

# Classroom menu guide

£1.20

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Lentil soup (v)	Tangy toasted fingers #	Winter warmer soup (v)	Potato and leek soup (v)	Mandarins in fruit juice (v)
<b>Blue tray</b>	Chicken in gravy with diced potato	Penne bolognaise with garlic bread	Chicken pie with mashed potatoes	Mince with boiled potatoes (v)	Fish and chips with tomato sauce
<b>Red tray</b>	Macaroni cheese (v)	Cheese and tomato pizza (v)	Baked potato with tuna, cheese or coleslaw (v)	Chicken noodle pot	Sausage with mashed potato #
<b>Vegetable and salad served with all meals</b>	Sliced carrots or side salad	Coleslaw or side salad	Baked beans or side salad	Sweetcorn or side salad	Peas or side salad
<b>Green snack</b>	Tuna mayo roll	Ham sandwich	Cheese and tomato baguette (v)	Fairtrade banana roll (v)	Cheese sandwich (v)
<b>Yellow snack</b>	Cheese roll (v)	Chicken tikka sandwich	Ham baguette	Tuna pasta pot	Tuna mayo sandwich
<b>Dessert</b>	Smoothie yogurt or seasonal fresh fruit	Apple crumble and custard or seasonal fresh fruit	Chocolate marble cake or seasonal fresh fruit	Ice cream or seasonal fresh fruit	Homebaked hobnob biscuit or seasonal fresh fruit
<b>Drinks</b>	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Corn on the cob (v)	Vegetable batons with garlic mayo (v)	Pineapple in fruit juice (v)	Potato and leek soup (v)	Winter warmer soup (v)
<b>Blue tray</b>	Chicken curry with boiled rice	Mince hotpot	Steak pie with baby boiled potatoes	Sausage and gravy with mashed potatoes #	Fish fingers with chips and tomato sauce
<b>Red tray</b>	Cheese toastie with baked beans (v)	Cheese and tomato pizza (v)	Macaroni cheese (v)	Chicken fried rice pot	Shepherds pie (v)
<b>Vegetable and salad served with all meals</b>	Broccoli or side salad	Baked beans or side salad	Peas or side salad	Sweetcorn or side salad	Beetroot or side salad
<b>Green snack</b>	Tuna mayo roll	Cheese sandwich (v)	Tuna mayo baguette	Fairtrade banana roll (v)	Cheese sandwich (v)
<b>Yellow snack</b>	Cheese roll (v)	Chicken mayo sandwich	Ham baguette	Tomato pasta pot (v)	Tuna mayo sandwich
<b>Dessert</b>	Chocolate muffin or seasonal fresh fruit	Jelly or seasonal fresh fruit	Jammy dodger tray bake or seasonal fresh fruit	Homebaked hobnob biscuit or seasonal fresh fruit	Frozen fruit yogurt or seasonal fresh fruit
<b>Drinks</b>	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Mandarins in fruit juice (v)	Corn on the cob (v)	Tangy toasted fingers #	Lentil soup (v)	Winter warmer soup (v)
<b>Blue tray</b>	Spaghetti bolognaise (v)	Turkey meatballs in gravy with mashed potatoes	Beef stew with diced potatoes	Chicken curry with boiled rice #	Fish and chips with tomato sauce
<b>Red tray</b>	Fish fingers in a sandwich square with dip	Cheese and tomato pizza (v)	Macaroni cheese (v)	Mince pie with boiled potatoes	Spicy chicken fajitas #
<b>Vegetable and salad served with all meals</b>	Broccoli or side salad	Sweetcorn or side salad	Mashed turnip or side salad	Slices carrots or side salad	Peas or side salad
<b>Green snack</b>	Tuna mayo roll	Ham sandwich	Cheese and tomato baguette (v)	Fairtrade banana roll (v)	Cheese sandwich (v)
<b>Yellow snack</b>	Cheese roll (v)	Chicken mayo sandwich #	Ham baguette	Tuna pasta pot	Tuna mayo sandwich
<b>Dessert</b>	Fromage frais or seasonal fresh fruit	Chocolate muffin or seasonal fresh fruit	Homemade hobnob biscuit or seasonal fresh fruit	Apple sponge or seasonal fresh fruit	Ice cream or seasonal fresh fruit
<b>Drinks</b>	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk	Fruit juice, plain or flavoured milk

A selection of bread including home baked, unlimited vegetables, fresh chilled water and extra salad is available with all meals. # A vegetarian choice is available when pre ordered.

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

Alan the Apple's promise:  
Colin the Carrot's promise:

Sally the Strawberry's promise:  
Becky the Broccoli's promise:

Pete the Potato's promise:

Gaz the Grape's promise:

All meals **freshly** prepared each day with seasonal produce. Our menus are free from undesirable additives and trans fats, with all drinks are **free of aspartame**.  
Portioned seasonal fruit is available **daily**.  
Our three week menu has been **nutritionally analysed** and is compliant with the Schools (Health Promotion and Nutrition) (Scotland ) Act 2007 and has been awarded the Soil Association's Food for Life Bronze catering mark accreditation.  
**Unlimited** vegetables, salad, bread and fresh chilled water are available with all meals.  
**Pre-order** and **guarantee** the meal of your choice.



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

Week 1	28/10	18/11	9/12	13/1	3/2	24/2	17/3
Week 2	4/11	25/11	16/12	20/1	10/2	3/3	24/3
Week 3	11/11	2/12	6/1	27/1	17/2	10/3	Summer Menu

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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