

What's for lunch today?

Choose 1
Soup or Dessert
+ plus
Green tray choose both

Choose 1
Main Course
+ plus
Unlimited Seasonal Vegetables

Choose 1
Milk or Water
+ plus
Unlimited Bread & Salad Bar

Twice Weekly Special
Green Pick and Mix Tray

£2.15 for

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



- This is our fourth 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 organic.
 - No fish is served from the Marine Conservation Society "fish to avoid list".

Our Spring/Summer menu for 2018 runs from 17th April until the 12th October.

Welcome

Stirling Council's Primary Schools Lunch Menu



Spring & Summer 2018 menu

lunch time



How to contact us

Janice Fanning
Catering and Cleaning Manager,
Stirling Council, Integrated Management Services,
Allan Water House, Kerse Road, FK7 7SG.
Email: facilitiesmanagementservices@stirling.gov.uk

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



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



Week One

	Monday Meat free day	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil Soup	Breadsticks with Hummus	Split Pea Soup	Melon Slice	Chicken Noodle Soup or Melon slice
1 Red Tray Choice of soup or pudding	Vegetarian Sausage Roll with French Fries and Baked Beans	Spaghetti Bolognese with Garlic Bread and Sweetcorn	Pork loin Steak with Gravy, New Potatoes and Broccoli	Chicken Korma with Rice and Peas	Bubble Fish Fillet with Potato Wedges, Sweetcorn and Diced Carrots
2 Blue Tray Choice of soup or pudding	Cheese and Tomato Pizza Slice with French Fries and Baked Beans	Savoury Rice with Homemade BBQ Sauce, Garlic Bread and Sweetcorn	Vegetable Pasta Pot with Garlic Bread and Peas	Spaghetti Hoops with Chipolata Sausages and Toast	Country Grill Bake with Potato Wedges, Sweetcorn and Diced Carrots
3 Green Tray Choice of soup and pudding	Egg Wholemeal Roll	Tuna Mayonnaise Wrap	Pick and Mix Plate 2 Mini Bread Rolls with Chicken Mayo and Cheese New Potato Salad Carrot Rounds	Cheese Panini	Pick and Mix Plate Chicken Pasta Salad Cucumber Sticks Beetroot
Pudding	Fresh Fruit or Yoghurt	Mandarin Loaf or Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Raspberry Bun or Fresh Fruit or Yoghurt
Salad Bar	Cherry Tomatoes and Mixed Peppers	Pickles and Grapes	Mixed Salad and Savoury Rice Salad	Grated Carrot and Tuna Pasta	Beetroot and Cucumber Sticks

Subject to availability

2018 Dates for Week One: 16 April, 7 May, 28 May, 18 June, 27 August, 17 September, 8th October.

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tomato Soup	Oatcakes with Cream Cheese and Chives	Melon Slice	Lentil Soup	Mixed Grapes
1 Red Tray Choice of soup or pudding	Beefburger on a Roll with French Fries and Coleslaw	Chicken Enchiladas with Savoury Rice	Homemade Sausage Roll with Potato Wedges and Peas	Gammon and Pineapple with New Potatoes and Salad	Honey Chicken Noodle Pot with Broccoli
2 Blue Tray Choice of soup or pudding	Tuna and Sweetcorn Mayonnaise Pasta Pot with a Mini Bread Roll, Sliced Carrot and Cucumber	Jacket Potato with a choice of Cheese/Tuna/Baked Beans and Mixed Salad	Cauliflower Cheese with Potato Wedges and Peas	Pizza Baguette with New Potatoes and Salad	Salmon Fingers with Mashed Potato and Broccoli
3 Green Tray Choice of soup and pudding	Cheese Sandwich	Pick and Mix Plate Sausage Sub Roll Coleslaw Grated Carrot	Egg Finger Roll	BBQ Chicken Melt Panini	Pick and Mix Plate Vegetable Fingers Cucumber Slices Pickled Onions
Pudding	Fresh Fruit or Yoghurt	Summer Fruit Muffin or Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Apple Cake or Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
Salad Bar	Cherry Tomatoes and Mixed Peppers	Pickles and Grapes	Mixed Salad and Savoury Rice Salad	Grated Carrot and Tuna Pasta	Beetroot and Cucumber Slices

Subject to availability

2018 Dates for Week Two: 23 April, 14 May, 4 June, 25 June, 3 September, 24 September.

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Vegetable Soup	Crackers with Low Fat Cheese	Chicken and Rice Soup Or Vegetable Soup	Crudities with Hummus	Lentil Soup
1 Red Tray Choice of soup or pudding	Beef Fried Rice Pot with Curry Sauce	Meatballs with Tomato Sauce and Spaghetti	Steak Pie with New Potatoes and Spring Vegetables	Chicken Burger on a Sesame Roll with French Fries and Coleslaw	Fish, Chips and Coleslaw
2 Blue Tray Choice of soup or pudding	Macaroni Cheese with Garlic Bread and Cucumber Sticks	Jacket Potato, Baked Beans/Tuna, Cheese and Mixed Salad	Creamy Vegetable Risotto topped with Garlic Bread	Tomato Pasta Pot with a Mini Bread Roll	Pizza, Chips and Coleslaw
3 Green Tray Choice of soup and pudding	Ham Sandwich	Pick and Mix Plate Breaded Salmon Fillet Corn on the Cob Cucumber Slices	Cheese Panini	Pick and Mix Plate Smiley Faces and Chipolata Sausages Ketchup Sachet Sweetcorn/Pickles	Ham Roll
Pudding	Chocolate Cupcake or Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Jelly and Fruit or Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt
Salad Bar	Picked Onions Grated Carrot	Sliced Tomatoes Shredded Lettuce	Coleslaw Pineapple Chunks	Carrot Sticks Beetroot Sliced	Peaches Cucumber Rounds

Subject to availability

2018 Dates for Week Three: 30 April, 21 May, 11 June, 20 August, 10 September, 1 October.



Specific Dietary Requirements/ Food allergens

We also offer meals for specific dietary requirements, ie, medically prescribed diets relating to allergies.

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 service 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 in your school.

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
Milk
or
Water

Recruitment

We have some opportunities for employment in Catering, Cleaning and School Crossing Patrol. Email us at facilitiesmanagementservices@stirling.gov.uk

