

the **go Fresh** gang



Primary School 2015 Summer Menu



Dear Parent/Carer

From **Monday 27th April 2015** we will be serving our Summer 2015 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 Summer 2015 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	27/4	18/5	8/6	17/8	7/9	28/9
Week 2	4/5	25/5	15/6	24/8	14/9	5/10
Week 3	11/5	1/6	22/6	31/8	21/9	19/10

Your comments are very important to us and if you or your child has any suggestions regarding school lunches, we would be grateful to hear from you by emailing gofreshgang@southlanarkshire.gov.uk

If you 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

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Primary School Three week menu – Summer 2015

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Chicken noodle soup #	Lentil soup (v)	Melon (v)	Carrot batons and mayo dip (v)	Vegetable soup (v)
Blue tray	Mince with potato	Penne bolognaise	Sausage with mashed potato	Chicken curry and boiled rice	Fish and chips with tomato sauce
Red tray	Macaroni cheese (v)	Cheese and tomato pizza (v)	Baked potato with tuna or cheese (v)	Cheese toastie (v)	Tomato pasta (v)
Vegetables and side salad served with all meals	Mixed vegetables or side salad	Tomato wedges or side salad	Baked beans or side salad	Sweetcorn or side salad	Peas or side salad
Green snack	Tuna mayo roll	Cheese sandwich (v)	Cheese baguette (v)	Fairtrade banana roll (v)	Cheese sandwich (v)
Yellow snack	Cheese roll (v)	Chicken mayo wrap	Ham baguette	Tuna pasta pot	Tuna mayo sandwich
Dessert	Fromage frais or seasonal fresh fruit	Fairy cake or seasonal fresh fruit	Frozen yoghurt or seasonal fresh fruit	Chocolate cookie or seasonal fresh fruit	Jelly or seasonal fresh fruit

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Carrot batons and mayo dip (v)	Lentil soup (v)	Melon (v)	Chicken noodle soup #	Vegetable soup (v)
Blue tray	Chicken curry with boiled rice	Mince hotpot	Steak pie with potatoes	Sausage in finger roll with tomato sauce	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)	Penne bolognaise #
Vegetables and side salad served with all meals	Baked beans or side salad	Peas or side salad	Broccoli or side salad	Sweetcorn or side salad	Beetroot or side salad
Green snack	Tuna mayo roll	Cheese sandwich (v)	Cheese baguette (v)	Fairtrade banana roll (v)	Cheese sandwich (v)
Yellow snack	Cheese roll (v)	Chicken mayo wrap	Ham baguette	Salmon pasta pot	Tuna mayo sandwich
Dessert	Fairy cake or fresh fruit	Jelly or fresh fruit	Fromage frais or fresh fruit	Chocolate cookie or fresh fruit	Frozen yoghurt or fresh fruit

A selection of bread including home baked, unlimited seasonal vegetables, fresh chilled water and extra salad is available with all meals. # A vegetarian choice is available when pre ordered.

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Chicken noodle soup #	Lentil soup (v)	Melon (v)	Vegetable soup (v)	Carrot batons and mayo (v)
Blue tray	Turkey meatballs in gravy with potato smiles	Spaghetti bolognaise	Sausage with mashed potato #	Chicken curry with boiled rice	Fish and chips with tomato sauce
Red tray	Macaroni cheese (v)	Cheese and tomato pizza (v)	Chicken fajita	Mince pie with boiled potatoes #	Baked potato with tuna or cheese (v)
Vegetables and side salad served with all meals	Broccoli or side salad	Sweetcorn or side salad	Baked beans or side salad	Peas or side salad	Beetroot or side salad
Green snack	Tuna mayo roll	Cheese sandwich (v)	Cheese baguette (v)	Cheese sandwich (v)	Fairtrade banana roll (v)
Yellow snack	Cheese roll (v)	Chicken mayo wrap	Ham baguette	Tuna pasta pot	Tuna mayo sandwich
Dessert	Fromage fraise or seasonal fresh fruit	Fairy cake seasonal fresh fruit	Frozen yoghurt or seasonal fresh fruit	Chocolate cookie or seasonal fresh fruit	Jelly or seasonal fresh fruit

A selection of bread including home baked, unlimited vegetables, fresh chilled water and extra salad is available with all meals. # A vegetarian choice is available when pre ordered.

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: 01698 717729
 Email: joyce.goodwin@southlanarkshire.gov.uk
www.southlanarkshire.gov.uk

