

# Get Going



**Worried about your child's weight? Want to help them lead a healthy, happy, active life? Then let's Get Going!**

Get Going is a family focused healthy weight programme funded by NHS Lothian. It offers support to help your child get active, eat well and achieve a healthier weight.

The emphasis is on fun and feeling good. It's about getting active as a family and working together to make small lifestyle changes. Children get the opportunity to make friends and take part in fun active games. Parents will have the chance to share ideas with support and guidance from a Child Healthy Lifestyle Coach.

**To make a referral please contact Tracy or Eva for a referral form or check out the website.**

For further details please contact:-

**Tracy McAlpine**

Child Healthy Lifestyle Coordinator

Telephone : 01506 237950

Email: [tmcalpine@westlothianleisure.com](mailto:tmcalpine@westlothianleisure.com)

**Eva Jenkinson**

Administration Coordinator, NHS Lothian

Tel: 0131 536 0302 (1.30-5pm)

Email: [eva.jenkinson@nhslothian.scot.nhs.uk](mailto:eva.jenkinson@nhslothian.scot.nhs.uk)

For further information: <http://www.nhslothian.scot.nhs.uk/getgoing/index.htm>

**XCITE**



[www.westlothianleisure.com](http://www.westlothianleisure.com)

[www.facebook.com/xcitewestlothianleisure](https://www.facebook.com/xcitewestlothianleisure)

**We can arrange for a vegetarian menu to be provided upon request.**

**Special dietary requirements will be catered for with supported dietary advice.**

Please contact your child's school or local kitchen supervisor.

As part of Education Scotland school inspection, catering is audited as part of looking at "the whole school approach".

School meal menus are analysed against Scottish Government food and nutritional guidelines.

For further information please visit:

<http://www.gov.scot/Topics/Education/Schools/HLivi/schoolmeals>

**You can check if your child is eligible for free school meals by contacting your child's school or telephone the Education Department on 01506 281952.**

Facilities Management is the internal provider of meals in West Lothian Council schools.

**We want to hear from you, good or bad, as your comments and feedback help us improve our service. Please call us on 01506 776663 or email us at [FMServices@westlothian.gov.uk](mailto:FMServices@westlothian.gov.uk) . If you prefer you can complete a comments card available from your school office.**

**Information is available in Braille, tape, large print and community languages. Please contact the Interpretation and Translation Service on 01506 280000**

**Coming Soon  
Online Payments for:**

- school meals
- school trips

**Look out for further information from your school.**

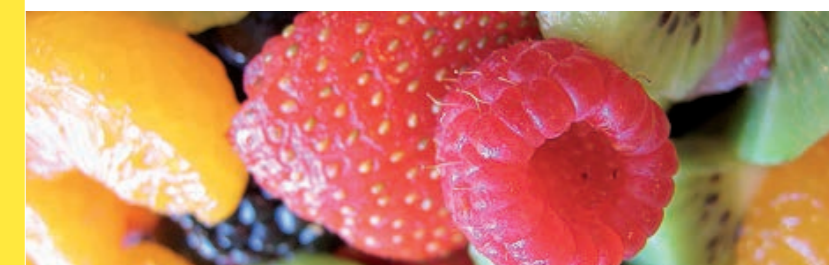
**Did you know...**

**All Primary 1 to Primary 3 pupils are entitled to have their school meal Free of Charge.**

**Come and have lunch with us.**



# School Menu



**April 16 - October 16**

Week 1: 11.04.16, 02.05.16, 23.05.16, 13.06.16, 22.08.16, 12.09.16, 03.10.16

	Monday	Tuesday	Wednesday	Thursday
Tray 1	Breaded Fish Peas French Fries	Steak Pie Fresh Broccoli Baby Jacket Potatoes	Chicken Casserole Peas and Sweetcorn Mashed Potatoes	Roast Pork and Apple Sauce Baton Carrots Boiled Potatoes
Tray 2	Macaroni Cheese Mixed Salad French Bread	Baked Potato Served with Cheese and Beans	Cheese and Tomato Pizza Coleslaw Waffles	Homemade Soup Burger in a Bun Mixed Salad Tomato Sauce
Dessert	<b>Choice of</b> Fruit Cup Fruit Ice Smoothie Sultana Muffin	<b>Choice of</b> Melon, Kiwi & Grape Cocktail Yogurt/Fromage Frais Butterfly Cake	<b>Choice of</b> Fruit Cup Yogurt/Fromage Frais Caramel Flan and Custard	<b>Choice of</b> Fresh Fruit Salad Yogurt/Fromage Frais Jelly

Tray 3 = packed lunch

All Items subject to availability

Week 2: 18.04.16, 09.05.16, 30.05.16, 20.06.16, 29.08.16, 19.09.16, 10.10.16

	Monday	Tuesday	Wednesday	Thursday
Tray 1	Curried Chicken Dansak Broccoli Boiled Rice	Pasta Bolognese Served with Sliced Greenbeans	Sausage Casserole Mixed Vegetables Mashed Potatoes	Salmon Fillet in Breadcrumbs Mixed Salad Baby Boiled Potatoes
Tray 2	Cheese Pannini Mixed Salad Potato Wedges	Baked Potato Tuna Mayo or Cheese Side Salad	Homemade Soup Chicken in a Bun Corn on the cob Tomato Sauce	Homemade Sausage Roll Beans Sauté Potatoes
Dessert	<b>Choice of</b> Fruit Cup Yogurt/Fromage Frais Iced Carrot Cake	<b>Choice of</b> Melon Slice Ice Cream Cheesecake	<b>Choice of</b> Fresh Fruit Fruit Jelly Cookie	<b>Choice of</b> Fruit Cup Yogurt/Fromage Frais Chocolate & Banana Brownie

Tray 3 = packed lunch

All Items subject to availability

Week 3: 25.04.16, 16.05.16, 06.06.16, 27.06.16, 05.09.16, 26.09.16

	Monday	Tuesday	Wednesday	Thursday
Tray 1	Oven Baked Sausage Beans Mashed Potatoes	Savoury Mince Fresh Cabbage Mashed Potatoes	Roast Beef served with Yorkshire Pudding Turnip Boiled Potatoes	Breaded Fish Peas Baby Jacket Potatoes
Tray 2	Fish Fingers Peas Chips	Homemade Soup Pizza Mixed Salad Coleslaw	Cheesy Pasta Fresh Broccoli Garlic Bread	Hot Dog in a Finger Roll Tomato Sauce Corn on the Cob Potato Wedges
Dessert	<b>Choice of</b> Fruit Cup Yogurt/Fromage Frais Flapjack and Custard	<b>Choice of</b> Fruit Cup Iced Fruit Smoothie Banana Toffee Tart	<b>Choice of</b> Fresh Fruit Jelly and Fruit Oat Cookie	<b>Choice of</b> Fruit Cup Yogurt/Fromage Frais Fruit Scone

Tray 3 = packed lunch

All Items subject to availability

### Monday to Friday Packed lunch

Made up from the following:

Filled Roll or Sandwich,

Fresh Fruit

Dried Fruit/Fresh Vegetables/  
Cheese and Biscuits

Homebaking/ Packet of biscuits on a Friday

Drink

A packed lunch service is  
available to all pupils on Fridays.

Packed Lunch

### Monday to Thursday

Semi-Skimmed Milk  
– Plain or Flavoured

Aqua Juice (blend of fruit juice with water)

Water

Drink Selection

