

## Dear Parent/Carer

From the **28 October 2019** we will be serving our Winter 2019-20 menu in your child's school.

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: [gofreshclub@southlanarkshire.gov.uk](mailto:gofreshclub@southlanarkshire.gov.uk)

### The price per meal is as follows:

- Free of charge for all pupils in primary 1, primary 2 and primary 3
- A set price for all pupils in primary 4, primary 5, primary 6, and primary 7

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.

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

Week 1	28/10	18/11	9/12	13/01	3/02	24/02	16/03	20/04
Week 2	4/11	25/11	16/12	20/01	10/02	2/03	23/03	
Week 3	11/11	2/12	6/01	27/01	17/02	9/03	30/03	

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



## Three week menu - Winter 2019-20

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Blue meal	Spaghetti bolognaise with garlic bread and cut green beans	Cheese and tomato pizza/pasta combo with sweetcorn	Turkey meatballs pineapple curry with boiled rice, naan bread and peas	Sausage in finger roll with wedges and beans	Fish fingers with chips and peas
Red meal	Quorn dippers with savoury rice and country mixed vegetables	Macaroni cheese with pitta bread strips and broccoli	Cheese beano with coleslaw	Chicken tikka wrap with wedges and corn on the cob	Salmon nibbles with sweet chilli noodles and sliced carrots
Green meal*	Freshly made tuna mayo baguette with side salad	Freshly made chicken baguette with side salad	Freshly made ham baguette with side salad	Freshly made turkey sandwich with side salad	Tuna mayo pasta pot with side salad
Yellow meal	Quorn dippers with wedges and country mixed vegetables (v)	Firecracker pizza with sweetcorn (v)	Vegetable curry with boiled rice, naan bread and peas (v)	Macaroni cheese with wedges and broccoli (v)	Baked potato with beans (v)
Pick and Mix**	Fresh fruit Lentil soup Banana sponge	Fresh fruit Breadsticks and dip Yoghurt	Fresh fruit Tomato soup Banana sponge	Fresh fruit Breadsticks and dip Yoghurt	Fresh fruit Cucumber batons with dip Banana sponge

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Blue meal	Chicken curry with boiled rice, naan bread and sliced carrots	Spaghetti bolognaise with garlic bread and cut green beans	Steak pie with baby potatoes and country mixed vegetables	Cheese and tomato pizza with wedges and sweetcorn	Fish with chips and beetroot
Red meal	Cheese toastie with coleslaw	Chicken sausage with mashed potatoes and beans	Macaroni cheese with pitta bread strips and peas	Chicken in a bun with wedges and coleslaw	Turkey meatballs in gravy with chips and peas
Green meal*	Freshly made cheese baguette with side salad	Freshly made chicken sandwich with side salad	Freshly made ham sandwich with side salad	Freshly made turkey sandwich with side salad	Tuna mayo pasta pot with side salad
Yellow meal	Vegetable curry with boiled rice, naan bread and sliced carrots (v)	Spaghetti bolognaise (quorn) with garlic bread and cut green beans (v)	Macaroni cheese with pitta bread strips and peas (v)	Cheese and tomato pizza with wedges and sweetcorn (v)	Baked potato with ratatouille (v)
Pick and Mix**	Fresh fruit Breadsticks and dip Yoghurt	Fresh fruit Lentil soup Carrot and orange sponge	Fresh fruit Breadsticks and dip Yoghurt	Fresh fruit Tomato soup Carrot and orange sponge	Fresh fruit Carrot and orange sponge Yoghurt

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Blue meal	Chicken curry with boiled rice, naan bread and peas	Cheese and tomato pizza with wedges and coleslaw	Scottish beef filled yorkshires with baby potatoes and carrot and turnip mash	Homemade sausage pastry with mashed potatoes and beans	Fish fingers with chips and beetroot
Red meal	Macaroni cheese with pitta bread strips and broccoli	Meatballs pasta bake with wedges and sweetcorn	Quorn dippers with savoury rice and country mixed vegetables	BBQ chicken flatbread with sweetcorn	Sloppy Joe with garlic bread topping and country mixed vegetables
Green meal*	Freshly made tuna baguette with side salad	Freshly made turkey sandwich with side salad	Freshly made ham baguette with side salad	Freshly made chicken sandwich with side salad	Tuna mayo pasta pot with side salad
Yellow meal	Vegetable curry with boiled rice, naan bread and peas (v)	Cheese and tomato pizza with wedges and coleslaw (v)	Quorn dippers with savoury rice and country mixed vegetables (v)	Homemade quorn sausage pastry with mashed potatoes and beans (v)	Baked potato with beans or cheese (v)
Pick and Mix**	Fresh fruit Lemon sponge Yoghurt	Fresh fruit Breadsticks and dip Yoghurt	Fresh fruit Lentil soup Lemon sponge	Fresh fruit Breadsticks and dip Yoghurt	Fresh fruit Tomato soup Lemon sponge

\*Sandwiches with tuna mayo or cheese are available daily.

\*\*All meals come with your choice of 2 items from the Pick and Mix selection. Unlimited freshly tossed salad, bread and water is available with all meals.

South Lanarkshire Council  
Facilities Services

Fresh food you can trust made daily in our schools  
by fully trained catering professionals



## Food Pledge

Our meals are free from **undesirable additives and trans fats with no genetically modified ingredients**

We will continuously endeavour to **increase the amount of farm assured and red tractor food we use**

We will make our menus **seasonal**

Our dishes are **freshly prepared daily in schools by our accredited catering staff**

All our milk comes from **Scottish farms**

We do not serve any **endangered fish** due to the fish we procure being **MSC accredited**

We put in place measures to **continuously reduce food waste and packaging** to meet the Council's sustainability targets

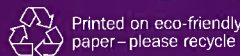
All of our meat can be **traced back to a Scottish or U.K. farm**

We train our catering employees to **provide food and health guidance and become actively involved in food education activities**

We developed an information platform on the Council's website providing **menus, recipes, nutritional content and allergen information**

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)



# the go Fresh club



Primary School

Winter 2019-20

