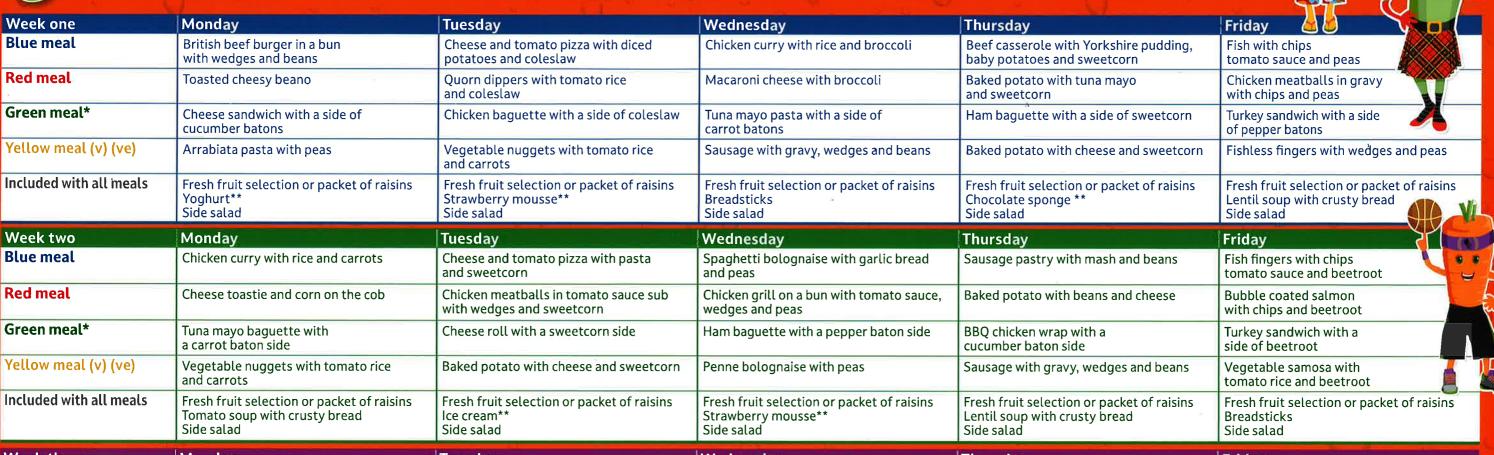
## menu guide 2022-2023 &



	Side Salad	Side Satad	Side Satad	Side satad	Side salad		
Week three	Monday	Tuesday	Wednesday	Thursday	Friday		
Blue meal	Chicken curry with rice and cut green beans	Cheese and tomato pizza with wedges and sweetcorn	Steak pie with mash and carrots	Pork sausage in a finger roll with wedges and beans	Fish fingers with chips tomato sauce and peas		
Red meal	Macaroni cheese with cut green beans	Roast chicken in gravy with Yorkshire pudding, mashed potatoes and sweetcorn	Quorn dippers with wedges and carrots	Toasted cheesy beano	Chicken noodle stir fry and peas		
Green meal*	Cheese baguette with a carrot baton side	Tuna mayo pasta pot with a side of sweetcorn	Ham Baguette with a cucumber baton side	BBQ chicken wrap with mixed pepper batons	Turkey sandwich with a carrot and raisin salad side		
Yellow meal (v) (ve)	Penne bolognaise with cut green beans	Sausage with gravy, wedges and sweetcorn	Vegetable nuggets with wedges and carrots	Baked potato with beans and cheese	Fishless fingers with wedges and peas		
Included with all meals	Fresh fruit selection or packet of raisins Yoghurt** Side salad	Fresh fruit selection or packet of raisins Lentil soup with crusty bread Side salad	Fresh fruit selection or packet of raisins Chocolate sponge** Side salad	Fresh fruit selection or packet of raisins Jelly Side salad	Fresh fruit selection or packet of raisins Vegetable soup with crusty bread Side salad		

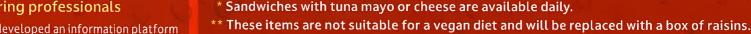
## Fresh food you can trust made daily in our schools by fully trained catering professionals

## Food Pledge

- 1 Our dishes are freshly prepared daily in 7 We do not serve any endangered fish schools by our accredited catering staff.
- 2 We will continuously endeavour to increase the amount of farm assured and red tractor food we use.
- 3 Our meals are free from undesirable additives and Trans fats with no genetically modified ingredients.
- All our milk comes from Scottish farms.
- 5 All menus are planned using seasonal produce.

- 6 All of our meat can be traced back to a 10 We developed an information platform Scottish or UK farm.
- due to the fish we procure being MSC accredited.
- We put in place measures to continuously reduce food waste and packaging to meet the council's sustainability targets.
- **9** We train our catering employees to provide food and health guidance and become actively involved in food education activities.
- on the council's website providing menus, recipes, nutritional content and allergen

information



The yellow option meals are suitable for vegetarian (v) and vegan (ve) diets. In these recipes we use vegan cheese, vegan Quorn sausages, meatless mince and vegan Quorn fishless fingers. As an alternative to the fresh fruit selection, we offer a box of raisins.

Week 1	29/08	19/09	10/10	31/10	21/11	12/12		23/01	13/02	06/03	27/03	17/04	08/05	29/05	19/06		21/8
Week 2	05/09	26/09		07/11	28/11	19/12	09/01	30/01	20/02	13/03		24/04	15/05	05/06	26/06		
Week 3	12/09	03/10	24/10	14/11	05/12		16/01	06/02	27/02	20/03		01/05	22/05	12/06		14/08	

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

