

Try our recipes  
(full details inside)



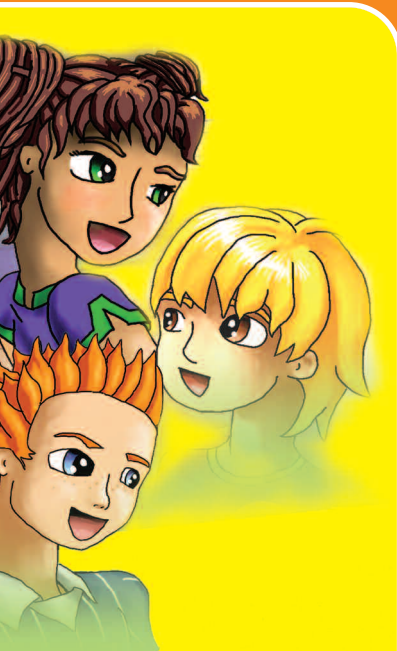
Ticket price  
**£1.90**

# Lunches in Stirling Council Primary Schools

Newsletter 10 | April 2011 – April 2012

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[www.stirling.gov.uk/schoolmeals](http://www.stirling.gov.uk/schoolmeals)



## Lorne Sausage Stovies

Makes 4 portions

Weight	Ingredients
300g	Lorne Sausage
150g	Onions, chopped
400g	Potatoes, peeled and chopped
1	Chicken Stock Cube
300ml	Water

### Method

1. Roughly dice the Lorne sausages, potatoes and onions.
2. Place the sausages in a pan and cook until they are lightly brown.
3. Dissolve the stock cube in boiling water, and add the onions, potatoes and stock.
4. Simmer gently, stirring occasionally to stop sticking, until the potatoes are just cooked and most of the water is absorbed.
5. Transfer the stovies to a clean serving dish.

Nutritional Analysis per 100 gram portion

Nutrient	Amount	Units
Energy	140	Kcal
Fat	7.9	g
Saturates	3.10	g
Carbohydrates	13.9	g
NME Sugars	0.0	g
Fibre/NSP	0.9	g
Protein	4.1	g
Iron	0.6	mg
Calcium	27.0	mg
Vitamin A	0.0	ug
Folate	17.0	ug
Vitamin C	17.0	mg
Sodium	395.0	mg

## Beef Lasagne

Makes four portions

Weight	Ingredients
240g	Locally Sourced Minced Beef
80g	Lasagne Sheets
80g	Onions
30g	Tomato Puree
100g	Chopped Tinned Tomatoes
pinch	Mixed Herbs
5g	Garlic Puree

### Sauce

15g	Cornflour (blended with a little water)
70g	Grated Cheddar Cheese
300ml	Semi-skimmed Milk
pinch	Salt & Pepper

### Method

1. Brown the mince. Add the onions, tomato puree, tomatoes, herbs and garlic and enough water to almost cover the meat.
2. Cover and simmer for about 40 minutes.
3. Heat the milk in a separate pan and thicken with the cornflour blend.
4. Remove from the heat and add most of the cheese and seasoning.
5. In an ovenproof dish, make layers of the cheese sauce, lasagne and mince finishing with the cheese sauce.
6. Sprinkle remaining grated cheese on top and bake in an oven for 40 minutes at 190°C, 375°F, Gas 5.

Serve with garlic bread and side salad.

Nutritional Analysis per 100 gram portion

Nutrient	Amount	Units
Energy	164	Kcal
Fat	6.9	g
Saturates	3.60	g
Carbohydrates	16.8	g
NME Sugar	0.0	g
Fibre/NSP	0.7	g
Protein	9.8	g
Iron	1.0	mg
Calcium	89.0	mg
Vitamin A	56.0	ug
Folate	18.0	ug
Vitamin C	2.0	mg
Sodium	215.0	mg

## Veggie Burger

Makes four portions

Weight	Ingredients
275g	Baked Beans
56g	Cheddar Cheese
28g	Chopped Onions
1 tsp	Worcestershire Sauce
140g	Breadcrumbs (white, homemade) - (keep 20g for coating)
1	Free Range Egg
pinch	Pepper

### Method

1. Mash the beans and add the cheese, onions and Worcestershire sauce.
2. Mix well and add 120g of breadcrumbs, egg and pepper.
3. Make into burgers.
4. Coat in remaining breadcrumbs.
5. Bake at 190°C, 375°F, Gas Mark 5 for 25 minutes.

### Tip:

This can be made the day before and chilled overnight.

Nutritional Analysis per 100 gram portion

Nutrient	Amount	Units
Energy	197	Kcal
Fat	6.0	g
Saturates	3.10	g
Carbohydrates	26.9	g
NME Sugars	2.1	g
Fibre/NSP	2.9	g
Protein	10.1	mg
Iron	1/8	mg
Calcium	163.0	mg
Vitamin A	74.0	ug
Folate	28.0	ug
Vitamin C	0.0	mg
Sodium	607.0	mg
Zinc	11	mg

## Menu Cycle Dates

Week Commencing Monday	Menu Cycle Week
18/04/11	1
25/04/11	2
02/05/11	3
09/05/11	1
16/05/11	2
23/05/11	3
30/05/11	1
06/06/11	2
13/06/11	3
20/06/11	1
15/08/11	2
22/08/11	3
29/08/11	1
05/09/11	2
13/09/11	3
19/09/11	1
26/09/11	2
03/10/11	3
17/10/11	1
24/10/11	2
31/10/11	3
07/11/11	1
14/11/11	2
21/11/11	3
28/11/11	1
05/12/11	2
12/12/11	3
19/12/11	1
09/01/12	2
16/01/12	3
23/01/12	1
30/01/12	2
06/02/12	3
20/02/12	1
27/02/12	2
05/03/12	3
12/03/12	1
19/03/12	2
26/03/12	3

working towards the Bronze Food For Life Award. This Bronze award is for schools that freshly prepare a minimum of 75% of their meals. Working with the Soil Association we are committed to transforming food culture, reconnecting with children and young people, and informing them about where their food comes from. Where the opportunity arises we will endeavour to use organic and sustainable products, and from April this year all our eggs will be from cage free hens and our meat and poultry will all conform to UK welfare standards. We will support our schools in their drive to attain their eco status and we are working constantly with our suppliers to provide the best produce available.

We hope that your children enjoy coming to school lunches. We believe that there is always something that they will like on offer. Of course, we welcome any feedback. Feel free to contact myself or any of my team.

Thank you for your continued support.

**Margaret Gilmour**  
Service Manager,  
Facilities Management Services

Last year saw the introduction of a new primary school menu, which was created after collating information on what the children liked to eat and which meals were the most popular. It proved to be extremely successful, and for that reason we have decided to keep the same menu this year. The three-week menu cycle, you can see in this newsletter, offers a balanced nutritious diet based on the current Scottish Government healthy eating regulations.

The menu cycle offers great choice and value for money meals. As well as a tasty homemade soup every day, the main meals has favourites such as Macaroni Cheese, Pizza, Curry, Fish and Chips, alongside Fajitas, Steak pie and Roast turkey. Vegetarian options are also offered every day. For sweets there are muffins, ice cream, yoghurt and homemade baking, and all this for a daily price of £1.90.

Our price has gone up by 10p due to the current economic circumstances and budgetary restraints within the Council, however at £1.90 the ticket price is still one of the lowest school meal prices in Scotland.

As well as conforming to The Health (Promotion and Nutrition) (Scotland) Act 2007, this year our school meals service is



Dear Parent/Carer  
April 2011 – April 2012  
Welcome to our 10th Menu Newsletter for  
Stirling Council's Primary Schools.



# What's to eat this week?

**Available daily over the three week period:** Selection of fresh baked breads. Choices of 3 salad items from the salad bar. Selection of fruit juice, water, strawberry, chocolate or plain milk. Packed lunches are always on offer consisting of green tray option in a handy take away bag with a drink. **Vegetarian fillings for green tray selection can be requested.**

	Monday	Tuesday	Wednesday	Thursday	Friday
RED Choice of soup or pudding	Homemade Lentil Soup 🌱 Chicken Korma with Boiled Rice & Naan Bread Fruit Muffin	Homemade Tomato Soup 🌱 Roast Turkey with Vegetables & Mashed Potato Jelly and Fruit	Homemade Leek & Potato Soup 🌱 Meatballs in Tomato Sauce with Pasta & Garlic Bread Sponge & Custard	Homemade Minestrone Soup 🌱 Homemade Sausage Roll with Chips & Beans Oat Biscuit	Homemade Scotch Broth Soup 🌱 Beef Lasagne with Garlic Bread & Side Salad Ice Cream
BLUE Choice of soup or pudding	Homemade Lentil Soup 🌱 Macaroni Cheese with Crusty Bread & Side Salad 🌱 Fruit Muffin	Homemade Tomato Soup 🌱 Cheese & Tomato Pizza with Potato Wedges & Side Salad 🌱 Jelly and Fruit	Homemade Leek & Potato Soup 🌱 Savoury Rice with Curry Sauce & Naan Bread 🌱 Sponge & Custard	Homemade Minestrone Soup 🌱 Baked Potato with Tuna Mayonnaise or Beans with Side Salad 🌱 Oat Biscuit	Homemade Scotch Broth Soup 🌱 Fish, Chips & Peas Ice Cream
GREEN	Wholemeal Roll: Tuna Mayonnaise or Chicken  Fruit Muffin, Fruit or Yoghurt	Brown Bread Sandwich: Cheese 🌱 or Turkey Cooks Choice of Homebaking Fruit or Yoghurt	Toastie: Cheese 🌱 or Cheese & Ham  Iced Sponge Fruit or Yoghurt	Baguette: Tuna Mayonnaise & Sweetcorn or Roast Beef  Oat Biscuit Fruit or Yogurt	Granary Roll: Ham or Egg Mayonnaise 🌱  Ice Cream Fruit or Yoghurt

### How to Contact Us :

If you have any queries do not hesitate to contact us at:  
**Stirling Council, Facilities Management Services Assets, Property & FM, Viewforth, Stirling, FK8 2ET, Tel: 01786 442474**

Please note that all of our homemade soups are made with vegetarian stock with one exception, Chicken Noodle. On the day this is on the menu your child can opt to have fruit juice.

Vegetarian. 🌱

# Week One



# What's to eat this week?

**Available daily over the three week period:** Selection of fresh baked breads. Choices of 3 salad items from the salad bar. Selection of fruit juice, water, strawberry, chocolate or plain milk. Packed lunches are always on offer consisting of green tray option in a handy take away bag with a drink. **Vegetarian fillings for green tray selection can be requested.**

	Monday	Tuesday	Wednesday	Thursday	Friday
RED Choice of soup or pudding	Homemade Split Pea Soup 🌱 Beefburger in a Bun, Chips and Side Salad Fruit Cookie	Homemade Lentil Soup 🌱 Chicken Fajitas with Savoury Rice Flapjack	Homemade Minestrone Soup 🌱 Various Pizza with Potato Wedges & Side Salad Caramel Shortbread	Chicken Noodle Soup or Fruit Juice 🌱 Steak Pie with Boiled Potatoes, Carrot & Turnip Chocolate Sponge & Custard	Homemade Cauliflower & Broccoli Soup 🌱 Sausage, Mashed Potatoes & Baked Beans Shortbread
BLUE Choice of soup or pudding	Homemade Split Pea Soup 🌱 Veggie Burger in a Bun with Chips & Side Salad 🌱 Fruit Cookie	Homemade Lentil Soup 🌱 Baked Potato with Beans or Tuna & Side Salad 🌱 Flapjack	Homemade Minestrone Soup 🌱 Pasta with Tomato Sauce with Side Salad & Crusty Bread Caramel Shortbread	Chicken Noodle Soup or Fruit Juice 🌱 Fish Fingers with Chips and Beans Chocolate Sponge & Custard	Homemade Cauliflower & Broccoli Soup 🌱 Vegetable Lasagne with Garlic Bread & Side Salad 🌱 Shortbread
GREEN	Baguette: Cheese 🌱 or Tuna Mayonnaise  Fruit Cookie, Fruit or Yoghurt	Brown Bread Sandwiches: Egg Mayonnaise 🌱 or Turkey Flapjack, Fruit or Yoghurt	Panini: Cheese 🌱 or Tuna Mayonnaise  Caramel Shortbread, Fruit or Yoghurt	Finger Roll: Hotdog or Salad 🌱  Chocolate Sponge, Fruit or Yoghurt	Wrap: Tuna Mayonnaise or Ham & Tomato  Shortbread, Fruit or Yoghurt

**Special Diets** We believe that any child who has special dietary requirements should be able to choose to have a school meal and be appropriately catered for.

In order to provide such a service, we work with our partners in health to provide a special diet policy and ensure a consistent and effective approach is taken to the provision of special diets. We require you as a parent/guardian to inform the Headteacher of any special dietary requirements your child might have. She/he will in turn pass this information on to our service.

Vegetarian. 🌱

# Week Two



# What's to eat this week?

**Available daily over the three week period:** Selection of fresh baked breads. Choices of 3 salad items from the salad bar. Selection of fruit juice, water, strawberry, chocolate or plain milk. Packed lunches are always on offer consisting of green tray option in a handy take away bag with a drink. **Vegetarian fillings for green tray selection can be requested.**

	Monday	Tuesday	Wednesday	Thursday	Friday
RED Choice of soup or pudding	Homemade Vegetable Soup 🌱 Chicken Fried Rice with Curry Sauce & Naan Bread Oat Biscuit	Homemade Carrot & Potato Soup 🌱 Minced Beef Pie with Mashed Potato & Sliced Carrots Scone & Jam	Chicken Noodle Soup or Fruit Juice 🌱 Sausage Stovies with Mixed Vegetables Sponge & Custard	Homemade Split Pea Soup 🌱 Spicy Beef Wrap & Side Salad Chocolate Muffin	Homemade Lentil Soup 🌱 Various Pizza with Chips & Side Salad Ice Cream and Fruit
BLUE Choice of soup or pudding	Homemade Vegetable Soup 🌱 Fish, Chips & Peas Oat Biscuit	Homemade Carrot & Potato Soup 🌱 Macaroni Cheese with Crusty Bread & Side Salad 🌱 Scone & Jam	Chicken Noodle Soup or Fruit Juice Savoury Rice with Barbecue Sauce & Naan Bread 🌱 Sponge & Custard	Homemade Split Pea Soup 🌱 Oven Baked Salmon Fillet In Breadcrumbs Mashed Potato & Sweetcorn Chocolate Muffin	Homemade Lentil Soup 🌱 Baked Potato with Baked Beans or Cheese with Side Salad 🌱 Ice Cream & Fruit
GREEN	Brown Roll: Tuna Mayonnaise or Cheese 🌱  Oat Biscuit, Fruit or Yoghurt	Toastie: Cheese 🌱 or Cheese & Ham Scone & Jam, Fruit or Yoghurt	Roll: Beefburger or Tuna  Iced Sponge, Fruit or Yoghurt	Sandwich: Ham or Egg Mayonnaise 🌱  Chocolate Muffin, Fruit or Yoghurt	Finger Roll: Turkey or Tuna Mayonnaise  Ice Cream, Fruit or Yoghurt

### Other Contacts:

Department of Nutrition and Dietetics, Euro House, Wellgreen Place, Stirling FK8 2DJ.  
**Find out more information about our service on Stirling Council's websites:**  
[www.stirling.gov.uk/schoolmeals](http://www.stirling.gov.uk/schoolmeals)  
[www.fresh-eating.co.uk](http://www.fresh-eating.co.uk)

### Other useful websites

[www.soilassociation.org](http://www.soilassociation.org)  
[www.takelifeon.co.uk](http://www.takelifeon.co.uk)  
[www.food.gov.uk](http://www.food.gov.uk)  
[www.nutrition.org.uk](http://www.nutrition.org.uk)  
[www.goingcarbonneutralstirling.org.uk](http://www.goingcarbonneutralstirling.org.uk)  
[www.ltsotland.org.uk/healthpromotingschools](http://www.ltsotland.org.uk/healthpromotingschools)  
[www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition](http://www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition)

[www.foodinschools.org.uk](http://www.foodinschools.org.uk)  
[www.5aday.nhs.uk](http://www.5aday.nhs.uk)  
[www.bda.uk.com](http://www.bda.uk.com)  
[www.eatwell.gov.uk](http://www.eatwell.gov.uk)  
[www.allergyinschools.org.uk](http://www.allergyinschools.org.uk)  
[www.scotland.gov.uk](http://www.scotland.gov.uk)

Vegetarian. 🌱

# Week Three