vegetarian Burger Roll	Cheesy Potato Cakes
3 Green Tray Choice of soup and pudding	Tuna Mayonnaise Sandwich	Pizza	Cheese Panini	Ham Salad Sandwich	French Bread Pizza Turkey Slice with various salad bar options
Pudding	Oattie Biscuit or Fruit or Yogurt	Frozen Fruit Smoothie or Fruit or Yogurt	Butterscotch Cookie or Fruit or Yogurt	Fruit Salad or Fruit or Yogurt	Grapes or Yogurt
Vegetable	Chips Baked Beans or Sweetcorn	Naan/Garlic Bread Peas or Cucumber Rounds	Roast Potatoes Grated Carrot Salad or Green Beans	French Fries Coleslaw or Roasted Vegetables	Mashed Potatoes Spaghetti Hoops or Cherry Tomatoes
Salad Bar	Cherry Tomatoes and Mixed Peppers	Pickles and Grapes	Mixed Salad and Savoury Rice Salad	Grated Carrot and Tuna Pasta	Beetroot and Cucumber Rounds

2017 Dates for Week Two: 24 April, 15 May, 5 June, 26 June, 11 September, 2 October.

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil Soup	Fruit Juice Cupette	Seasonal Vegetable Soup	Melon Slice	Leek & Potato Soup
1 Red Tray Choice of soup or pudding	Tomato and Basil Pasta	Chicken Korma	Beef and Vegetable Fajitas	Pizza	Fish Goujons
2 Blue Tray Choice of soup or pudding	Jacket Potato with Various Fillings	Cheesy Beans on Toast	Tuna Pasta Deli Pot	Vegetable Lasagne	Omelette
3 Green Tray Choice of soup and pudding	Cheese Roll	Egg Mayonnaise Baguette	BBQ Chicken Fillet Burger on a seeded Bun	Tuna Wrap	Grated Cheese Ham Slice and Breadstick with various salad bar options
Pudding	Raspberry Bun or Fruit or Yogurt	Jelly and Fruit or Fruit or Yogurt	Sticky Toffee Pear Traybake or Fruit or Yogurt	Spiced Cookie or Fruit or Yogurt	Grapes or Yogurt
Vegetable	Crispy Salad or Sweetcorn	Rice/Naan Diced Cucumber or Sliced Peppers	Potato Wedges Mixed Green Salad or Diced Carrots	Garlic Bread Potato Salad or Summer Salad	Chips Peas or Tomato, Basil and Red Onion Salad
Salad Bar	Picked Onions Grated Carrot	Sliced Tomatoes Shredded Lettuce	Coleslaw Pineapple Chunks	Carrot Sticks Beetroot Sliced	Peaches Cucumber Rounds

2017 Dates for Week Three: 1 May, 22 May, 12 June, 21 August, 18 September.

Specific Dietary Requirements/ Food allergens

We also offer meals for specific dietary requirements, such as vegetarian, medically prescribed for allergies, religion or culture.

If you require this inform your Head Teacher as soon as possible. Special diet requirements will be managed in a way that is realistic to the catering section and pupil and therefore it may not be possible to accommodate all desired requirements.

We have a legal requirement to provide allergen information on the food we offer. Listing any of the 14 allergens, celery, gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soya and

sulphur dioxide. Catering staff have been issued with a quick reference guide allowing them to ascertain if a recipe has a particular allergen. For further information please contact the catering team.

*Primary 1-3
free school
meals, what's
it worth?*

Savings for a family with two children taking a free schoolmeal every day add to over **£800** a year!

Available Daily

Fresh Bread
Orange Juice,
Apple Juice,
Milk or Water

Recruitment

We have some opportunities for employment in Catering, Cleaning and School Crossing Patrol.

Email us at cateringandcleaning@stirling.gov.uk