

the goFresh club



**Nursery School
Lunch menu
Summer 2020**

Dear Parent/Carer

From the **27 April 2020** we will be serving our Summer 2020 menu in your child's nursery.

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

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, who will provide Special Diet Request Form.

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

Week 1	27/04	18/05	08/06	*29/06	*20/07	10/08	31/08	21/09	*12/10
Week 2	04/05	25/05	15/06	*06/07	*27/07	17/08	07/09	28/09	19/10
Week 3	11/05	01/06	22/06	*13/07	*03/08	24/08	14/09	05/10	

* applies to 52 week nurseries only

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 2020

Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Starter		Breadsticks with dip (v)	Tomato soup (v)		Cucumber batons with dip (v)
Main meal	Spaghetti bolognaise with crusty bread and cut green beans	Cheese and tomato pizza/pasta combo with sweetcorn (v)	Turkey Meatballs with mash, gravy and peas	Sausage in finger roll with wedges and beans	Salmon nibbles with sweet chilli noodles and sliced carrots
Yellow meal	Homemade pastry with mash and beans (v)	Macaroni cheese and pitta bread strips and broccoli (v)	Vegetable curry with boiled rice and peas (v)	Quorn dippers with wedges and sweetcorn (v)	Baked potato with beans (v)
Snack*	Freshly made tuna mayo soft roll with side salad	Freshly made chicken soft roll with side salad	Freshly made ham soft roll with side salad	Freshly made ham sandwich with side salad	Tuna mayo pasta pot with side salad
Dessert	Fresh fruit selection (v)			Yoghurt (v)	

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Starter		Lentil soup (v)		Tomato soup (v)	
Main meal	Chicken curry with boiled rice and peas	Sausage with mashed potatoes and beans	Scottish beef casserole with baby potatoes and carrot and turnip mash	Ham soft roll with side salad	Fish fingers with wedges and peas
Yellow meal	Vegetable curry with boiled rice and sweetcorn (v)	Spaghetti bolognaise with crusty bread and cut green beans (v)	Macaroni cheese with pitta bread strips and peas (v)	Cheese and tomato pizza with wedges and sweetcorn (v)	Baked potato with ratatouille (v)
Snack*	Freshly made cheese soft roll with side salad (v)	Freshly made chicken sandwich with side salad	Freshly made ham sandwich with side salad	Freshly made salmon sandwich with side salad	Tuna mayo pasta pot with side salad
Dessert	Yoghurt (v)		Fresh fruit selection (v)		Carrot and orange sponge (v)

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Fresh fruit selection (v)				Tomato soup (v)
Main meal	Macaroni cheese with pitta bread strips and broccoli (v)	Sweet and sour chicken with rice and sweetcorn	Steak pie with baby potatoes and country mixed veg	Homemade sausage pastry with mashed potatoes and beans	Meatballs pasta bake and peas
Yellow meal	Vegetable curry with boiled rice and peas (v)	Cheese and tomato pizza, with sweetcorn and coleslaw (v)	Quorn dippers with savoury rice and country mixed vegetables (v)	Homemade sausage pastry with mashed potatoes and beans (v)	Baked potato with beans or cheese (v)
Snack*	Freshly made tuna soft roll with side salad	Freshly made chicken sandwich with side salad	Freshly made ham soft roll with side salad	Freshly made ham sandwich with side salad	Salmon mayo pasta pot with side salad
Dessert		Yoghurt (v)	Choc muffin (v)	Yoghurt (v)	

***Sandwiches with tuna mayo or cheese are available daily. *Unlimited freshly tossed salad, bread and water is available with all meals.**

South Lanarkshire Council Facilities Services

Fresh food you can trust made daily in our schools
by fully trained catering professionals



We developed an information platform on the Council's website providing menus, recipes, nutritional content and allergen information

We do not serve any **endangered fish** due to the fish we procure being MSC accredited

All our milk comes from **Scottish farms**

Our meals are free from **undesirable additives and trans fats with no genetically modified ingredients**



We will make our menus seasonal

Food Pledge

Our dishes are **freshly prepared daily in schools and nurseries** by our accredited catering staff



We will continuously endeavour to **increase the amount of farm assured and red tractor food** we use

We train our catering employees to provide **food and health guidance** and become actively involved in **food education activities**



We put in place measures to **continuously reduce food waste and packaging** to meet the Council's sustainability targets

All of our meat can be **traced back to a Scottish or U.K. farm**



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