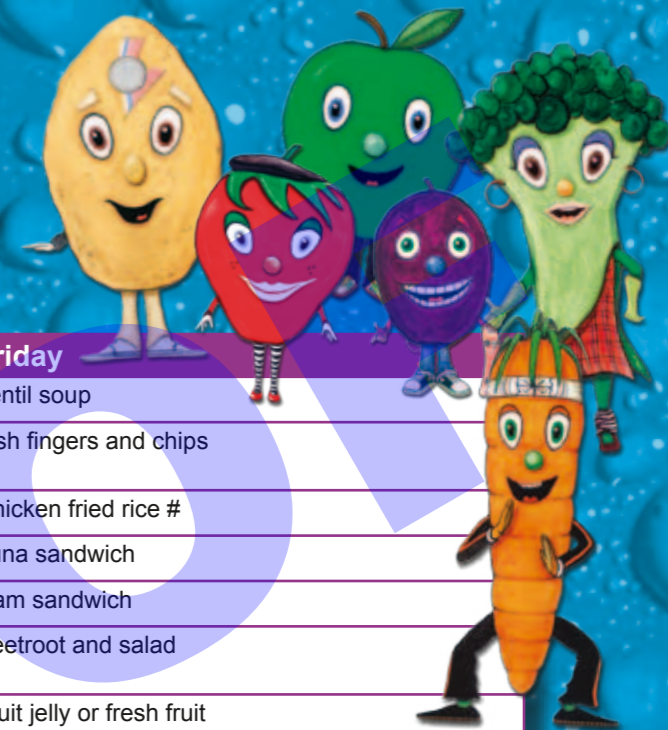


Classroom menu guide



Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Starters	Chicken and sweetcorn soup	Vegetable soup	Tangy toast fingers	Potato and leek soup	Lentil soup
Blue tray	Sausages in gravy with baby boiled potatoes	Chicken tikka with rice	Turkey meatballs in tomato sauce with pasta	Savoury mince with mashed potatoes	Fish fingers and chips
Red tray	Baked potato with beans (v)	Macaroni cheese (v)	Cheese and tomato pizza with potato smiles (v)	Turkey grill in a bun	Chicken fried rice #
Snack (1)	Chicken salad wrap	Tuna mayo baguette	Tuna pasta pot	Cheese sandwich (v)	Tuna sandwich
Snack (2)	Ham salad wrap	Cheese baguette (v)	Ham pasta pot #	Chicken sandwich	Ham sandwich
Vegetables served with all meals	Beans and salad	Peas and salad	Sweetcorn and salad	Coleslaw and salad	Beetroot and salad
Dessert	Fruit yoghurt or fresh fruit	Flapjack or fresh fruit	Sponge with custard or fresh fruit	Homemade cookie or fresh fruit	Fruit jelly or fresh fruit
Drinks	Fruit juice or milk	Fruit juice or milk	Fruit juice or milk	Fruit juice or milk	Fruit juice or milk

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Starters	Vegetable soup	Potato and leek soup	Lentil soup	Cream of vegetable soup	Tangy toast fingers
Blue tray	Chicken curry with rice	Fish fingers with potato smiles	Stew filled Yorkshire pudding with baby mashed potatoes	Mince beef pie with boiled potato	Fish and chips
Red tray	Baked potato with tuna #	Macaroni cheese (v)	Cheese toastie with coleslaw (v)	Cheese and tomato pizza with potato wedges (v)	Penne bolognese #
Snack (1)	Tuna mayo baguette	Coronation chicken wrap	Tuna pasta pot	Cheese sandwich (v)	Tuna baguette
Snack (2)	Cheese baguette (v)	Ham salad wrap	Ham pasta pot	Turkey sandwich	Cheese baguette (v)
Vegetables served with all meals	Beans and salad	Beetroot and salad	Cabbage and salad	Carrots and salad	Peas and salad
Dessert	Frozen mousse or fresh fruit	Pineapple upside-down cake and custard or fresh fruit	Fruit yoghurt or fresh fruit	Homemade cookie or fresh fruit	Rice pudding or fresh fruit
Drinks	Fruit juice or milk	Fruit juice or milk	Fruit juice or milk	Fruit juice or milk	Fruit juice or milk

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starters	Lentil soup	Tangy toast fingers	Carrot soup	Chicken noodle soup	Vegetable soup
Blue tray	Breaded chicken pieces with roast potato	Chicken curry and rice	Lasagne with garlic bread #	Steak pie with baby boiled potatoes	Fish fingers and chips
Red tray	Baked potato with beans (v)	Cheese toasie with coleslaw (v)	Sausage with mashed potato	Cheese and tomato pizza with potato smiles (v)	Penne pasta with tomato sauce (v)
Snack (1)	Tuna mayo roll	Turkey baguette	Tuna mayo wrap	Banana roll (v)	Cheese sandwich (v)
Snack (2)	Cheese roll (v)	Ham baguette	Ham salad wrap	Turkey roll	Tuna sandwich
Vegetables served with all meals	Beans and salad	Peas and salad	Broccoli and salad	Carrots and salad	Beetroot and salad
Dessert	Banana oat cookie or fresh fruit	Apple crumble and custard or fresh fruit	Frozen yogurt or fresh fruit	Chocolate muffin or fresh fruit	Fruit jelly or fresh fruit
Drinks	Fruit juice or milk	Fruit juice or milk	Fruit juice or milk	Fruit juice or milk	Fruit juice or milk

A hot vegetarian choice is available on request. A selection of bread and extra salad is available with all meals.

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

- Alan the Apple's promise:** All meals **freshly** prepared each day.
- Colin the Carrot's promise:** Drinks are **free of aspartame**.
- Sally the Strawberry's promise:** Soups are made from **fresh products daily and fully blended**.
- Becky the Broccoli's promise:** Our three week menu has been **nutritionally analysed** and is compliant with the Scottish Government's nutrient standards.
- Pete the Potato's promise:** Unlimited vegetables, salads, bread and fresh chilled water are available with all meals.
- Gaz the Grape's promise:** **Pre-order** and **guarantee** the meal of your choice.

Week 1	7/11	28/11	19/12	23/1	13/2	5/3	26/3
Week 2	14/11	5/12	9/1	30/1	20/2	12/3	
Week 3	21/11	12/12	16/1	6/2	27/2	19/3	

For more information or if you want this information in a different format or language, please phone 01698 455358 or email gerry.donachie@southlanarkshire.gov.uk
www.southlanarkshire.gov.uk

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