

# the goFresh gang



## Primary School 2014/15 Winter Menu



We support sustainable  
fishing by serving Marine  
Stewardship Council  
certified fish [www.msc.org](http://www.msc.org)



## Dear Parent/Carer,

From Monday 27th October 2014 we will be serving our winter 2014/15 menu in your child's school.

Since the introduction of Hungry for success and latterly The Schools (Health Promotion and Nutrition) (Scotland) Act 2007 and The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008, local authorities have had a duty to ensure that food and drink provided in schools comply with the nutritional requirements specified by Scottish Ministers.

Throughout this time, South Lanarkshire Council has been committed to providing nutritionally balanced lunches across our 124 primary schools.

By encouraging and educating pupils about the importance of healthy eating, figures now show that obesity is on the decrease; however we are focused to contribute further with the launch of the Scottish Office's "new context for school food", "Better Eating, Better Learning", working with partners to reduce these figures further.

Food provenance has been a focus for us during the past two years and we are pleased to note that pupils, parents and carers are increasingly asking the origin of the foods we are using within our school meals.

Our 2014/15 winter menus not only meet the nutritional guidelines set and the criteria of the Soil Association, Food for Life bronze catering mark, but they are consistently the favourite choices of the young learners.

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

Week 1	27/10	17/11	8/12	12/1	2/2	23/2	16/3	20/4
Week 2	3/11	24/11	15/12	19/1	9/2	2/3	23/3	Summer 2015 Menu
Week 3	10/11	1/12	5/1	26/1	16/2	9/3	30/3	

Your comments are very important to us and if you or your child has any suggestions regarding your child's school lunch, we would be grateful to hear from you by emailing [gofreshgang@southlanarkshire.gov.uk](mailto:gofreshgang@southlanarkshire.gov.uk)

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

Yours sincerely,

Stephen Kelly

Head of Facilities, Waste and Grounds Services

# Primary School Three week menu – Winter 2014/15

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Lentil Soup (v)	Vegetable soup (v)	Tangy toast fingers #	Winter warmer soup (v)	Potato and leek soup (v)
Blue tray	Chicken curry with boiled rice #	Savoury mince and boiled potatoes	Beef stew with baby boiled potatoes	Sausages in gravy with sliced potatoes #	Fish and chips with tomato sauce
Red tray	Turkey meatballs in gravy with mashed potato #	Cheese and tomato pizza (v)	Baked potato with curry sauce (v)	Macaroni cheese (v)	Spaghetti bolognese (v)
Vegetable and side salad served with all meals	Sliced carrots or seasonal side salad	Sweetcorn or seasonal side salad	Broccoli or seasonal side salad	Baked beans or seasonal side salad	Peas or seasonal side salad
Green snack	Tuna mayo roll	Cheese baguette (v)	Cheese baguette (v)	Fairtrade banana roll (v)	Tomato pasta pot (v)
Yellow snack	Cheese roll (v)	Tuna mayo baguette	Tuna mayo sandwich	Tuna pasta pot	Tuna mayo sandwich
Dessert	Muffin or seasonal fresh fruit	Apple crumble and custard or seasonal fresh fruit	Chocolate cookie or seasonal fresh fruit	Fromage frais or seasonal fresh fruit	Home baked biscuit or seasonal fresh fruit
Drinks	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tangy toast fingers #	Vegetable soup (v)	Lentil Soup (v)	Winter warmer soup (v)	Potato and leek soup (v)
Blue tray	Chicken curry with boiled rice	Penne bolognese	Chicken fried rice	Lasagne	Fish fingers with chips and tomato sauce
Red tray	Tomato pasta with garlic bread (v)	Cheese and tomato pizza (v)	Macaroni cheese (v)	Cheese toastie with baked beans (v)	Chilli con carne with baked potato (v)
Vegetable and side salad served with all meals	Sweetcorn or seasonal side salad	Green beans or seasonal side salad	Broccoli or seasonal side salad	Tomato wedges or seasonal side salad	Peas or seasonal side salad
Green snack	Tuna mayo roll	Cheese baguette (v)	Cheese sandwich (v)	Fairtrade banana roll (v)	Tomato pasta pot (v)
Yellow snack	Cheese roll (v)	Tuna mayo baguette	Tuna mayo sandwich	Tuna pasta pot	Tuna mayo sandwich
Dessert	Chocolate muffin or seasonal fresh fruit	Home baked biscuit or seasonal fresh fruit	Jelly or seasonal fresh fruit	Home baked biscuit or seasonal fresh fruit	Frozen fruit yogurt or seasonal fresh fruit
Drinks	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Tangy toast fingers #	Vegetable soup (v)	Lentil Soup (v)	Winter warmer soup (v)	Potato and leek soup (v)
Blue tray	Cottage pie	Turkey meatballs with boiled potatoes #	Chicken curry with boiled rice	Steak pie with baby boiled potatoes	Fish and chips with tomato sauce
Red tray	Fish fingers on a roll with dip #	Cheese and tomato pizza (v)	Sausages in gravy with mashed potatoes	Cheese toastie with baked beans (v)	Baked potato with tuna, cheese or coleslaw #
Vegetable and side salad served with all meals	Sliced carrots or seasonal side salad	Sweetcorn or seasonal side salad	Broccoli with seasonal side salad	Mashed turnip or seasonal side salad	Beetroot or seasonal side salad
Green snack	Tuna mayo roll	Cheese baguette (v)	Cheese sandwich (v)	Fairtrade banana roll (v)	Tomato pasta pot (v)
Yellow snack	Cheese roll (v)	Tuna mayo baguette	Tuna mayo sandwich	Tuna pasta pot	Tuna mayo sandwich
Dessert	Chocolate cookie or seasonal fresh fruit	Muffin or seasonal fresh fruit	Fromage frais or seasonal fresh fruit	Apple sponge or seasonal fresh fruit	Home baked biscuit or seasonal fresh fruit
Drinks	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water	Fruit juice, plain or flavoured milk, 330ml bottled water

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.

### An average day's Primary school lunch should contain

557 kJ	Not less than	carbohydrate 74.3 g	Fibre (NSP*) 4.5 g	Protein 8.5g	Iron 3.0mg	Calcium 165mg	Vitamin A 150 µg	Vitamin C 9mg	Folate 45µg	Zinc 2.1mg
2328 kJ	No more than	Total fat 21.7g	Saturated fat 6.8g	Non-milk extrinsic sugars 16.3 g	Sodium 686 mg					

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

## Food Pledge

1. Our dishes are freshly prepared daily.
2. We will continuously endeavour to increase the amount of farm assured and Fair Trade food we use.
3. Our meals are free from undesirable additives and trans fats with all drinks free from aspartame.
4. Where possible we will try to reduce food miles when sourcing our food.
5. We will make our menus seasonable and highlight food that is in season.
6. All our meat can be traced back to a U.K. farm.
7. We do not serve any endangered fish and all our eggs are free range.
8. We will put in place measures to continuously reduce food waste and packaging to meet the Council's sustainability targets.
9. We will train our catering employees on food and health and become actively involved in food education activities.
10. We will introduce a food labelling system that explains nutritional content in a way that is easy to understand.

the  
**goFresh**  
gang

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: [alisonw.johnston@southlanarkshire.gov.uk](mailto:alisonw.johnston@southlanarkshire.gov.uk)

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

