

the **go Fresh** gang



Primary School 2015-16 Winter Menu



Dear Parent/Carer

From the **26th of October 2015** we will be serving our Winter 2015-16 menu in your child's school.

Food provenance has been a focus for us and we are pleased to note that pupils, parents and carers are increasingly asking the origin of the foods we provide within school lunches.

Our Winter 2015-16 menus meet the Government's nutritional guidelines and the criteria of the Soil Association Food for Life bronze catering mark.

The price per meal remains as:

- Free of charge for all pupils in primary 1, primary 2 and primary 3
- £1.50 for all pupils in primary 4, primary 5, primary 6 and primary 7

Below is an easy guide to which weekly menu is being served:

Week 1	26/10	16/11	7/12	4/01	25/01	15/02	7/03	28/03	18/04
Week 2	2/11	23/11	14/12	11/01	1/02	22/02	14/03	4/04	
Week 3	9/11	30/11	21/12	18/01	8/02	29/02	21/03	11/04	

Your comments are very important to us and if you or your child have any suggestions regarding school lunches, we would be grateful to hear from you. Please contact by e-mailing: gofreshgang@southlanarkshire.gov.uk

If your child has any special dietary needs, food allergies or intolerances, please contact the cook in charge at your child's school.

Yours sincerely,

Stephen Kelly

Head of Facilities, Waste and Grounds Services



the
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gang

Primary School Three Week Menu – Winter 2015-16

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Chicken noodle soup #	Lentil soup (v)	Spicy Wedges and Mayo Dip (v)	Vegetable soup (v)	Honeydew Melon (v)
Blue tray	Penne bolognaise	Salmon bake with potato smiles	Sausage with mashed potato	Chicken curry and boiled rice	Fish and chips with tomato sauce
Red tray	Baked potato with tuna or cheese (v)	Cheese and tomato pizza (v)	Macaroni cheese (v)	Cheese toastie (v)	Special fried rice #
Vegetables and side salad served with all meals	Mixed vegetables and side salad	Sweetcorn and side salad	Baked beans and side salad	Carrots and side salad	Peas and side salad
Green snack	Tuna mayo roll	Cheese sandwich (v)	Cheese baguette (v)	Chicken sandwich #	Cheese sandwich (v)
Yellow snack	Cheese roll (v)	Chicken mayo wrap	Ham baguette	Tuna mayo pasta pot	Tuna mayo sandwich
Dessert	Frozen yoghurt or seasonal fresh fruit	Fairy cake or seasonal fresh fruit	Apple flapjack or seasonal fresh fruit	Crunchy cookie or seasonal fresh fruit	Jelly or seasonal fresh fruit

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Vegetable soup (v)	Spicy Wedges and Mayo Dip (v)	Lentil Soup (v)	Chicken noodle soup #	Honeydew Melon (v)
Blue tray	Chicken curry with boiled rice	Mince hotpot	Sausage in finger roll with tomato sauce	Steak pie with mashed potatoes	Fish fingers with chips and tomato sauce
Red tray	Cheese toastie (v)	Cheese and tomato pizza (v)	Baked potato with tuna or cheese (v)	Macaroni cheese (v)	Special fried rice #
Vegetables and side salad served with all meals	Sweetcorn and side salad	Peas and side salad	Broccoli and side salad	Carrots and side salad	Peas and side salad
Green snack	Tuna mayo roll	Cheese sandwich (v)	Cheese baguette (v)	Chicken sandwich #	Cheese sandwich (v)
Yellow snack	Cheese roll (v)	Tuna mayo sandwich	Ham baguette	Ham roll	Tuna mayo sandwich
Dessert	Crunchy cookie or seasonal fresh fruit	Jelly or seasonal fresh fruit	Carrot cake or seasonal fresh fruit	Ice cream or seasonal fresh fruit	Fairy cake or seasonal fresh fruit

A selection of bread including home baked, unlimited seasonal vegetables and fresh chilled water is available. # - A vegetarian choice is available by pre-order.

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Chicken noodle soup #	Lentil soup (v)	Spicy Wedges and Mayo Dip (v)	Vegetable soup (v)	Honeydew Melon (v)
Blue tray	Turkey meatballs in gravy with potato smiles	Spaghetti bolognaise	Sweet chilli sausage baguette	Chicken curry with boiled rice	Fish and chips with tomato sauce
Red tray	Macaroni cheese (v)	Cheese and tomato pizza (v)	Mince pie with boiled potatoes #	Beef tortilla #	Baked potato with tuna or cheese (v)
Vegetables and side salad served with all meals	Broccoli and side salad	Sweetcorn and side salad	Baked beans and side salad	Peas and side salad	Beetroot and side salad
Green snack	Tuna mayo roll	Cheese sandwich (v)	Cheese baguette (v)	Chicken sandwich #	Cheese sandwich (v)
Yellow snack	Cheese roll (v)	Tuna mayo sandwich	Ham baguette	Ham roll	Tuna mayo sandwich
Dessert	Ice cream or seasonal fresh fruit	Fairy cake or seasonal fresh fruit	Rice pudding or seasonal fresh fruit	Crunchy cookie or seasonal fresh fruit	Jelly or seasonal fresh fruit

A selection of bread including home baked, unlimited seasonal vegetables and fresh chilled water is available. # - A vegetarian choice is available by pre-order.

We continue to demonstrate our commitment to health and wellbeing of school pupils through our 'Go Fresh Gang' food pledge.

Food Pledge

1. All dishes are **prepared daily**.
2. We will continuously endeavour to increase the amount of **farm assured** and **fair trade foods** we use.
3. Our meals are **free from** undesirable additives and trans fats.
4. We will continue to **reduce food miles** when sourcing our raw ingredients.
5. All meats served can be traced back to a **U.K. farm**.
6. We do not serve **endangered fish**.
7. All eggs used will be **free range**.
8. We continue to **reduce food waste** and packaging to meet the Council's sustainability targets.

If you need this information in another language or format, please contact us to discuss how we can best meet your needs. Phone: 0303 123 1015
 Email: equalities@southlanarkshire.gov.uk
www.southlanarkshire.gov.uk

