



This is our fifth 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 we serve uses fresh ingredients which are free from undesirable additives and trans fats, are better for animal welfare and comply with national standards. For more information on Food for Life please visit www.foodforlifescotland.org

Early Learning and Childcare in Scotland is undergoing transformational change. In 2020 nursery hours will be extended to 1140 hours per year – this will then entitle all nursery children to receive a free meal at lunchtime. We have rolled out phase 1 and are about to roll out phase 2 starting in August and then phase 3 in August 2020.

For more information on menu development please contact facilitiesmanagementservices@stirling.gov.uk and for further information on the phased nursery programme please contact your nursery manager.

Our Spring/Summer menu for 2019 runs from 15th April until the 11th October.

Welcome

Stirling Council's Primary Schools Lunch Menu



£2.20
per

Twice Weekly Special
Green Pick and Mix Tray

Unlimited Bread & Salad Bar
+ plus

Milk or Water
Choose 1

Unlimited Seasonal Vegetables
+ plus

Main Course
Choose 1

+ plus
Green tray choose both

Soup or Dessert
Choose 1

What's for lunch today?

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



Spring & Summer 2019
menu

lunch time



How to contact us

Tracey Walker, Project Officer,
Stirling Council, Facilities Management Services,
Allan Water House, Kerse Road, FK7 7SG.
Email: walkert@stirling.gov.uk Tel: 01786 233252

Stirling Council Facilities Management Services,
Stirling Council, Facilities Management Services,
Allan Water House, Kerse Road, FK7 7SG.
Email: facilitiesmanagementservices@stirling.gov.uk
Tel: 01786 233244

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.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 phone 01786 404040



Week One


















	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil Soup  	Crackers / Oatcakes with Cheese 	Tomato Soup  	Melon Slice 	Vegetable Soup  
1 Red Tray Choice of soup or pudding	Macaroni Cheese French Fries Peas  	Pork Sausages Mashed Potatoes Baked Beans	Chicken Korma Rice Peas 	Spaghetti Bolognese/Meatballs Garlic Bread 	Seaside Salmon Fillet Chips Peas
2 Blue Tray Choice of soup or pudding	Savoury Rice Pot Sweet and Sour Sauce Crusty Bread  	Vegetarian Sausages Mashed Potatoes Baked Beans 	Cheese and Tomato Pizza Slice French Fries Sliced Cucumber 	Jacket Potato Baked Beans, Tuna or Cheese Mixed Salad	Tomato Pasta Pot Garlic Bread  
3 Green Tray Choice of soup and pudding	Fish Finger Sub	Turkey Sandwich	Tomato Soup 2 Mini Bread Rolls with Tuna and Cheese Coleslaw Cucumber and Carrot Sticks	Cheese Toastie 	Vegetable Soup Make your own Wrap Cheese, Ham Strips, Salad
Pudding	Cookie or Fruit or Yogurt	Fruit or Yogurt	Fruit Jam Tart or Fruit or Yogurt 	Fruit Jelly and Ice Cream or Fruit or Yogurt	Fruit or Yogurt

Subject to availability

 = vegetarian  = homemade

2019 Dates for Week One: 15 April, 6 May, 27 May, 17 June, 26 August, 16 September, 7 October.

Week Two
























	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tomato Soup  	Breadsticks and Hummus 	Lentil Soup  	Split Pea Soup  	Melon Slice 
1 Red Tray Choice of soup or pudding	Fish Fingers Mashed Potatoes Baked Beans	Chicken Fried Rice Korma Sauce Naan Bread 	Homemade Sausage Roll Chips Sweetcorn 	Beef Burger in a Roll French Fries Mixed Salad	Home Baked Gammon and Peaches Smiley Faces Broccoli 
2 Blue Tray Choice of soup or pudding	Cheese Oat Burger in a Roll Mixed Salad Coleslaw  	Macaroni Cheese Peas Garlic Bread  	Vegetarian Sausage Roll Chips Sweetcorn 	Vegetarian Burger in a Roll French Fries Mixed Salad 	Jacket Potato Baked Beans, Tuna or Cheese Mixed Salad
3 Green Tray Choice of soup and pudding	Tuna Mayonnaise Sandwich	Breadsticks and Hummus Pork Sausage in a Finger Roll Ketchup Sachet Cucumber Rounds	Cold Tuna and Sweetcorn Pasta Pot	Split Pea Soup Ham Salad Sandwich Pizza Finger Veggie Sticks	Cheese Panini 
Pudding	Fruit or Yogurt	Fruit or Yogurt	Oattie Biscuit  or Fruit or Yogurt	Fruit or Yogurt	Summer Fruit Muffin or Fruit or Yogurt

Subject to availability

 = vegetarian  = homemade

2019 Dates for Week Two: 22 April, 13 May, 3 June, 24 June, 2 September, 23 September.

Week Three

	Monday Meat free day	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil Soup  	Tomato Soup  	Melon Slice 	Lentil Soup  	Carrot and Celery Sticks with Hummus  
1 Red Tray Choice of soup or pudding	Tomato and Basil Pasta Pot Crispy Green Salad  	Chicken Korma Rice Peas 	Beef and Vegetable Fajitas Potato Wedges Sweetcorn 	Cheese and Tomato Pizza Slice Garlic Bread Mixed Salad 	Bubble Fish Chips Peas
2 Blue Tray Choice of soup or pudding	Savoury Rice Pot Sweet and Sour Sauce Crusty Bread  	Jacket Potato Baked Beans, Tuna or Cheese Mixed Salad	Hot Tuna Pasta Pot Crusty Bread Mixed Salad 	Vegetable Lasagne Mixed Salad  	Cheesy Beans on Toast 
3 Green Tray Choice of soup and pudding	Cheese Sandwich 	Egg Mayonnaise Roll 	Melon Slice BBQ Chicken Fillet Burger in a Roll Cucumber sticks	Tuna Wrap	Carrot and Celery Sticks with Hummus Sausage Roll Ketchup Sachet
Pudding	Fruit or Yogurt	Frozen Yogurt or Fruit or Yogurt	Fruit or Yogurt	Apple Pie  or Fruit or Yogurt	Frozen Yogurt or Fruit or Yogurt

Subject to availability

 = vegetarian  = homemade

2019 Dates for Week Three: 29 April, 20 May, 10 June, 19 August, 9 September, 30 September.



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!



Recruitment

We have some opportunities for employment in Catering, Cleaning and School Crossing Patrol. For information refer to myjobscotland.gov.uk

