

the goFresh club



**Nursery School
Lunch menu
2020-21**

Dear Parent/Carer

From the **26 October 2020** we will be extending the Summer menu in your child's nursery school until the end of March 2021.

All menu items are made fresh daily by our trained professional catering teams.

Your comments are very important to us and if you or your child have any suggestions regarding nursery brunch and afternoon tea snacks, we would be grateful to hear from you.

Please contact us by emailing:

gofreshclub@southlanarkshire.gov.uk

If your child has a special dietary need, food allergy or intolerance, please contact the nursery staff at your child's school.

Below is a guide to when each week's menu is being served:

Week 1	2/11	23/11	14/12	4/01
	25/01	15/02	8/03	29/03
Week 2	9/11	30/11	21/12	11/01
	1/02	22/02	15/03	
Week 3	26/10	16/11	7/12	28/12*
	18/01	8/02	1/03	22/03

* Applies to 52 week nurseries only

Further information is available on South Lanarkshire Council's website www.southlanarkshire.gov.uk/school_lunches

Yours sincerely,

Gerry Donachie

Operations Manager, Facilities Services

Three week menu 2020-21

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 sausage 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 vegetables	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.**

Standby menu

With the remaining uncertainty of COVID-19 and the current 'Test and Protect' guidance, Facilities Services may have to introduce an emergency menu selection for pupils at short notice.

This menu will only come into effect if/when our team of catering professionals are not in a position to provide our extensive advertised menu, overleaf.

The service, along with the nursery will endeavour to keep any changes to a minimum and notify parent/carers as soon as possible.

Pupils who have special diet requests already registered for the following diets can be accommodated during this menu:

Gluten free	Dairy free	Soya free	Sesame free
Nut free	Egg free	Halal	

Standby menu (lunch)

	Monday	Tuesday	Wednesday	Thursday	Friday
Red meal Packed lunch 1	Cheese sandwiches with cucumber batons and dip side (v)	Chicken soft roll with potato salad side	Ham sandwiches with cucumber batons and dip side	Ham soft roll with coleslaw side	Cheese soft roll with fruit salad side (v)
Green meal Packed lunch 2	Tuna sandwiches with cucumber batons and dip side	Cheese soft roll with potato salad side (v)	Tuna sandwiches with cucumber batons and dip side	Cheese soft roll with coleslaw side (v)	Tuna soft roll with fruit salad side
Yellow meal Packed lunch 3	Chicken mayo (Quorn) flatbread with cucumber batons and dip side (v)	Tomato pasta pot with potato salad side (v)	Cheese sandwiches with cucumber batons and dip side (v)	Coronation chicken (Quorn) wrap with coleslaw side (v)	Cheesy mayo pasta pot with fruit salad side (v)
All meals include	Fresh fruit Frubes Yoghurt	Fresh Fruit Banana sponge	Fresh Fruit Frubes Yoghurt	Fresh Fruit Flapjack	Fresh Fruit Frubes Yoghurt

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