

Dear Parent/Carer

From **28 August**, we will be serving the 2023/2024 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 £2.05

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 requires an adapted menu for a medical, cultural or dietary need, 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

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

Wk	28/08	18/09	09/10	30/10	20/11	11/12		22/01	12/02
1	04/03	25/03	15/04	06/05	27/05	17/06			19/08
Wk	04/09	25/09		06/11	27/11	18/12	08/01	29/01	19/02
2	11/03		22/04	13/05	03/06	24/06			
Wk	11/09	02/10	23/10	13/11	04/12		15/01	05/02	26/02
3	18/03		29/04	20/05	10/06			12/08	

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

Yours sincerely,

Anne Goldie
Facility Services Manager

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Blue meal	Southern fried chicken poppers with noodles and peas	Cheese and tomato pizza with wedges and sweetcorn (v)	Chicken curry with rice and broccoli	Sausage pastry with mash and beans	Fish fingers with chips, tomato sauce and cut green beans
Red meal	Arrabiata pasta with garlic bread and peas (v)	Chicken grill in a bun with wedges, tomato sauce and sweetcorn	Macaroni cheese and broccoli (v)	Toasted cheesy beano (v)	Quorn dippers with chips, tomato sauce and cut green beans (v)
Green meal*	Tuna mayo sandwich with cucumber batons	Salmon pasta pot with sweetcorn	Ham baguette with carrot batons	Turkey sandwich with mixed pepper batons	Chicken roll with cucumber batons
Included with all meals	Fresh fruit selection Ice cream Side salad	Fresh fruit selection Chicken noodle soup with crusty bread** Side salad	Fresh fruit selection Breadsticks Side salad	Fresh fruit selection Jelly Side salad	Fresh fruit selection Banana sponge Side salad

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Blue meal	Penne bolognese with carrots	Cheese and tomato pizza with noodles and sweetcorn (v)	Steak pie with baby boiled potatoes and carrots	Beef burger with wedges, tomato sauce and beans	Fish fingers with chips, tomato sauce and peas
Red meal	Vegetable nuggets with wedges and carrots (v)	Chicken pasta bake with sweetcorn	Chilli con carne with rice and carrots (v)	Baked potato with cheese and beans (v)	Chicken fried rice with peas
Green meal*	Cheese baguette with cucumber batons (v)	Tuna mayo roll with sweetcorn	Chicken baguette with grated carrot	Ham baguette with mixed pepper batons	Cheese roll with cucumber and tomato salad (v)
Included with all meals	Fresh fruit selection Tomato soup with crusty bread Side salad	Fresh fruit selection Ice cream Side salad	Fresh fruit selection Iced sponge Side salad	Fresh fruit selection Lentil soup with crusty bread Side salad	Fresh fruit selection Chocolate cookie Side salad

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Blue meal	Savoury mince with mashed potatoes and broccoli	Cheese and tomato pizza with chips and sweetcorn (v)	Sausage in a finger roll with tomato sauce, wedges and beans	Chicken curry with rice and carrots	Fish with chips, tomato sauce and peas
Red meal	Macaroni cheese with broccoli (v)	Chicken meatballs in tomato sauce with spaghetti and sweetcorn	Cheese toastie with beans (v)	Arrabiata pasta with garlic bread and carrots (v)	Katsu dippers with wedges and peas (v)
Green meal*	Tuna mayo wrap with cucumber batons	Cheese baguette with sweetcorn (v)	Ham baguette with mixed pepper batons	Turkey roll with carrot batons	Chicken baguette with cucumber and tomato salad
Included with all meals	Fresh fruit selection Chicken noodle soup with crusty bread** Side salad	Fresh fruit selection Jelly Side salad	Fresh fruit selection Vegetable soup with crusty bread Side salad	Fresh fruit selection Chocolate cookie Side salad	Fresh fruit selection Yoghurt Side salad

(v) Suitable for a vegetarian diet.

*Sandwiches with tuna mayo or cheese (v) are available daily.

**Breadsticks will be available to replace chicken noodle soup for vegetarian diets.

Dear Parent/Carer

From **28 August 2023** we will be serving the 2023/2024 menu in your child's nursery.

If your child requires an adapted menu for a medical, cultural or dietary need, please contact the office at your child's nursery.

Your comments are very important to us and if you or your child have any suggestions regarding nursery lunches, we would be grateful to hear from you at gofreshclub@southlanarkshire.gov.uk

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

Wk 1	28/08 04/03	18/09 25/03	09/10 15/04	30/10 06/05	20/11 27/05	11/12 17/06	01/01* 08/07*	22/01 29/07*	12/02 19/08
Wk 2	04/09 11/03	25/09 01/04*	16/10* 22/04	06/11 13/05	27/11 03/06	18/12 24/06	08/01 15/07*	29/01 05/08*	19/02
Wk 3	11/09 18/03	02/10 08/04*	23/10 29/04	13/11 20/05	04/12 10/06	25/12* 01/07*	15/01 22/07*	05/02 12/08	26/02

* applies to 52 week nurseries only

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

Yours sincerely,

Anne Goldie
Facility Services Manager

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Blue meal	Chicken meatballs in tomato sauce with noodles and peas	Cheese and tomato pizza with wedges and sweetcorn (v)	Chicken curry with rice and broccoli	Sausage pastry with mash and beans	Fish fingers with wedges, tomato sauce and cut green beans
Red meal	Arrabiata pasta with peas (v)	Chicken grill in a bun with wedges, tomato sauce and sweetcorn	Macaroni cheese with broccoli (v)	Toasted cheesy beano (v)	Quorn dippers with wedges and cut green beans (v)
Green meal*	Tuna mayo sandwich with cucumber batons	Salmon pasta pot with sweetcorn	Ham roll with cucumber and tomato salad	Turkey sandwich with mixed pepper batons	Chicken roll with cucumber batons
Included with all meals	Fresh fruit selection Yoghurt Side salad	Fresh fruit selection Chicken noodle soup** Side salad	Fresh fruit selection Breadsticks Side salad	Fresh fruit selection Jelly Side salad	Fresh fruit selection Banana sponge Side salad

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Blue meal	Penne bolognese with carrots	Cheese and tomato pizza with noodles and sweetcorn (v)	Steak pie with baby boiled potatoes and carrots	Beef burger with wedges, tomato sauce and beans	Fish fingers with wedges, tomato sauce and peas
Red meal	Sausage in gravy with wedges and carrots (v)	Chicken pasta bake with sweetcorn	Chilli con carne with rice and carrots (v)	Baked potato with cheese and beans (v)	Chicken fried rice with peas
Green meal*	Cheese sandwich with cucumber batons (v)	Salmon roll with sweetcorn	Chicken sandwich with grated carrot	Ham roll with mixed pepper batons	Cheese roll with cucumber and tomato salad (v)
Included with all meals	Fresh fruit selection Tomato soup Side salad	Fresh fruit selection Yoghurt Side salad	Fresh fruit selection Iced sponge Side salad	Fresh fruit selection Lentil soup Side salad	Fresh fruit selection Chocolate cookie Side salad

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Blue meal	Savoury mince and mashed potatoes with broccoli	Cheese and tomato pizza with wedges and sweetcorn (v)	Sausage in beans with wedges	Chicken curry with rice and carrots	Fish fingers with wedges, tomato sauce and peas
Red meal	Macaroni cheese with broccoli (v)	Chicken meatballs in tomato sauce with spaghetti and sweetcorn	Cheese toastie with beans (v)	Arrabiata pasta with carrots (v)	Baked potato with beans and cheese (v)
Green meal*	Salmon wrap with cucumber batons	Cheese roll with sweetcorn (v)	Ham sandwich with mixed pepper batons	Turkey roll with cucumber batons	Chicken sandwich with cucumber and tomato salad
Included with all meals	Fresh fruit selection Chicken noodle soup** Side salad	Fresh fruit selection Jelly Side salad	Fresh fruit selection Vegetable soup Side salad	Fresh fruit selection Chocolate cookie Side salad	Fresh fruit selection Yoghurt Side salad

(v) Suitable for a vegetarian diet.

*Sandwiches with tuna mayo or cheese (v) are available daily.

**Breadsticks will be available to replace chicken noodle soup for vegetarian diets.

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

www.southlanarkshire.gov.uk

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