

## Dear Parent/Carer

From **29 August**, we will be serving the 2022/2023 menu in your child's school.

The price of a school lunch is as follows:

Pupils in primary 1, 2, 3, 4 and 5 now receive free lunch. Pupils in primary 6, and 7 will be charged £2.00

Our catering staff do not use any nuts or peanuts in any of our dishes. Some ingredients may contain traces of these if they are produced in premises where these are present.

If your child has a special dietary need, food allergy or intolerance, please contact the school office at 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 at [gofreshclub@southlanarkshire.gov.uk](mailto:gofreshclub@southlanarkshire.gov.uk)

Below is an easy guide to which weekly menu is being served.

| Wk          | 29/08 | 19/09 | 10/10 | 31/10 | 21/11 | 12/12 |       | 23/01 | 13/02 |
|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>Wk 1</b> | 06/03 | 27/03 | 17/04 | 08/05 | 29/05 | 19/06 |       |       | 21/8  |
| <b>Wk 2</b> | 05/09 | 26/09 |       | 07/11 | 28/11 | 19/12 | 09/01 | 30/01 | 20/02 |
|             | 13/03 |       | 24/04 | 15/05 | 05/06 | 26/06 |       |       |       |
| <b>Wk 3</b> | 12/09 | 03/10 | 24/10 | 14/11 | 05/12 |       | 16/01 | 06/02 | 27/02 |
|             | 20/03 |       | 01/05 | 22/05 | 12/06 |       |       | 14/08 |       |

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,  
Anne Goldie  
Facility Services Manager

| Week one                       | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|--------------------------------|---|---|---|---|---|
| <b>Blue meal</b>               | British beef burger in a bun with wedges and beans                    | Cheese and tomato pizza with diced potatoes and coleslaw                        | Chicken curry with rice and broccoli                                    | Beef casserole with Yorkshire pudding, baby potatoes and sweetcorn              | Fish with chips tomato sauce and peas   |
| <b>Red meal</b>                | Toasted cheesy beano  | Quorn dippers with tomato rice and coleslaw                                     | Macaroni cheese with broccoli   | Baked potato with tuna and sweetcorn  | Chicken meatballs in gravy with chips and peas  |
| <b>Green meal *</b>            | Cheese sandwich with a side of cucumber batons                        | Chicken baguette with a side of coleslaw  | Tuna mayo pasta with a side of carrot batons                            | Ham baguette with a side of sweetcorn   | Turkey sandwich with a side of pepper batons  |
| <b>Yellow meal (v)(ve)</b>     | Arrabiata pasta with peas   | Vegetable nuggets with tomato rice and carrots                                  | Sausage with gravy, wedges and beans                                    | Baked potato with cheese and sweetcorn  | Fishless fingers with wedges and peas   |
| <b>Included with all meals</b> | Fresh fruit selection or packet of raisins<br>Yoghurt**<br>Side salad | Fresh fruit selection or packet of raisins<br>Strawberry mousse**<br>Side salad | Fresh fruit selection or packet of raisins<br>Breadsticks<br>Side salad | Fresh fruit selection or packet of raisins<br>Chocolate sponge **<br>Side salad | Fresh fruit selection or packet of raisins<br>Lentil soup with crusty bread<br>Side salad |

| Week two                       | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  |
|--------------------------------|---|---|---|---|---|
| <b>Blue meal</b>               | Chicken curry with rice and carrots   | Cheese and tomato pizza with pasta and sweetcorn                        | Spaghetti bolognese with garlic bread and peas                                  | Sausage pastry with mash and beans  | Fish fingers with chips tomato sauce and beetroot                       |
| <b>Red meal</b>                | Cheese toastie and corn on the cob  | Chicken meatballs in tomato sauce sub with wedges and sweetcorn         | Chicken grill on a bun with tomato sauce, wedges and peas                       | Baked potato with beans and cheese  | Bubble coated salmon with chips and beetroot                            |
| <b>Green meal *</b>            | Tuna mayo baguette with a carrot baton side   | Cheese roll with a sweetcorn side                                       | Ham baguette with a pepper baton side   | BBQ chicken wrap with a cucumber baton side   | Turkey sandwich with a side of beetroot                                 |
| <b>Yellow meal (v)(ve)</b>     | Vegetable nuggets with tomato rice and carrots  | Baked potato with cheese and sweetcorn                                  | Penne bolognese with peas   | Sausage with gravy, wedges and beans  | Vegetable samosa with tomato rice and beetroot                          |
| <b>Included with all meals</b> | Fresh fruit selection or packet of raisins<br>Tomato soup with crusty bread<br>Side salad | Fresh fruit selection or packet of raisins<br>Ice cream**<br>Side salad | Fresh fruit selection or packet of raisins<br>Strawberry mousse**<br>Side salad | Fresh fruit selection or packet of raisins<br>Lentil soup with crusty bread<br>Side salad | Fresh fruit selection or Packet of raisins<br>Breadsticks<br>Side salad |

| Week three                     | Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|--------------------------------|---|---|--|---|--|
| <b>Blue meal</b>               | Chicken curry with rice and cut green beans                           | Cheese and tomato pizza with wedges and sweetcorn   | Steak pie with mash and carrots  | Pork sausage in a finger roll with wedges and beans               | Fish fingers with chips tomato sauce and peas  |
| <b>Red meal</b>                | Macaroni cheese with cut green beans                                  | Roast chicken in gravy with Yorkshire pudding, mashed potatoes and sweetcorn              | Quorn dippers with wedges and carrots  | Toasted Cheesy beano  | Chicken noodle stir fry and peas   |
| <b>Green meal *</b>            | Cheese baguette with a carrot baton side                              | Tuna mayo pasta pot with a side of sweetcorn  | Ham Baguette with a cucumber baton side  | BBQ chicken wrap with mixed pepper batons                         | Turkey sandwich with a carrot and raisin salad side  |
| <b>Yellow meal (v)(ve)</b>     | Penne bolognese with cut green beans                                  | Sausage with gravy, wedges and sweetcorn  | Vegetable nuggets with wedges and carrots                                      | Baked potato with beans and cheese                                | Fishless fingers with wedges and peas  |
| <b>Included with all meals</b> | Fresh fruit selection or packet of raisins<br>Yoghurt**<br>Side salad | Fresh fruit selection or packet of raisins<br>Lentil soup with crusty bread<br>Side salad | Fresh fruit selection or packet of raisins<br>Chocolate sponge**<br>Side salad | Fresh fruit selection or packet of raisins<br>Jelly<br>Side salad | Fresh fruit selection or packet of raisins<br>Vegetable soup with crusty bread<br>Side salad |

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

\*\* These items are not suitable for a vegan diet and will be replaced by a box of raisins.

The yellow option meals are suitable for vegetarian (v) and vegan (ve) diets. In these recipes we use vegan cheese, vegan quorn sausages, meatless mince and vegan quorn fishless fingers. As an alternative to the fresh fruit selection, we offer a box of raisins.

2022-23

# Lunch menu

Primary School



## Fresh food you can trust

made daily in our schools by fully trained catering professionals

# Food Pledge

- 1 Our dishes are freshly prepared daily in schools by our accredited catering staff.
- 2 We will continuously endeavour to increase the amount of farm assured and red tractor food we use.
- 3 Our meals are free from undesirable additives and Trans fats with no genetically modified ingredients.
- 4 All our milk comes from Scottish farms.
- 5 All menus are planned using seasonal produce.
- 6 All of our meat can be traced back to a Scottish or UK farm.
- 7 We do not serve any endangered fish due to the fish we procure being MSC accredited.
- 8 We put in place measures to continuously reduce food waste and packaging to meet the council's sustainability targets.
- 9 We train our catering employees to provide food and health guidance and become actively involved in food education activities.
- 10 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)



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