

# Primary School Lunch menu 2021-22



## the go Fresh club



### 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 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 will make our menus seasonal



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

## Food Pledge

Our dishes are freshly prepared daily in schools and nurseries 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](mailto:equalities@southlanarkshire.gov.uk)

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



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## Dear Parent/Carer

From the **23 August** we will be serving the 2021/2022 menu in your child's school.

We have increased the choices available to ensure all the pupils' favourites are available with 2 hot options, a snack option plus a vegan/vegetarian option.

Our menu items contain the best products available including:

- Any fish served is MSC accredited
- Our meats can be traced back to a Scottish or U.K. farm.
- Our chicken is farm assured
- Our milk comes from Scottish farms

The price of a school lunch is as follows:

Pupils in Primary 4 will now receive **free lunch** along with the existing pupils in primary 1, 2 and 3.

Pupils in Primary 5, 6, and 7 will be charged £1.95

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**

	23/08	13/09	04/10	25/10	15/11	06/12		17/01
<b>Week 1</b>	07/02	28/02	21/03		02/05	23/05	13/06	
<b>Week 2</b>	30/08	20/09		01/11	22/11	13/12	03/01	24/01
	14/02	07/03	28/03	18/04	09/05	30/05	20/06	
<b>Week 3</b>	06/09	27/09	18/10	08/11	29/11	20/12	10/01	31/01
	21/02	14/03		25/04	16/05	06/06		

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,

**Gerry Donachie**

Operations Manager  
Facilities Services

## Three week menu 2021-22

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Blue meal</b>	Pizza/pasta combo with sweetcorn	BBQ chicken breast with savoury rice and peas	Homemade pork sausage pastry with mash and peas	Savoury mince with baby potatoes and carrots	Fish with chips and crunchy coleslaw and tomato sauce
<b>Red meal</b>	Turkey meatballs in gravy with baby potatoes and sweetcorn	Baked potato with beans and cheese	Arrabiata pasta and peas	Quorn dippers with wedges and carrots	Macaroni cheese with peas
<b>Green meal *</b>	Tuna mayo baguette with a side of cucumber batons	Ham baguette with a side of carrot batons	Turkey sandwich with a side of sweetcorn salad	Cheese baguette with a side of crunchy coleslaw	Chicken sandwich with a side of mixed pepper batons
<b>Yellow meal (v) (ve)</b>	Sausage in gravy with baby potatoes and sweetcorn	Baked potato with beans and cheese	Penne bolognese with peas	Vegetable nuggets with wedges and carrots	Fishless fingers with wedges and peas and tomato sauce
<b>Included with all meals</b>	Fresh fruit selection or Packet of raisins Lentil soup with crusty bread Side salad	Fresh fruit selection or Packet of raisins Banana sponge ** Side salad	Fresh fruit selection or Packet of raisins Tomato soup with crusty bread Side salad	Fresh fruit selection or Packet of raisins Ice cream ** Side salad	Fresh fruit selection or Packet of raisins Yoghurt ** Side salad

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Blue meal</b>	Chicken curry with rice and broccoli	Pizza/pasta combo with sweetcorn	Steak pie with baby potatoes and carrots	Pork sausage in a finger roll with wedges and peas and tomato sauce	Fish fingers with chips and beetroot and tomato sauce
<b>Red meal</b>	Chicken in a bun with wedges and BBQ beans	Baked potato with tuna mayo and sweetcorn	Macaroni cheese with carrots	Penne bolognese with peas	Turkey meatballs in gravy with chips and beetroot
<b>Green meal *</b>	Tuna mayo baguette with a side of cucumber batons	Ham baguette with a side of sweetcorn salad	Cheese baguette with a side of carrot and raisin salad	Turkey sandwich with a side of carrot batons	Chicken sandwich with a side of pepper batons
<b>Yellow meal (v) (ve)</b>	Chinese vegetable curry with rice and broccoli	Baked potato with cheese and sweetcorn	Sausage with gravy, BBQ beans and baby potatoes	Penne bolognese with peas	Fishless fingers with wedges and beetroot
<b>Included with all meals</b>	Fresh fruit selection or Packet of raisins Lentil soup with crusty bread Side salad	Fresh fruit selection or Packet of raisins Carrot and orange sponge** Side salad	Fresh fruit selection or Packet of raisins Minestrone soup with crusty bread Side salad	Fresh fruit selection or Packet of raisins Yoghurt ** Side salad	Fresh fruit selection or Packet of raisins Plain cookie ** Side salad

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Blue meal</b>	Chicken curry with rice and peas	Chicken sausage with mashed potato and gravy and sweetcorn	British beef burger in a bun with wedges and beans	Pizza/pasta combo with cut green beans	Fish fingers with chips and peas and tomato sauce
<b>Red meal</b>	Arrabiata pasta with peas	Quorn dippers with wedges and sweetcorn	Baked potato with beans and cheese	Penne bolognese and cut green beans	Bubble coated salmon with chips and peas
<b>Green meal *</b>	Tuna mayo baguette with a cucumber baton side	Cheese baguette with a carrot baton side	Ham baguette with a sweetcorn salad side	Chicken sandwich with a carrot and raisin salad side	Turkey sandwich with a side of pepper batons
<b>Yellow meal (v) (ve)</b>	Arrabiata pasta with peas	Vegetable nuggets with wedges and sweetcorn	Baked potato with beans and cheese	Penne bolognese and cut green beans	Sausage with gravy, baby potatoes and peas
<b>Included with all meals</b>	Fresh fruit selection or Packet of raisins Lentil soup with crusty bread Side salad	Fresh fruit selection or Packet of raisins Ice cream ** Side salad	Fresh fruit selection or Packet of raisins Vegetable soup with crusty bread Side salad	Fresh fruit selection or Packet of raisins Yoghurt ** Side salad	Fresh fruit selection or Packet of raisins Lemon sponge ** Side salad

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

**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.**

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