

the go Fresh club



Primary School
Summer 2020

Dear Parent/Carer

From the **27 April 2020** we will be serving our Summer 2020 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

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	27/04	18/05	08/06	10/08	31/08	21/09	
Week 2	04/05	25/05	15/06	17/08	07/09	28/09	19/10
Week 3	11/05	01/06	22/06	24/08	14/09	05/10	

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

Yours sincerely,

Alistair McKinnon

Head of Facilities, Waste and Grounds Services

Three week menu - Summer 2020

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 and 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 chip tea*.
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 and 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 with 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.**

***Fish and chip tea has beetroot, bread and spread. 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



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



We will make our menus seasonal

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

All our milk comes from **Scottish farms**

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



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

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



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

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



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



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