

£2.15
per

Twice Weekly Special
Green Pick and Mix Tray

Unlimited Bread & Salad Bar

+ plus

Milk or Water

Choose 1

+ plus

Unlimited Seasonal Vegetables

+ plus

Main Course

Choose 1

+ plus

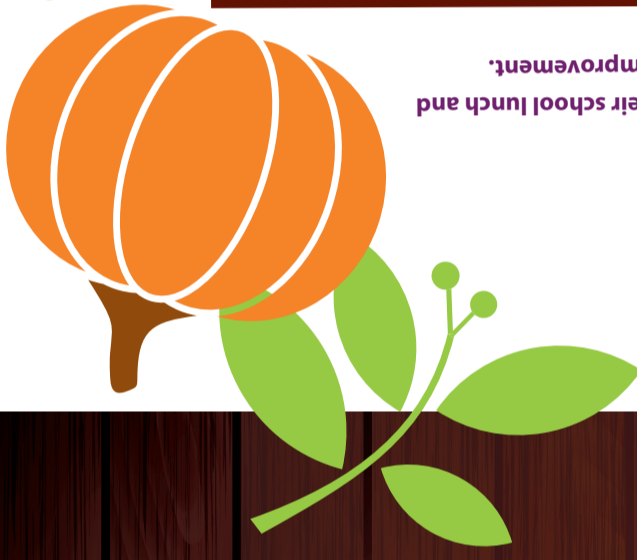
Soup or Dessert

Choose 1

Green tray choose both

What's for lunch today?

We hope that your child enjoys their school lunch and we welcome any suggestions for improvement.



For more information on menu development please contact facilitiesmanagementservices@stirling.gov.uk and for further information on the phased programme within Stirling Council please contact your Nursery Manager.

and Setting the Table Food Standards.

We are currently developing menus in line with the Scottish Food Guidelines

completing in August 2020.

started in August 2018, the second phase August 2019 and the final phase

Stirling Council are currently running a 3 phased approach, with the first phase

entire all nursery children to receive a free meal at lunchtime.

over 38 weeks). In 2020 this will be extended to 140 hrs per year. This will then

The current annual entitlement for each nursery child is 600 hours (16 hrs a week

Early Learning and Childcare in Scotland is undergoing transformational change.

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.

For more information on Food for Life please visit www.foodforlifescotland.org

The Food for Life Catering Mark is an endorsement from the Soil Association

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Welcome

Stirling Council's Primary Schools Lunch Menu

Autumn & Winter 2018-19
menu

lunch time



How to contact us

Janice Fanning, Catering and Cleaning Manager,
Stirling Council, Integrated Facilities Management Services,
Allan Water House, Kerse Road, FK7 7SG.

Karen Cockburn, Catering and Cleaning Team Leader
Stirling Council, Integrated Facilities Management Services,
Allan Water House, Kerse Road, FK7 7SG.

Email: facilitiesmanagementservices@stirling.gov.uk
Web: my.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.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 phone 01786 404040



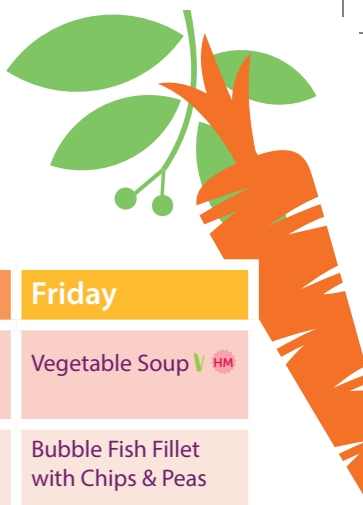
Week One



	Monday meat free day	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil Soup	Split Pea Soup	Crackers & Oatcakes with Cheese	Potato & Leek Soup	Chicken Noodle Soup or Potato & Leek Soup
1 Red Tray Choice of soup or pudding	Macaroni Cheese with Roasted Diced Potatoes & Mixed Salad	Butchers Choice Pork Sausages with Chips & Baked Beans	Chicken Korma with Rice & Peas	Meatballs with Tomato Sauce & Spaghetti	Seaside style Salmon Fillet with Curly Fries & Green Salad
2 Blue Tray Choice of soup or pudding	Cheese & Tomato Pizza with Roasted Diced Potatoes & Mixed Salad	Linda McCartney Vegetarian Sausages with Chips & Baked Beans	Jacket Potato with Baked Beans, Tuna or Cheese & Mixed Salad	Savoury Rice with Homemade Curry Sauce & Crusty Bread	Cheese Omelette with Curly Fries & Green Salad
3 Green Tray Choice of soup and pudding	Country Grill Burger in a Roll	Egg Mayonnaise Sandwich	Fish Fingers Smiley Faces Ketchup Sachet Sweetcorn Pickles	Tuna Mayonnaise Baguette	2 Mini Bread Rolls with Ham & Cheese, Coleslaw, Cucumber Sticks
Pudding	Vanilla Cookie or Fresh Fruit or Yogurt	Fresh Fruit or Yogurt	Fresh Fruit or Yogurt	Fruit Crumble & Custard or Fresh Fruit or Yogurt	Fresh Fruit or Yogurt
Salad Bar	Peaches Carrots	Cherry Tomatoes Beetroot	Cucumber Mandarins	Pickled Onions Grapes	Cucumber Melon

Dates for Week One: 22 Oct, 12 Nov, 3 Dec, 7 Jan, 28 Jan, 25 Feb, 18 March. = vegetarian = homemade

Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tomato Soup	Lentil Soup	Cream of Chicken & Sweetcorn Soup or Lentil Soup	Crudities with Hummus	Vegetable Soup
1 Red Tray Choice of soup or pudding	BBQ Chicken Breast with Potato Wedges, Sweetcorn & Green Beans	Spaghetti Bolognese with Garlic Bread & Salad	Haggis, Neeps & Tatties	Steak Pie with Potatoes & Baby Carrots	Bubble Fish Fillet with Chips & Peas
2 Blue Tray Choice of soup or pudding	Wee Pork Sausages & Baked Beans on Toast	Savoury Rice with Homemade BBQ Sauce & Crusty Bread	French Bread Pizza & Vegetable Pasta Pot	Tomato Pasta Pot with Garlic Bread	Jacket Potato with Baked Beans, Tuna or Cheese & Mixed Salad
3 Green Tray Choice of soup and pudding	Savoury Cheese Wrap	Sausage Roll Coleslaw Grated Carrot Crusty Bread	Cheese Panini	Tuna Mayonnaise Salad Sandwich	2 Mini Bread Rolls with Egg Mayo & Ham Potato Salad Carrot Sticks
Pudding	Fresh Fruit or Yogurt	Fresh Fruit or Yogurt	Fruit Sponge & Custard or Fresh Fruit or Yogurt	Fresh Fruit or Yogurt	Gingerbread Biscuit or Fresh Fruit or Yogurt
Salad Bar	Peaches Carrots	Cherry Tomatoes Beetroot	Cucumber Mandarins	Pickled Onions Grapes	Cucumber Melon

Dates for Week Two: 29 Oct, 19 Nov, 10 Dec, 14 Jan, 4 Feb, 4 March, 25 March. = vegetarian = homemade

Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil Soup	Vegetable Soup	Crudities with Hummus	Lentil Soup	Tomato Soup
1 Red Tray Choice of soup or pudding	Beefburger in a Roll with Curly Fries & Salad	Roast of the Day Pork or Beef Potatoes & Mixed Vegetables	Cottage Pie with Broccoli	Chicken Korma with Rice & Peas	Fish Fingers with Chips & Baked Beans
2 Blue Tray Choice of soup or pudding	Cheese & Tomato Pizza with Curly Fries & Salad	Cheesy Spiral Pasta Pot	Tomato Pasta Pot with Broccoli	Jacket Potato with Baked Beans, Tuna or Cheese & Mixed Salad	Vegetable Fingers with Chips & Baked Beans
3 Green Tray Choice of soup and pudding	Tuna Salad Wrap	Chicken Goujons Smiley Faces, Ketchup Sachet, Carrot & Cucumber Sticks	Ham Roll	Cheese & Tomato Pizza Corn on the Cob Coleslaw	Cheese Toastie
Pudding	Fresh Fruit or Yogurt	Chocolate Orange Sponge or Fresh Fruit or Yogurt	Fresh Fruit or Yogurt	Fresh Fruit or Yogurt	Carrot Cake or Fresh Fruit or Yogurt
Salad Bar	Peaches Carrots	Cherry Tomatoes Beetroot	Cucumber Mandarins	Pickled Onions Grapes	Cucumber Melon

Dates for Week Three: 5 Nov, 26 Nov, 17 Dec, 21 Jan, 18 Feb, 11 March. = vegetarian = homemade



Specific Dietary Requirements/ Food allergens

We also offer meals for specific dietary requirements such as vegetarian, medically prescribed for allergies, religious or cultural reasons.

If you require this inform your Head Teacher as soon as possible. Special dietary requirements will be managed in a way that is realistic for the caterers 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. We will list any of the 14 allergens: celery, gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, nuts,

peanuts, sesame, soya and sulphur dioxide that are present. 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 amounts 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: facilitiesmanagement.services@stirling.gov.uk

