

# the **go Fresh** gang



## Primary School 2018 Summer Menu

## Dear Parent/Carer

From **23 April 2018** we will be serving our Summer 2018 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.

The Primary Schools menu meets the Schools Health Promotion and Nutrition (Scotland) Act 2007 and The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008.

### The price per meal is as follows:

- Free of charge for all pupils in primary 1, primary 2 and primary 3
- £1.65 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:

<b>Week 1</b>	23/4	14/5	4/6	25/6	27/8	17/9	8/10
<b>Week 2</b>	30/4	21/5	11/6	13/8	3/9	24/9	22/10
<b>Week 3</b>	7/5	28/5	18/6	20/8	10/9	1/10	

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 us by e-mailing: [gofreshgang@southlanarkshire.gov.uk](mailto:gofreshgang@southlanarkshire.gov.uk)

South Lanarkshire do not use any nuts, peanuts or sesame seeds in any dishes. Some ingredients may contain traces of these if they are produced in premises where these are present.

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

Further information is available on South Lanarkshire Council's website [www.southlanarkshire.gov.uk/school\\_lunches](http://www.southlanarkshire.gov.uk/school_lunches)

Yours sincerely,

**Alistair McKinnon**

Head of Facilities, Waste and Grounds Services



the  
**goFresh**  
gang



## Three week menu – Summer 2018

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Oatcakes with cheese spread (v)	Breadsticks with dip (v)	Lentil soup (v)	Chicken noodle soup #	Cucumber batons with dip (v)
<b>Blue meal</b>	Spaghetti bolognaise with garlic bread	Chicken curry with boiled rice	Cheese and tomato pizza with corn on the cob	Sausage in finger roll with wedges	Fish fingers with chips
<b>Red meal</b>	Cheesy beano	Quorn dippers with savoury rice	Chicken pie with baby potatoes	Macaroni cheese	Baked potato with cheese or beans
<b>Snack selection **</b>	Freshly made ham baguette	Freshly made ham sandwich	Freshly made salmon baguette	Freshly made turkey sandwich	Freshly made turkey sandwich
<b>Vegetarian option</b> <b>Yellow meal</b>	Cheesy beano	Quorn dippers with savoury rice	Cheese and tomato pizza with corn on the cob	Macaroni cheese	Baked potato with beans
<b>Veg of the day</b>	Sweetcorn (v)	Broccoli (v)	Carrots (v)	Peas (v)	Beans (v)
<b>Dessert</b>	Fruit pot or yoghurt	Fruit pot or yoghurt	Fruit pot or yoghurt	Fruit pot or yoghurt	Fruit pot or yoghurt

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Breadsticks with dip (v)	Lentil soup (v)	Chicken noodle soup #	Oatcakes with cheese spread (v)	Cucumber batons with dip (v)
<b>Blue meal</b>	Chicken curry with boiled rice	Spaghetti bolognaise with garlic bread	Steak pie and baby potatoes	Cheese and tomato pizza with wedges	Fish with chips
<b>Red meal</b>	Baked potato with tuna mayo or beans	Chicken in a bun with potato salad	Hot tomato pasta with garlic bread	Sausage with mashed potatoes	Turkey meatballs in gravy with mashed potatoes
<b>Snack selection **</b>	Freshly made turkey sandwich	Freshly made turkey sandwich	Freshly made salmon baguette	Freshly made ham baguette	Freshly made ham sandwich
<b>Vegetarian option</b> <b>Yellow meal</b>	Baked potato with beans	Spaghetti with quorn bolognaise and garlic bread	Hot tomato pasta with garlic bread	Cheese and tomato pizza with wedges	Quorn meatballs in gravy with mashed potatoes
<b>Veg of the day</b>	Broccoli (v)	Sweetcorn (v)	Carrots (v)	Beans (v)	Peas (v)
<b>Dessert</b>	Fruit pot or yoghurt	Fruit pot or yoghurt	Fruit pot or yoghurt	Fruit pot or yoghurt	Fruit pot or yoghurt

**Pupils are encouraged to pick a portion from our salad bar to supplement all meals. Fresh drinking water and a variety of breads are available with all meals. Milk is available at a charge of 20p.**

# Noodle soup is available on request for vegetarian option

\*\* Daily fillings include cheese or tuna mayonnaise

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Oatcakes with cheese spread (v)	Breadsticks with dip (v)	Cucumber batons with dip (v)	Lentil soup (v)	Chicken noodle soup #
<b>Blue meal</b>	Spaghetti bolognese with garlic bread	Chicken curry with boiled rice	Cheese and tomato pizza with corn on the cob	Homemade sausage pastry and beans	Fish fingers with chips
<b>Red meal</b>	Baked potato with tuna or beans	Salmon and sweet potato fishcake in a bun with salad	Chicken fajita with wedges	Chicken fried rice	Macaroni cheese
<b>Snack selection **</b>	Freshly made salmon baguette	Freshly made ham baguette	Freshly made ham sandwich	Freshly made turkey sandwich	Freshly made turkey sandwich
<b>Vegetarian option</b> <b>Yellow meal</b>	Spaghetti with quorn bolognese and garlic bread	Vegetarian curry with rice	Baked potato with beans	Cheese and tomato pizza with corn on the cob	Homemade quorn sausage pastry and beans
<b>Veg of the day</b>	Broccoli (v)	Sweetcorn (v)	Beetroot (v)	Peas (v)	Beans (v)
<b>Dessert</b>	Fruit pot or yoghurt	Fruit pot or yoghurt	Fruit pot or yoghurt	Fruit pot or yoghurt	Fruit pot or yoghurt

**Pupils are encouraged to pick a portion from our salad bar to supplement all meals. Fresh drinking water and a variety of breads are available with all meals. Milk is available at a charge of 20p.**

# Noodle soup is available on request for vegetarian option

\*\* Daily fillings include cheese or tuna mayonnaise

**We continue to demonstrate our commitment to health and wellbeing of school pupils through our 'Go Fresh Gang', six promises for healthy active children:**

- 1. Alan Apple's promise:** All meals are freshly prepared each day with seasonal produce.
- 2. Colin Carrot's promise:** Our menus are free from undesirable additives and trans fats.
- 3. Sally Strawberry's promise:** Our meats are sourced within the U.K. with the majority being of Scottish origin.
- 4. Becky Broccoli's promise:** Our chicken carries the British Standard Red tractor logo.
- 5. Pete Potato's promise:** Homemade bread baked daily.
- 6. Gaz Grape's promise:** Pre-order and guarantee the meal of your choice.

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](mailto:equalities@southlanarkshire.gov.uk)

[www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk)