the goFresh gang

Nursery School
2018 Summer Menu
Dear Parent/Carer

From **23 April 2018** we will be serving our Summer 2018 menu in your child’s nursery.

Food provenance has been a focus for us and we are pleased to note that pupils, parents and carers are increasingly asking the origin of the foods we provide within the lunches.

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

<table>
<thead>
<tr>
<th>Week 1</th>
<th>23/4</th>
<th>14/5</th>
<th>4/6</th>
<th>25/6</th>
<th>27/8</th>
<th>17/9</th>
<th>8/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2</td>
<td>30/4</td>
<td>21/5</td>
<td>11/6</td>
<td>13/8</td>
<td>3/9</td>
<td>24/9</td>
<td>22/10</td>
</tr>
<tr>
<td>Week 3</td>
<td>7/5</td>
<td>28/5</td>
<td>18/6</td>
<td>20/8</td>
<td>10/9</td>
<td>1/10</td>
<td></td>
</tr>
</tbody>
</table>

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. Please contact us by e-mailing: **gofreshgang@southlanarkshire.gov.uk**

South Lanarkshire do not use any nuts, peanuts or sesame seeds in any dishes. Some ingredients may contain traces of these if they are produced in premises where these are present.

If your child has any special dietary needs, food allergies or intolerances, please contact the nursery staff.

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

Yours sincerely,

**Alistair McKinnon**

Head of Facilities, Waste and Grounds Services
## Three week menu – Summer 2018

<table>
<thead>
<tr>
<th>Week one</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Starter</strong></td>
<td></td>
<td></td>
<td>Lentil soup</td>
<td>Chicken noodle soup #</td>
<td></td>
</tr>
<tr>
<td><strong>Blue meal</strong></td>
<td>Spaghetti bolognaise with garlic bread #</td>
<td>Chicken curry with boiled rice #</td>
<td>Cheese and tomato pizza</td>
<td>Macaroni cheese</td>
<td>Fish fingers with potato wedges #</td>
</tr>
<tr>
<td><strong>Veg of the day</strong></td>
<td>Sweetcorn</td>
<td>Broccoli</td>
<td>Sweetcorn</td>
<td>Peas</td>
<td>Beans</td>
</tr>
<tr>
<td>**Snack selection *</td>
<td>Soft roll with ham</td>
<td>Freshly made ham sandwich</td>
<td>Soft roll with salmon</td>
<td>Freshly made turkey sandwich</td>
<td>Freshly made turkey sandwich</td>
</tr>
<tr>
<td><strong>Dessert</strong></td>
<td>Fruit pot or yoghurt</td>
<td>Fruit pot or yoghurt</td>
<td></td>
<td>Fruit pot or yoghurt</td>
<td></td>
</tr>
</tbody>
</table>

All lunches include tossed salad, bread and fresh chilled water.

# A vegetarian choice is available by pre order

* Snack selection fillings of tuna or cheese are available each day
We continue to demonstrate our commitment to health and wellbeing of nursery pupils through our 10 promises for healthy active children.

1. All main meals provide a minimum of two servings of food from the fruit and vegetable group.

2. All main meals contain at least one of the following: meat, fish, eggs, pulses, seeds and nuts, cheese.

3. Oily fish is included once a week.

4. Meat products and highly processed foods (e.g. sausages, pies, bought beef burgers), if provided are limited to a maximum of once a week.

5. Deep frying has not been used as a cooking method.

6. Products that have been deep-fried during the manufacturing process such as fishcakes, if provided, are limited to once per week and on different days each week.

7. Oils that are high in polyunsaturated and/or monounsaturated are used instead of saturated fats.

8. No salt is added to food while cooking.

9. Recipes are available for all dishes on the menu.

10. Alternatives are available for those who require a special diet or have special requirements.

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