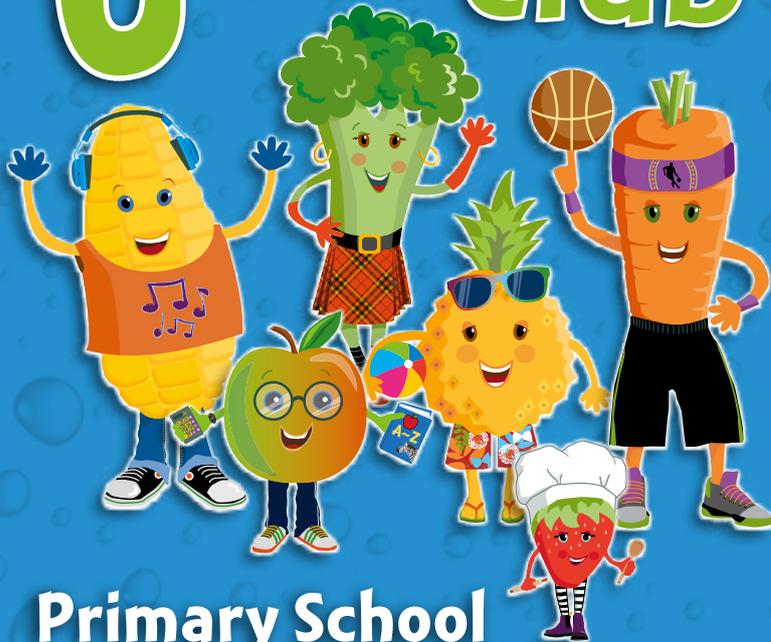


the goFresh club



Primary School Menu 2020-21

Dear Parent/Carer

From the **26 October 2020** we will be extending our Summer menu in your child's school to run until the end of March 2021.

All menu items are made fresh daily by our trained professional catering teams.

Your comments are 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 emailing: gofreshclub@southlanarkshire.gov.uk

- Pupils in primary 1, 2 and 3 receive lunches free of charge
- Pupils in primary 4, 5, 6 and 7 will be charged £1.75

If your child has a special dietary need, food allergy or intolerance, please contact the cook in charge at your child's school.

Below is a guide to when each week's menu is being served:

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

Further information is available on South Lanarkshire Council's website www.southlanarkshire.gov.uk/school_lunches

Yours sincerely,

Gerry Donachie
Operations Manager
Facilities Services



Three week menu 2020-21

| Week one | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------|--|--|---|---|---|
| Blue meal | Spaghetti bolognaise with crusty bread and cut green beans | Cheese and tomato pizza/pasta combo with sweetcorn (v) | Turkey meatballs with mashed potatoes, gravy and peas | Sausage in finger roll with wedges and beans | Fish fingers with chips and beans |
| Red meal | Homemade sausage pastry with mashed potatoes and beans | Macaroni cheese with pitta bread strips and broccoli (v) | Cheese beano with coleslaw (v) | Chicken in a bun with wedges and sweetcorn | 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 ham sandwich with side salad | Tuna mayo pasta pot with side salad |
| Yellow meal | Homemade sausage pastry with mashed potatoes and beans (v) | Firecracker pizza with sweetcorn (v) | Vegetable curry with boiled rice, naan bread and peas (v) | Quorn dippers with wedges and sweetcorn (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 Flapjack | 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 peas | Spaghetti bolognaise with crusty bread and cut green beans | Scottish beef filled Yorkshire with baby potatoes and carrot and turnip mash | Cheese and tomato pizza (v) with wedges and sweetcorn | Fish and chips with beetroot |
| Red meal | Cheese toastie with sweetcorn (v) | Sausage with mashed potatoes and beans | Macaroni cheese with pitta bread strips and peas (v) | Quorn dippers with wedges and country mixed vegetables (v) | Turkey meatballs in gravy with chips and peas |
| Green meal* | Freshly made cheese baguette with side salad (v) | Freshly made chicken sandwich with side salad | Freshly made ham sandwich with side salad | Freshly made ham baguette with side salad | Tuna mayo pasta pot with side salad |
| Yellow meal | Vegetable curry with boiled rice, naan bread and sweetcorn (v) | Spaghetti bolognaise with crusty 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 Plain cookie | 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 (v) | Steak pie with baby potatoes and country mixed vegetables | Homemade sausage pastry with mashed potatoes and beans | Fish fingers with chips and beetroot |
| Red meal | Macaroni cheese with pitta bread strips and broccoli (v) | Sweet and sour chicken with rice and sweetcorn | Quorn dippers with savoury rice and country mixed vegetables (v) | BBQ chicken flatbread with sweetcorn | Meatballs pasta bake and peas |
| Green meal* | Freshly made tuna baguette with side salad | Freshly made chicken sandwich with side salad | Freshly made ham baguette with side salad | Freshly made ham 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 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 Chocolate muffin | 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.

Standby menu

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|---|
| Red meal Packed lunch 1 | Cheese sandwiches with cucumber batons and dip side (v) | Chicken baguette with potato salad side | Ham sandwiches with carrot batons and dip side | Ham baguette with coleslaw side | Cheese baguette with fruit salad side (v) |
| Green meal Packed lunch 2 | Tuna sandwiches with cucumber batons and dip side | Cheese baguette with potato salad side (v) | Tuna sandwiches with carrot batons and dip side | Cheese baguette with coleslaw side (v) | Tuna baguette with fruit salad side |
| Yellow meal Packed lunch 3 | Chicken mayo (Quorn) flatbread with cucumber batons and dip side (v) | Tomato pasta pot with potato salad side (v) | Cheese sandwiches with carrot batons and dip side (v) | Coronation chicken (Quorn) wrap with coleslaw side (v) | Cheesy mayo pasta pot with fruit salad side (v) |
| All meals include | Fresh fruit Frubes Yoghurt | Fresh Fruit Banana sponge | Fresh Fruit Frubes Yoghurt | Fresh Fruit Flapjack | Fresh Fruit Frubes Yoghurt |

Standby menu/overleaf

With the remaining uncertainty of COVID-19 and the current 'Test and Protect' guidance, Facilities Services may have to introduce an emergency menu selection for pupils at short notice.

For this we are introducing a new nutritious lunch box which will contain the following:

- a good portion of starchy food, for example a 50/50 sandwich, a baguette or a pasta pot,
- a portion of lean meat or fish, for example ham, chicken or tuna,
- a portion of fruit for example an apple, satsuma, melon etc and a portion of mixed salad or cucumber batons with dip,
- a portion of dairy food, for example an individual yogurt or cheese for a sandwich,
- we also include low sugar and low fat home baking a couple of times a week,
- chilled fresh drinking water is available in the dining room to accompany the lunch.
- We would urge you to visit the council website to see our nutritious packed lunches in pictures.

- We want to be able to supply your child with a safe, nutritious, fresh and chilled packed lunch that they will enjoy.
- The lunch box will be made up fresh daily, packed in individual boxes and chilled in time for your child's lunch.
- So no worries about your child's lunch sitting in a bag at room temperature encouraging bacterial growth.

Pupils who have special diet requests already registered for the following diets can be accommodated during this menu:

| | | | |
|-------------|------------|-----------|-------------|
| Gluten free | Dairy free | Soya free | Sesame free |
| Nut free | Egg free | Halal | |

This menu will only come into effect if/when our team of catering professionals are not in a position to provide our extensive advertised menu, overleaf.

The service, along with the school will endeavour to keep any changes to a minimum and notify parent/carers as soon as possible.

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