

Seasonal Menus!



£2.10
and **free** for all
P1-3 pupils



Lunches in Stirling Council Primary Schools

April - October 2016

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New Food Allergen Rules

On the 13th December 2014 new legislation called the EU Food Information for Consumers Regulations for allergens and food labelling came into force. This means there's now a legal requirement for food allergen information to be available at the point of sale for all consumers of food.

The EU legislation has listed 14 allergens that need to be identified if they are used as ingredients in a dish. As a food business serving non packaged foods we will supply information for every item on our menu that contains any of the 14 allergens.

The 14 allergens are Celery, Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya and Sulphur Dioxide.

Our approach to the awareness of allergens in our school meals.

We have displayed an awareness poster in prominent positions in all dining rooms stating *"If you have special dietary requirements or allergies and need to know more about ingredients the catering service use please speak to a member of the catering team or contact us on 01786 233252 or email cateringandcleaning@stirling.gov.uk"*

Separately an A4 poster listing the 14 allergens will be displayed in the dining room next to the awareness poster.

Catering staff have been issued with a quick reference guide to allowing them to ascertain if a menu item has a particular allergen.

School kitchens will have a binder of all recipes to identify if they contain an allergen.

Further information about allergens can be found on the Food Standards Agency website at www.food.gov.uk

As with all previous menus 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 Head Teacher 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 catering service who will invite you in to the school to discuss all options available to you.

Please do not hesitate in contacting us on 01786 233252 or cateringandcleaning@stirling.gov.uk if you have any queries regarding any of the information detailed.

Our Silver Food for Life Catering Mark School Meals

What is the Food for Life Catering Mark ?

The Food for Life Catering Mark is an endorsement from the Soil Association Scotland that as caterers we have taken steps to ensure that the food that we serve uses fresh ingredients which are free from undesirable additives and trans fats, are better for animal welfare and comply with national nutrition standards.

There are three levels to the Catering mark. Bronze, Silver and Gold.

We are at Silver level which means that

- ▶ Our meals do not contain any undesirable food additives, hydrogenated fats or GM ingredients.
- ▶ Over 75% of our dishes are freshly prepared every day by our cooks.
- ▶ All of the meat we use is traceable and from farms which satisfy UK welfare standards.
- ▶ All of the eggs we use are free range from cage free hens.
- ▶ We offer a seasonal menu.
- ▶ We provide ongoing training for our dedicated team of catering staff.
- ▶ We ensure our meals comply with the national nutritional standards set out by the Scottish Government.
- ▶ We provide information for children about where their food comes from.

- ▶ Poultry, eggs and pork are produced in line with the standards set for the Freedom Food Scheme, a welfare minimum or 10% of ingredients are organic. All of the milk we use in our recipes and the children drink is certified local organic milk.
- ▶ A range of locally sourced items are on the menu.
- ▶ No fish is served from the Marine Conservation Society “fish to avoid list”.

Our Spring/Summer menu runs from April to the October holiday. We use a chef's hat logo 🍑 to let you know the recipes that are freshly prepared by our catering teams and the green apple logo 🍏 for the vegetarian choices on offer. All of the meat fillings we use are cooked as joints and sliced by our catering teams to ensure the highest quality and no additives. Fresh bread is available on a daily basis along with a varied choice of seasonal items from our salad bar.

One third of our pupil's calories are provided as part of a school meal and there is a growing awareness of the link between good food, health, academic attainment and the environment. As people become more concerned about where their food comes from, the Catering Mark help's ensure what's on our menu is fully traceable, sustainable and healthy.

We are proud to hold this level of the award for our Primary School Meals in Stirling.

Sweet Potato and Carrot Soup

Weight	Ingredient
720ml	Water
200g	Sweet Potatoes
160g	Carrots
25g	Celery
20g	Leeks
15g	Vegetable Bouillon
5g	Parsley

Method

Place the leeks, diced sweet potatoes and celery in a thick bottomed pan over a low head and allow to sweat for 5 minutes.

Add the water and bouillon, bring to the boil and simmer gently for 45 mins. until potatoes are cooked.

Blend to smooth consistency.

Add chopped parsley prior to serving.

Serves 4

Homemade Macaroni Cheese

Weight	Ingredient
135g	Macaroni
45g	Plain Flour
45g	Margarine
480ml	Fresh Semi Skimmed Milk
5g	Vegetable Bouillon
135g	Cheddar Cheese

Method

Boil, rinse and drain the macaroni and place in a greased tray.

Make the roux with margarine and flour, and add the milk, bouillon and 100g of the grated cheese.

Pour the cheese sauce over the macaroni and top with the remaining 35g of grated cheese.

Bake in a pre-heated oven at Gas Mark 4/180°C/350°F until golden brown and a core temperature of 75°C has been reached.

Serves 4

Shortbread

Weight	Ingredient
180g	Plain flour
50g	Caster sugar
90g	Margarine

Method

Cream the margarine and sugar and then add the flour.

Knead into a smooth paste then press into a greased tray or cut out shapes.

Mark with a fork.

Bake in a preheated oven at Gas Mark 5/190°C/375°F for approximately 30 minutes or until pale brown.

Cut while warm.

Serves 4

Week
Commencing
Date

Menu
Cycle
Week

18.4.16	1
25.4.16	2
2.5.16	3
9.5.16	1
16.5.16	2
23.5.16	3
30.5.16	1
6.6.16	2
13.6.16	3
20.6.16	1
27.6.16	2
22.8.16	3
29.8.16	1
5.9.16	2
12.9.16	3
19.9.16	1
26.9.16	2
3.9.16	3

Dear Parent/Carer



Welcome to our Menu for Stirling Council's Primary Schools

18 April – 7 October 2016

We are delighted to be presenting our 2016 Spring/Summer Menu which will run from the 18th April to the 7th October.

We are also pleased to confirm that the ticket price will remain at £2.10 for a two course meal and a drink which is great value for money for busy parents and carers who want to relax in the knowledge that their child is enjoying a balanced and nutritious meal at lunchtime. Remember that if your child is in Primary 1 – 3 they are entitled to free school lunches every day of the school year.

In holding the prestigious SOIL Association's, Silver Food for Life Award we are proud to be serving food that incorporates fresh ingredients, free from undesirable additives and trans fats. You can read more about the guarantees we give you as parents and carers in relation to quality, provenance and nutrition further on in this menu or by visiting: www.soilassociation.org/cateringmark

In designing our menus we include all of our stakeholders, especially our young people and for this menu we've taken on board the comments from all previous menus. In a bid to continuously improve we actively seek out opportunities to listen to the views and opinions of our service users and to that end we would welcome your input as we begin work on our seasonal menu for the Autumn/Winter.

Please feel free to contact our service at anytime.

Meantime, thank you for supporting school meals.

Margaret Gilmour
FM Service Manager





What's to eat this week?

Available daily over the three week period: Selection of fresh breads. Choice of 3 seasonal salad items and salad dressings from the salad bar. Selection of fruit juice, water or milk. 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.** Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. We have one meat free day each week this is highlighted in green.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup with Crusty Bread	Tomato Soup with Crusty Bread	Chicken and Rice or Tomato Soup with Crusty Bread	Split Pea Soup with Crusty Bread	Vegetable Noodle Soup with Crusty Bread
RED Tray Choice of soup or pudding	Link Sausage with Chips and Baked Beans	Macaroni Cheese with Potato Wedges and Seasonal Salad or Vegetables	Spaghetti Bolognese and Garlic Bread	Chicken Korma with Rice and Naan Bread	Fish, Chips and Garden Peas
BLUE Tray Choice of soup or pudding	Spicy Tomato Pasta Pot with Crusty Bread	Jacket Potato with a Variety of Fillings and Salad	Savoury Rice Pot with Curry Sauce and Naan Bread	Jacket Potato with a Variety of Fillings and Salad	Spicy Fajita Wrap with Golden Rice
GREEN Tray Soup and pudding	Chicken Mayonnaise Sandwich	Vegetarian Burger Roll	Cheese Toastie	Tuna Salad Wrap	Ham Sandwich
Pudding	Ice Cream Sponge Roll or Fruit or Yoghurt	Chocolate Brownie or Fruit or Yoghurt	Cupcakes or Fruit or Yoghurt	Fruity Crumble Slice or Fruit or Yoghurt	Fruit or Yoghurt

Homemade using fresh ingredients

Vegetarian

How to contact us:

If you have any queries do not hesitate to contact us at Stirling Council, Facilities Management Services, Allan Water House, Kerse Road FK7 7SG.
Email: cateringandcleaning@stirling.gov.uk or telephone: 01786 233252.

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

**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 and salad dressings from the salad bar. Selection of fruit juice, water or milk. 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. Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. We have one meat free day each week this is highlighted in green.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Vegetable Soup with Crusty Bread	Sweet Potato and Carrot Soup with Crusty Bread	Chicken Noodle or Sweet Potato and Carrot Soup with Crusty Bread	Split Pea Soup with Crusty Bread	Lentil Soup with Crusty Bread
RED Tray Choice of soup or pudding	Pasta and Tomato Sauce with Crusty Bread and Seasonal Salad	Macaroni Cheese with Garlic Bread and Seasonal Salad or Vegetables	Cheese and Tomato Pizza with Potato Wedges and Seasonal Salad	Chicken Burger Roll with French Fries and Coleslaw	Fish Finger with Diced Potatoes and Seasonal Vegetables
BLUE Tray Choice of soup or pudding	Jacket Potato with a Variety of Fillings and Side Salad	Beef Chilli Pot and Rice	Cold Rainbow Ham Pasta Salad Pot	Spicy Tomato Tuna Pasta Pot and Seasonal Salad	Jacket Potato with a Variety of Fillings and Side Salad
GREEN Tray Soup and pudding	Cheese Savoury Roll	Baguette with Chicken Mayonnaise Salad	Finger Roll with Link Sausage	Free Range Egg Mayonnaise Sandwich	Cheese Panini
Pudding	Oattie Biscuit or Fruit or Yoghurt	Jelly and Ice Cream or Fruit or Yoghurt	Chocolate Cupcakes or Fruit or Yoghurt	Fruit or Yoghurt	Tiffin Bar or Fruit or Yoghurt

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.

**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 and salad dressings from the salad bar. Selection of fruit juice, water or milk. 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.** Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. We have one meat free day each week this is highlighted in green.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Cream of Chicken or Tomato and Lentil Soup with Crusty Bread	Tomato and Lentil Soup with Crusty Bread	Leek and Potato Soup with Crusty Bread	Split Pea Soup with Crusty Bread	Vegetable Soup with Crusty Bread
RED Tray Choice of soup or pudding	Macaroni Cheese with Garlic Bread and Seasonal Salad or Vegetables	Sausage Roll with Chips and Seasonal Vegetables	Chicken Korma with Rice and Naan Bread	Baguette Pizza with French Fries and Salad	Salmon Fish Fingers with Potato Wedges and Garden Peas
BLUE Tray Choice of soup or pudding	Jacket Potato with a Variety of Fillings and Salad	Tomato Spaghetti Pot and Crusty Bread	Vegetable Lasagne with Garlic Bread and Salad	Jacket Potato with a Variety of Fillings and Salad	Beef Stir Fry Noodle Pot
GREEN Tray Soup and pudding	Beef Burger Roll	Tuna Salad Wrap	Ham Salad Roll	Free Range Egg Mayonnaise Sandwich	Cheese Toastie
Pudding	Fruity Chocolate Traybake or Fruit or Yoghurt	Shortbread or Fruit or Yoghurt	Fruit or Yoghurt	Vanilla Cupcakes or Fruit or Yoghurt	Orange Jubbly or Frozen Fruit Yoghurt or Fruit or Yoghurt



Homemade using fresh ingredients



Vegetarian

Other useful websites

www.soilassociation.org/cateringmark www.takelifeon.co.uk www.fresh-eating.co.uk
www.food.gov.uk (Better Eating Better Learning and Becoming a Good Food Nation)
www.nutrition.org.uk www.foodforlifescotland.org www.bda.uk.com
www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition
www.scottishschoolmeals.co.uk www.scotland.gov.uk/procurement

Other Contacts:

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

SPRING
SUMMER

Week **3**