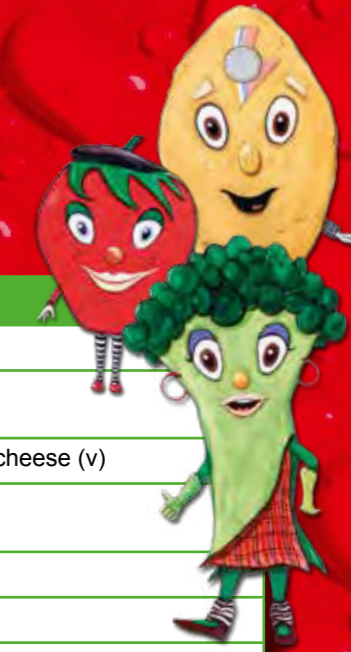


# Classroom menu guide



Week one	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Lentil soup (v)	Chicken noodle soup #	Tangy toast fingers #	Breadsticks with mayo or salsa dip (v)	Vegetable soup (v)
<b>Blue tray</b>	Lasagne	Crispy fishcake in a bun with coleslaw	Homemade sausage pastry	Chicken curry and boiled rice #	Fish fingers with chips and tomato sauce
<b>Red tray</b>	Cheese toastie (v)	Cheese and tomato pizza (v)	Macaroni cheese (v)	Beef hotpot	Baked potato with tuna or cheese (v)
<b>Vegetable and side salad served with all meals</b>	Coleslaw and side salad (v)	Sweetcorn and side salad (v)	Beans and side salad (v)	Carrots and peas and side salad (v)	Peas and side salad (v)
<b>Green snack</b>	Tuna mayonnaise roll	Banana roll (v)	Cheese baguette (v)	Tuna mayonnaise pasta pot	Cheese roll (v)
<b>Yellow snack</b>	Chicken mayonnaise wrap	Cheese roll (v)	Chicken baguette	Cheese sandwich (v)	Ham roll
<b>Dessert</b>	Rice pudding or seasonal fresh fruit (v)	Fairy cake or seasonal fresh fruit (v)	Yoghurt pot or seasonal fresh fruit (v)	Homemade cookie or seasonal fresh fruit (v)	Jelly or seasonal fresh fruit (v)

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Vegetable soup (v)	Lentil soup (v)	Chicken noodle soup #	Tangy toast fingers #	Breadsticks with mayo or salsa dip (v)
<b>Blue tray</b>	Chicken curry with boiled rice	Mince pie with potatoes	Sausage in finger roll with tomato sauce	Beef casserole with yorkshire pudding and mashed potato	Fish and chips and tomato sauce
<b>Red tray</b>	Cheese toastie (v)	Cheese and tomato pizza (v)	Baked potato with tuna mayo or beans (v)	Macaroni cheese (v)	Roast vegetable tart with potato wedges (v)
<b>Vegetable and side salad served with all meals</b>	Sweetcorn and side salad (v)	Peas and side salad (v)	Beans and side salad (v)	Broccoli and side salad (v)	Coleslaw and side salad (v)
<b>Green snack</b>	Tuna mayonnaise sandwich	Cheese sandwich (v)	Cheese roll (v)	Chicken roll #	Cheese baguette (v)
<b>Yellow snack</b>	Cheese sandwich (v)	Tuna mayonnaise sandwich	Ham roll	Tuna mayonnaise baguette	Ham baguette
<b>Dessert</b>	Homemade cookie or seasonal fresh fruit (v)	Jelly or seasonal fresh fruit (v)	Chocolate sponge cake and custard or seasonal fresh fruit (v)	Yoghurt pot or seasonal fresh fruit (v)	Fairy cake or seasonal fresh fruit (v)

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Breadsticks with mayo or salsa dip (v)	Chicken noodle soup #	Lentil soup (v)	Vegetable soup (v)	Honeydew melon (v)
<b>Blue tray</b>	Savoury mince with potatoes	Turkey meatballs in tomato sauce with pasta	Chicken curry with boiled rice	Steak pie with mashed potatoes	Fish fingers with chips and tomato sauce
<b>Red tray</b>	Macaroni cheese (v)	Cheese and tomato pizza (v)	Baked potato with tuna mayo or beans (v)	Cheese toastie (v)	Caribbean sausage with mashed potatoes #
<b>Vegetable and side salad served with all meals</b>	Broccoli and side salad (v)	Peas and side salad (v)	Sweetcorn and side salad (v)	Carrots and side salad (v)	Beans and side salad (v)
<b>Green snack</b>	Tuna mayonnaise baguette	Tuna mayonnaise sandwich	Cheese sandwich (v)	Chicken sandwich #	Cheese roll (v)
<b>Yellow snack</b>	Cheese sandwich (v)	Banana roll (v)	Ham baguette	Tuna mayonnaise sandwich	Ham roll
<b>Dessert</b>	Yoghurt pot or seasonal fresh fruit (v)	Fairy cake or seasonal fresh fruit (v)	Crispie cake or seasonal fresh fruit (v)	Apple crumble and custard or seasonal fresh fruit (v)	Jelly or seasonal fresh fruit (v)

A selection of bread including home baked / unlimited seasonal vegetables / fresh chilled water. # - A vegetarian choice is available by pre order.

## Go Fresh Gang's six promises for healthy active children:

### Food Pledge

- Alan Apple's promise:** All meals are freshly prepared each day with seasonal produce.
- Colin Carrot's promise:** Our menus are free from undesirable additives and trans fats.
- Sally Strawberry's promise:** Portioned seasonal fruit is available daily.
- Becky Broccoli's promise:** Our three week menu has been nutritionally analysed and is compliant with the Schools (Health Promotion and Nutrition) (Scotland) Act 2007.
- Pete Potato's promise:** Unlimited vegetables, salad, bread and fresh chilled water are available with all meals.
- Gaz Grape's promise:** Pre-order and guarantee the meal of your choice.

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

Week	7/11	28/11	19/12	23/01	13/02	6/03	27/03
<b>Week 1</b>							
<b>Week 2</b>	14/11	5/12	9/01	30/01	20/02	13/03	17/04
<b>Week 3</b>	21/11	12/12	16/01	6/02	27/02	20/03	

If you need this information in another language or format, please contact us to discuss how we can best meet your needs.

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