




















































# What's to eat this week?


**Available daily over the three week period:** Selection of fresh breads. Choice of 3 seasonal salad items from the salad bar. Selection of fruit juice, water or milk. Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. Packed lunches are always on offer consisting of green tray option in 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	<ul style="list-style-type: none"> <li> Lentil Soup with Crusty Bread </li> <li> Macaroni Cheese with Peas and Crusty Bread </li> <li> Oattie Biscuit</li> </ul>	<ul style="list-style-type: none"> <li> Chicken Noodle Soup or Vegetarian Soup with Crusty Bread </li> <li> Cottage Pie with Broccoli </li> <li> Sticky Toffee Pudding with Custard</li> </ul>	<ul style="list-style-type: none"> <li> Lentil Soup with Crusty Bread </li> <li> Beef Burger in a Seeded Bun, with Chips and Salad</li> <li> Rice Pudding with Fruit</li> </ul>	<ul style="list-style-type: none"> <li> Chicken Broth or Vegetarian Soup with Crusty Bread </li> <li> Tasty Pasta Bake with Garlic Bread </li> <li> Gingerbread Man</li> </ul>	<ul style="list-style-type: none"> <li> Cooks Choice of Soup with Crusty Bread</li> <li>Fish, Chips, and Peas</li> <li> Fruit Muffin</li> </ul>
BLUE Choice of soup or pudding	<ul style="list-style-type: none"> <li> Lentil Soup with Crusty Bread </li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li> Oattie Biscuit</li> </ul>	<ul style="list-style-type: none"> <li> Chicken Noodle Soup or Vegetarian Soup with Crusty Bread </li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li> Sticky Toffee Pudding with Custard</li> </ul>	<ul style="list-style-type: none"> <li> Lentil Soup with Crusty Bread </li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li> Rice Pudding with Fruit</li> </ul>	<ul style="list-style-type: none"> <li> Chicken Broth or Vegetarian Soup with Crusty Bread </li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li> Gingerbread Man</li> </ul>	<ul style="list-style-type: none"> <li> Cooks Choice of Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li> Fruit Muffin</li> </ul>
GREEN	<ul style="list-style-type: none"> <li> Lentil Soup with Crusty Bread </li> <li>Sandwich with Ham or Egg Mayo</li> <li> Oattie Biscuit</li> </ul>	<ul style="list-style-type: none"> <li> Chicken Noodle Soup or Vegetarian Soup with Crusty Bread </li> <li>Panini with Cheese or Cheese and Onion</li> <li> Sticky Toffee Pudding</li> </ul>	<ul style="list-style-type: none"> <li> Lentil Soup with Crusty Bread </li> <li>Wrap with Tuna or Cheese Salad</li> <li> Rice Pudding with Fruit</li> </ul>	<ul style="list-style-type: none"> <li> Chicken Broth or Vegetarian Soup with Crusty Bread </li> <li>Finger Roll with Link Sausage</li> <li> Gingerbread Man</li> </ul>	<ul style="list-style-type: none"> <li> Cooks Choice of Soup with Crusty Bread</li> <li>Lorne Style Sausage in a Roll</li> <li> Fruit Muffin</li> </ul>

## How to contact us:

If you have any queries do not hesitate to contact us at Stirling Council, Facilities Management Services, Teith House, Kerse Road FK7 7QA

Please note that all soups are homemade with vegetarian stock. Two exceptions are Chicken Noodle and Chicken Broth. On the day these are on the menu, your child can choose to have fruit juice or the vegetarian soup option.

 **Homemade using fresh ingredients**

 **Vegetarian**

**AUTUMN  
WINTER**


**Week 1**



# What's to eat this week?

**Available daily over the three week period:** Selection of fresh breads. Choice of 3 seasonal salad items from the salad bar. Selection of fruit juice, water or milk. Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. Packed lunches are always on offer consisting of green tray option in 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	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Cheese and Tomato Pizza with Potato Wedges and Coleslaw</li> <li>Pears and Custard</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Meatloaf and BBQ Sauce with Baby Boiled Potatoes and Mixed Vegetables</li> <li>Banana Sponge</li> </ul>	<ul style="list-style-type: none"> <li>Chicken and Sweetcorn Soup or Vegetarian Soup with Crusty Bread</li> <li>Grilled Sausages with Chips and Beans</li> <li>Fruit Flapjack</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Chicken Pie with Roast Potatoes and Seasonal Vegetables</li> <li>Fruit Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Fish Fingers with Chips and Peas</li> <li>Carrot Cake</li> </ul>
BLUE Choice of soup or pudding	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Pears and Custard</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Banana Sponge</li> </ul>	<ul style="list-style-type: none"> <li>Chicken and Sweetcorn Soup or Vegetarian Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Fruit Flapjack</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Fruit Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Carrot Cake</li> </ul>
GREEN	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Roll with Tuna or Cheese Salad</li> <li>Pears and Custard</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Toastie with Cheese or Cheese and Ham</li> <li>Banana Sponge</li> </ul>	<ul style="list-style-type: none"> <li>Chicken and Sweetcorn Soup or Vegetarian Soup with Crusty Bread</li> <li>Beefburger Roll</li> <li>Fruit Flapjack</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Panini with Cheese and Ham or Cheese</li> <li>Fruit Cookie</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Sandwich with Turkey or Egg</li> <li>Carrot Cake</li> </ul>

 **Homemade using fresh ingredients**

 **Vegetarian**

## 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 and have a special diet policy. This ensures a consistent and effective approach is taken to the provision of special diets. We require you as a parent/carer to inform the Headteacher of any special dietary requirements your child might have and complete the necessary annual declaration. They will in turn pass this information on to our service and Education.

**AUTUMN  
WINTER**

**Week 2**



# What's to eat this week?

**Available daily over the three week period:** Selection of fresh breads. Choice of 3 seasonal salad items from the salad bar. Selection of fruit juice, water or milk. Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. Packed lunches are always on offer consisting of green tray option in 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	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread ●</li> <li>Chicken Korma with Rice and Naan Bread</li> <li>Shortbread Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Broth or Vegetarian Soup with Crusty Bread</li> <li>Sausage Roll with Chips and Baked Beans</li> <li>Fruit Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Fish Chips and Peas</li> <li>Rice Pudding and Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Split Pea Soup with Crusty Bread ●</li> <li>Tomato Pasta Bake with Garlic Bread and Mixed Salad ●</li> <li>Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread ●</li> <li>Steak Pie with Mashed Potatoes and Mixed Vegetables</li> <li>Seasonal Fruit Sponge with Custard</li> </ul>
BLUE Choice of soup or pudding	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread ●</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Shortbread Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Broth or Vegetarian Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Fruit Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Rice Pudding and Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Split Pea Soup with Crusty Bread ●</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread ●</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Seasonal Fruit Sponge with Custard</li> </ul>
GREEN	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread ●</li> <li>Muffin Pizza ●</li> <li>Shortbread Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Broth or Vegetarian Soup with Crusty Bread</li> <li>Brown Roll with Cheese or Egg Salad</li> <li>Fruit Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Wrap with Ham Salad or Cheese Salad</li> <li>Rice Pudding and Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Split Pea Soup with Crusty Bread ●</li> <li>Lorne Style Sausage in a Roll</li> <li>Fruit Salad</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread ●</li> <li>Toastie with Cheese or Tuna</li> <li>Seasonal Fruit Sponge</li> </ul>



Homemade using fresh ingredients



Vegetarian

## Other useful websites

[www.soilassociation.org/cateringmark](http://www.soilassociation.org/cateringmark)
[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.allergyinschools.org.uk](http://www.allergyinschools.org.uk)  
[www.eatwell.gov.uk](http://www.eatwell.gov.uk)
[www.foodinschools.org.uk](http://www.foodinschools.org.uk)
[www.fresh-eating.co.uk](http://www.fresh-eating.co.uk)
[www.bda.uk.com](http://www.bda.uk.com)  
[www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition](http://www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition)  
[www.ltsotland.org.uk/healthpromotingschools](http://www.ltsotland.org.uk/healthpromotingschools)
[www.scottishschoolmeals.co.uk](http://www.scottishschoolmeals.co.uk)

## Other Contacts:

Department of Nutrition and Dietetics, Administration Offices, Falkirk Community Hospital  
 Westburn Avenue, Falkirk FK1 5SU Tel: 01324 673710

AUTUMN  
WINTER

Week **3**

# Introducing Seasonal Menus!

Ticket Price  
retained at  
**£2.00**  
for 2013/14



## Lunches in Stirling Council Primary Schools

April 2013 - March 2014

### Facilities Management Services Assets & Support, FM Services:

Margaret Gilmour  
Service Manager  
Teith House  
Kerse Road  
FK7 7QA  
gilmourm@stirling.gov.uk

### Education Services Contact:

Michael Boyle  
Education Business Manager  
Teith House  
Kerse Road  
FK7 7QA  
boylem@stirling.gov.uk



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



# Dear Parent/Carer



## Welcome to our 12th Menu Newsletter for Stirling Council's Primary Schools

April 2013 – March 2014

SPRING / SUMMER

15-Apr-13	1
22-Apr-13	2
29-Apr-13	3
06-May-13	1
13-May-13	2
20-May-13	3
27-May-13	1
03-Jun-13	2
10-Jun-13	3
17-Jun-13	1
24-Jun-13	2
19-Aug-13	3
26-Aug-13	1
02-Sep-13	2
09-Sep-13	3
16-Sep-13	1
23-Sep-13	2
30-Sep-13	3
07-Oct-13	1

AUTUMN / WINTER

21-Oct-13	1
28-Oct-13	2
04-Nov-13	3
11-Nov-13	1
18-Nov-13	2
25-Nov-13	3
02-Dec-13	1
09-Dec-13	2
16-Dec-13	3
06-Jan-14	1
13-Jan-14	2
20-Jan-14	3
27-Jan-14	1
03-Feb-14	2
17-Feb-14	3
24-Feb-14	1
03-Mar-14	2
10-Mar-14	3
17-Mar-14	1
24-Mar-14	2
31-Mar-14	3

In the last twelve months our service has really enjoyed the development opportunities we've had through adopting the principles of the Soil Association's Food for Life scheme. As a team it has been very rewarding to be able to fully use our skills and expertise to get back to basics and prepare dishes from scratch using high quality, local and fresh ingredients.



In building on this we recently undertook a survey of pupils and parents and the results have been very helpful in enabling us to shape this year's menu. Using the feedback we have designed the menu to offer the most popular choices, cooked from fresh. We've also introduced increased seasonality by offering a Spring/Summer and Autumn/Winter selection for 2013/14.

Recognising the importance of good health & wellbeing for our children, both now and in future years, we hope to encourage more children to come for school lunches. To do this we plan to keep the ticket price the same as it has been for the past year and at £2.00 we truly believe the two course offering with a drink gives excellent value for money and health to our children.

This year we will continue to work closely with all of our partners in health as well as listening to our young people. Our aim is to make food and the lunchtime dining experience a happy, healthy and enjoyable one for all involved.

We will mark special events throughout the year by working with schools and we will keep you informed.

As with all menus we hope that your child enjoys the offering and welcome any feedback you have.

Thank you for your support.

**Margaret Gilmour**  
Service Manager  
Facilities Management Services



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**Available daily over the three week period:** Selection of fresh breads. Choice of 3 seasonal salad items from the salad bar. Selection of fruit juice, water or milk. Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. Packed lunches are always on offer consisting of green tray option in 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	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Macaroni Cheese with Crusty Bread and Mixed Salad</li> <li>Chocolate Crispie Cake</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Soup with Crusty Bread</li> <li>Chicken Korma with Rice and Naan Bread</li> <li>Cupcake Day</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Beef Burger in a Seeded Bun, with Chips and Salad</li> <li>Fruit Mousse and Mini Shortbread Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Cheese and Tomato Pizza with Potato Wedges and Coleslaw</li> <li>Fruit Jelly and Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Fish and Chips, with Peas and Sweetcorn</li> <li>Seasonal Fruit Bag</li> </ul>
BLUE Choice of soup or pudding	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Chocolate Crispie Cake</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Cupcake Day</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Fruit Mousse and Mini Shortbread Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Fruit Jelly and Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Seasonal Fruit Bag</li> </ul>
GREEN	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Roll with Chicken or Tuna</li> <li>Chocolate Crispie Cake</li> </ul>	<ul style="list-style-type: none"> <li>Vegetable Soup with Crusty Bread</li> <li>Toastie with Cheese or Cheese and Ham</li> <li>Cupcake Day</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Wrap with Tuna Mayo or Cheese Salad</li> <li>Fruit Mousse and Mini Shortbread Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Sandwich with Egg or Ham</li> <li>Fruit Jelly and Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Panini with Cheese or Chicken Curry</li> <li>Seasonal Fruit Bag</li> </ul>

## How to contact us:

If you have any queries do not hesitate to contact us at Stirling Council, Facilities Management Services, Teith House, Kerse Road FK7 7QA

Please note that all soups are homemade with vegetarian stock. Two exceptions are Chicken Noodle and Chicken Broth. On the day these are on the menu, your child can choose to have fruit juice or the vegetarian soup option.



Homemade using fresh ingredients



Vegetarian

SPRING  
SUMMER


Week 1



# What's to eat this week?

**Available daily over the three week period:** Selection of fresh breads. Choice of 3 seasonal salad items from the salad bar. Selection of fruit juice, water or milk. Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. Packed lunches are always on offer consisting of green tray option in 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	<ul style="list-style-type: none"> <li>Chicken Broth or Vegetarian Soup with Crusty Bread</li> <li>Pasta with Tomato Sauce, Crusty Bread and Mixed Salad</li> <li>Fruit and Yoghurt with Granola</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Chicken Bites with Potato Wedges and Side Salad</li> <li>Oatie Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Sausage Roll with Chips and Baked Beans</li> <li>Grape Bags</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Chicken or Vegetable Fajitas with Boiled Rice, Peas and Sweetcorn</li> <li>Fruit Pie and Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Fish Fingers, Mashed Potatoes and Seasonal Vegetables</li> <li>Banana Sponge</li> </ul>
BLUE Choice of soup or pudding	<ul style="list-style-type: none"> <li>Chicken Broth or Vegetarian Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Fruit and Yoghurt with Granola</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Oatie Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Grape Bags</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Fruit Pie and Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Banana Sponge</li> </ul>
GREEN	<ul style="list-style-type: none"> <li>Chicken Broth or Vegetarian Soup with Crusty Bread</li> <li>Finger Roll with Link Sausage</li> <li>Fruit and Yoghurt with Granola</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Brown Roll with Ham or Cheese Salad</li> <li>Oatie Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Baguette with Tuna and Cucumber or Cheese Salad</li> <li>Grape Bags</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Muffin Pizza</li> <li>Fruit Pie and Ice Cream</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Sandwich with Cheese or Turkey Salad</li> <li>Banana Sponge</li> </ul>

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 **Vegetarian**

## 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 and have a special diet policy. This ensures a consistent and effective approach is taken to the provision of special diets. We require you as a parent/carer to inform the Headteacher of any special dietary requirements your child might have and complete the necessary annual declaration. They will in turn pass this information on to our service and Education.

**SPRING  
SUMMER**


**Week 2**



# What's to eat this week?

**Available daily over the three week period:** Selection of fresh breads. Choice of 3 seasonal salad items from the salad bar. Selection of fruit juice, water or milk. Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. Packed lunches are always on offer consisting of green tray option in 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	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Macaroni Cheese with Crusty Bread and Peas</li> <li>Drizzle Cake</li> </ul>	<ul style="list-style-type: none"> <li>Split Pea Soup with Crusty Bread</li> <li>Chicken Breast in a Seeded Bun with Salad, Chips and Coleslaw</li> <li>Seasonal Fruit Bags</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Cheese and Tomato Pizza with Potato Wedges and Mixed Salad</li> <li>Golden Crispie Cake</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Chicken Korma with Rice and Naan Bread</li> <li>Cupcake Day</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Breaded Salmon with Mixed Vegetables and Baby Boiled Potatoes</li> <li>Fruit Jelly and Ice Cream</li> </ul>
BLUE Choice of soup or pudding	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Drizzle Cake</li> </ul>	<ul style="list-style-type: none"> <li>Split Pea Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Seasonal Fruit Bags</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Golden Crispie Cake</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Cupcake Day</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Jacket Potato with a Variety of Fillings and Side Salad</li> <li>Fruit Jelly and Ice Cream</li> </ul>
GREEN	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Wrap with Ham Salad or Tuna Salad</li> <li>Drizzle Cake</li> </ul>	<ul style="list-style-type: none"> <li>Split Pea Soup with Crusty Bread</li> <li>Sandwich with Cheese or Egg</li> <li>Seasonal Fruit Bags</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Noodle Soup or Vegetarian Soup with Crusty Bread</li> <li>Finger Roll with Turkey or Cheese</li> <li>Golden Crispie Cake</li> </ul>	<ul style="list-style-type: none"> <li>Lentil Soup with Crusty Bread</li> <li>Panini with Cheese or Cheese and Pepperoni</li> <li>Cupcake Day</li> </ul>	<ul style="list-style-type: none"> <li>Cooks Choice of Soup with Crusty Bread</li> <li>Lorne Style Sausage in a Roll</li> <li>Fruit Jelly and Ice Cream</li> </ul>

 **Homemade using fresh ingredients**

 **Vegetarian**

### Other useful websites

[www.soilassociation.org/cateringmark](http://www.soilassociation.org/cateringmark)
[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.allergyinschools.org.uk](http://www.allergyinschools.org.uk)  
[www.eatwell.gov.uk](http://www.eatwell.gov.uk)
[www.foodinschools.org.uk](http://www.foodinschools.org.uk)
[www.fresh-eating.co.uk](http://www.fresh-eating.co.uk)
[www.bda.uk.com](http://www.bda.uk.com)  
[www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition](http://www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition)  
[www.ltsotland.org.uk/healthpromotingschools](http://www.ltsotland.org.uk/healthpromotingschools)
[www.scottishschoolmeals.co.uk](http://www.scottishschoolmeals.co.uk)

### Other Contacts:

Department of Nutrition and Dietetics, Administration Offices, Falkirk Community Hospital  
Westburn Avenue, Falkirk FK1 5SU Tel: 01324 673710

**SPRING  
SUMMER**

**Week 3**