

# the goFresh gang



## Primary School 2014 Summer Menu



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



SOUTH  
LANARKSHIRE  
COUNCIL

## Dear Parent/Carer

From **Monday 31st March 2014** we will be serving our Summer 2014 menu in your child's school which meets nutritional standards set out in the Schools (Health Promotion and Nutrition) (Scotland) Act 2007.

Community and Enterprise Resources have been working in partnership with the Soil Association to produce menus that meet the criteria for their Food for Life catering mark.

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

|               |      |      |      |      |      |      |       |
|---------------|------|------|------|------|------|------|-------|
| <b>Week 1</b> | 31/3 | 5/5  | 26/5 | 16/6 | 18/8 | 8/9  | 29/9  |
| <b>Week 2</b> | 21/4 | 12/5 | 2/6  | 23/6 | 25/8 | 15/9 | 6/10  |
| <b>Week 3</b> | 28/4 | 19/5 | 9/6  | 11/8 | 1/9  | 22/9 | 20/10 |

An average day's Primary school lunch should contain

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

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*

the  
**goFresh**  
gang



# Primary School Three week menu – Summer 2014

| Week one                                               | Monday                                                    | Tuesday                                                   | Wednesday                                                 | Thursday                                                  | Friday                                                    |
|--------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|
| <b>Starter</b>                                         | Mandarins in fruit juice (v)                              | Lentil soup (v)                                           | Melon boat (v)                                            | Summer veg soup (v)                                       | Tangy toasted fingers #                                   |
| <b>Blue tray</b>                                       | Mince with boiled potatoes                                | Penne bolognese (v)                                       | Sausage with mashed potatoes #                            | Chicken curry and boiled rice                             | Fish and chips with tomato sauce                          |
| <b>Red tray</b>                                        | Macaroni cheese (v)                                       | Cheese and tomato pizza (v)                               | Baked potato with tuna or cheese or coleslaw              | Cheese toastie (v)                                        | Tomato pasta (v)                                          |
| <b>Vegetables and side salad served with all meals</b> | Sliced carrots or side salad                              | Coleslaw or side salad                                    | Baked beans or side salad                                 | Sweetcorn or side salad                                   | Peas or side salad                                        |
| <b>Green snack</b>                                     | Tuna mayo roll                                            | Ham sandwich                                              | Cheese baguette (v)                                       | Fairtrade banana roll (v)                                 | Cheese sandwich (v)                                       |
| <b>Yellow snack</b>                                    | Cheese roll (v)                                           | Tuna mayo sandwich                                        | Ham baguette                                              | Tuna pasta pot                                            | Tuna mayo sandwich                                        |
| <b>Dessert</b>                                         | Yoghurt or seasonal fresh fruit                           | Chocolate marble cake or seasonal fresh fruit             | Jelly (v) or seasonal fresh fruit                         | Homemade biscuit or seasonal fresh fruit                  | Ice cream or seasonal fresh fruit                         |
| <b>Drinks</b>                                          | 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                                                    |
|--------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|
| <b>Starter</b>                                         | Mandarins in fruit juice (v)                              | Lentil soup (v)                                           | Melon boat (v)                                            | Summer veg soup (v)                                       | Tangy toasted fingers                                     |
| <b>Blue tray</b>                                       | Chicken curry with boiled rice                            | Mince hotpot                                              | Steak pie with baby boiled potatoes                       | Sausage with gravy and mashed potatoes #                  | Fish fingers with chips and tomato sauce                  |
| <b>Red tray</b>                                        | Cheese toastie (v)                                        | Cheese and tomato pizza (v)                               | Baked potato with tuna or cheese or coleslaw              | Macaroni and cheese (v)                                   | Penne bolognese (v)                                       |
| <b>Vegetables and side salad served with all meals</b> | Baked beans or side salad                                 | Peas or side salad                                        | Broccoli or side salad                                    | Sweetcorn or side salad                                   | Beetroot or side salad                                    |
| <b>Green snack</b>                                     | Tuna mayo roll                                            | Cheese sandwich (v)                                       | Tuna mayo baguette                                        | Fairtrade banana roll (v)                                 | Cheese sandwich (v)                                       |
| <b>Yellow snack</b>                                    | Cheese roll (v)                                           | Tuna mayo sandwich                                        | Ham baguette                                              | Tuna pasta pot                                            | Tuna mayo sandwich                                        |
| <b>Dessert</b>                                         | Chocolate muffin or seasonal fresh fruit                  | Jelly (v) or seasonal fresh fruit                         | Arctic roll or seasonal fresh fruit                       | Homemade biscuit or seasonal fresh fruit                  | Frozen fruit yogurt or seasonal fresh fruit               |
| <b>Drinks</b>                                          | 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.**

| Week three                                             | Monday                                                    | Tuesday                                                   | Wednesday                                                 | Thursday                                                  | Friday                                                    |
|--------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|
| <b>Starter</b>                                         | Mandarins in fruit juice (v)                              | Lentil soup (v)                                           | Melon boat (v)                                            | Tangy toasted fingers #                                   | Summer veg soup (v)                                       |
| <b>Blue tray</b>                                       | Turkey meatballs with gravy and mashed potatoes           | Spaghetti bolognaise (v)                                  | Sausage and mashed potatoes #                             | Chicken curry with boiled rice                            | Fish and chips with tomato sauce                          |
| <b>Red tray</b>                                        | Cheese and tomato pizza (v)                               | Fish fingers on a sandwich square with dip                | Macaroni cheese (v)                                       | Mince pie with boiled potatoes #                          | Baked potato with tuna or cheese or coleslaw              |
| <b>Vegetables and side salad served with all meals</b> | Broccoli or side salad                                    | Sweetcorn or side salad                                   | Baked beans or side salad                                 | Carrots or side salad                                     | Peas or side salad                                        |
| <b>Green snack</b>                                     | Tuna mayo roll                                            | Ham sandwich                                              | Cheese baguette (v)                                       | Fairtrade banana roll (v)                                 | Cheese sandwich (v)                                       |
| <b>Yellow snack</b>                                    | Cheese roll                                               | Tuna sandwich                                             | Ham baguette                                              | Tuna pasta pot                                            | Tuna mayo sandwich                                        |
| <b>Dessert</b>                                         | Fromage fraise or seasonal fresh fruit                    | Chocolate muffin or seasonal fresh fruit                  | Jelly (v) or seasonal fresh fruit                         | Homemade biscuit or seasonal fresh fruit                  | Ice cream or seasonal fresh fruit                         |
| <b>Drinks</b>                                          | 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 vegetables, fresh chilled water and extra salad is available with all meals. # A vegetarian choice is available when pre ordered.**

**We will demonstrate our commitment to the health and wellbeing of school pupils by introducing the Facilities Services 'Food you can trust' 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 of aspartame.
4. Where possible we will try to **reduce food miles** when sourcing our food.
5. We will make our menus **seasonal** and highlight food that is in season.
6. All of our meat can be **traced back to a U.K. farm**.
7. We do not serve any **endangered fish** and all our eggs are from **cage free hens**.
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.

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

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

