

# the **go Fresh** 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:**

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

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](mailto: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](http://www.southlanarkshire.gov.uk/school_lunches)

Yours sincerely,

**Alistair McKinnon**

Head of Facilities, Waste and Grounds Services



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## Three week menu – Summer 2018

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

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Breadsticks with dip	Lentil soup			
<b>Blue meal</b>	Baked potato with beans	Chicken in a bun #	Steak pie and baby potatoes #	Cheese and tomato pizza	Turkey meatballs in gravy with mash #
<b>Veg of the day</b>	Broccoli	Sweetcorn	Carrots	Beans	Peas
<b>Snack selection *</b>	Freshly made turkey sandwich	Freshly made turkey sandwich	Soft roll with salmon	Soft roll with ham	Freshly made ham sandwich
<b>Dessert</b>			Fruit pot or yoghurt	Fruit pot or yoghurt	Fruit pot or yoghurt

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>			Cucumber batons with dip	Lentil soup	
<b>Blue meal</b>	Spaghetti bolognaise with garlic bread #	Chicken curry with boiled rice #	Cheese and tomato pizza	Homemade sausage pastry #	Macaroni cheese
<b>Veg of the day</b>	Broccoli	Sweetcorn	Beetroot	Peas	Beans
<b>Snack selection *</b>	Soft roll with salmon	Soft roll with ham	Freshly made ham sandwich	Freshly made turkey sandwich	Freshly made turkey sandwich
<b>Dessert</b>	Fruit pot or yoghurt	Fruit pot or yoghurt			Fruit pot or yoghurt

**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](mailto:equalities@southlanarkshire.gov.uk)

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