

# the go Fresh club



## Dear Parent/Carer

From **22 April 2019** we will be serving our Summer 2019 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>	22.04	13.05	3.06	24.06	26.08	16.09	7.10
<b>Week 2</b>	29.04	20.05	10.06	12.08	2.09	23.09	21.10
<b>Week 3</b>	6.05	27.05	17.06	19.08	9.09	30.09	

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: [gofreshclub@southlanarkshire.gov.uk](mailto:gofreshclub@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 2019

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>		Lentil soup or fruit medley		Tomato soup or fruit medley	
<b>Main meal</b>	Spaghetti bolognaise with garlic bread	Chicken tikka wrap	Salmon nibbles with sweet chilli noodles	Sausage in finger roll with wedges	Fish fingers with wedges
<b>Snack selection*</b>	Banana roll with cheese and apple side	Freshly made tuna roll	Freshly made ham sandwich	Freshly made turkey sandwich	Freshly made chicken sandwich
<b>Vegetarian option</b>	Quorn bolognaise with garlic bread	Cheese and tomato pizza	Quorn curry with boiled rice and naan bread	Macaroni cheese with wedges	Baked potato with cheese
<b>Veg of the day</b>	Sweetcorn	Coleslaw	Carrots	Beans	Beans
<b>Dessert</b>	Fresh fruit or yoghurt		Banana sponge or fresh fruit		Fresh fruit or yoghurt

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Breadsticks with dip or fruit medley		Cucumber batons with dip or fruit medley		Oatcakes with cheese spread or fruit medley
<b>Main meal</b>	Chicken curry with boiled rice and naan bread	Chicken in a bun with salad	Macaroni cheese with pitta bread strips	Keema samosas with savoury rice	Turkey meatballs in gravy with wedges
<b>Snack selection*</b>	Banana roll with cheese and apple side	Freshly made tuna roll	Freshly made ham sandwich	Freshly made chicken sandwich	Freshly made turkey sandwich
<b>Vegetarian option</b>	Quorn curry with boiled rice and naan bread	Spaghetti with quorn bolognaise and garlic bread	Macaroni cheese with pitta bread strips	Cheese and tomato pizza	Quorn meatballs in gravy with wedges
<b>Veg of the day</b>	Coleslaw	Coleslaw	Peas	Beans	Broccoli
<b>Dessert</b>		Fresh fruit or yoghurt		Fresh fruit or yoghurt	

**Pupils are encouraged to pick side salad with all meals.  
Fresh drinking water and a variety of breads are available with all meals.**

**\* Daily fillings include cheese or tuna mayonnaise**

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>		Cucumber batons with dip or fruit medley		Lentil soup or fruit medley	
<b>Main meal</b>	Turkey meatballs finger roll with side salad	Chicken curry with boiled rice and naan bread	Steak pie and baby potatoes	Homemade sausage pastry with mashed potatoes	Fish fingers with wedges
<b>Snack selection *</b>	Banana roll with cheese and apple side	Freshly made tuna roll	Freshly made chicken sandwich	Freshly made ham roll	Freshly made turkey sandwich
<b>Vegetarian option</b>	Macaroni cheese with garlic bread	Quorn curry with boiled rice and naan bread	Cheese and tomato pizza	Homemade quorn sausage pastry with mashed potatoes	Baked potato with beans or cheese
<b>Veg of the day</b>	Broccoli	Carrots	Peas	Beans	Beetroot
<b>Dessert</b>	Fresh fruit or yoghurt		Lemon sponge or fresh fruit		Fresh fruit or yoghurt

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## **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, cheese.
3. Oily fish is included once every 3 weeks.
4. Meat products and highly processed foods (e.g. sausages), 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 flash-fried during the manufacturing process if provided, are limited to once per 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)**