

WITH GRAB & GO | DINE IN DAY

# SCHOOL MEALS MEET EAT AND PLAY

We've achieved Food for Life Bronze Award



We have some job opportunities in Catering, Cleaning and School Crossing Patrol.  
Call 0300 300 0380 to apply or go to [myjobscotland.gov.uk/councils/renfrewshire-council](http://myjobscotland.gov.uk/councils/renfrewshire-council)

At least two types of seasonal vegetables, mixed salad and bread are provided each day, and an oily fish at least once every three weeks as part of the school lunch. If you child has a food allergy or requires a special diet, please let us know, email: [site-serv.es@renfrewshire.gov.uk](mailto:site-serv.es@renfrewshire.gov.uk) tel: 0300 300 0380

Our school meals are healthy, balanced and nutritious. Kids can choose from 'Grab and Go' three days a week and 'Dine in' to a traditional two course meal twice a week. We take great care in what we have in our menus. Not just to meet legal requirements, but because we want our school meals to be healthy, nutritious and enjoyable.

**Don't forget**  
All Primary 1 to Primary 3 pupils are entitled to receive a free school meal.

## Renfrewshire School Meals achieve high marks

Renfrewshire Council schools' catering service has recently successfully achieved the Food for Life Catering Mark Bronze Award.

This award is an endorsement from the Soil Association Scotland that, as caterers, we serve more freshly prepared meals using local, seasonal ingredients which are free from undesirable additives and trans fats, are better for animal welfare and comply with national nutrition standards. The Catering Mark demonstrates the Council's commitment to helping Scotland become a Good Food Nation, where the food is both tasty to eat and nutritious, fresh and environmentally sustainable.

A healthy and nutritious diet is essential to your child's growth and development and can decrease the risk of obesity and other health problems.

The Schools (Health Promotion and Nutrition) Act (Scotland) requires all local authorities to ensure that food and drink provided in schools complies with national nutritional requirements.

All schools offer a choice, including hot meals, hot/cold lunch bags, salads and desserts. We try to cater for a wide range of tastes and we offer a vegetarian option on request. We hope that your child will join us at lunchtime and we look forward to welcoming them.

## Primary school menu—weekly planner

The planner below shows the week that each of the menus overleaf will be served.

Week 1		06/02/2017	06/03/2017	17/04/2017
Week 2		13/02/2017	13/03/2017	24/04/2017
Week 3		20/02/2017	20/03/2017	
Week 4	30/01/2017	27/02/2017	27/03/2017	



£1.90



£2.10

## Our quality pledge

- Our meals are freshly prepared with seasonal ingredients
- Our eggs are free range
- Our meat is farm level assured by Quality Meat Scotland
- We don't serve any endangered fish
- Our menu is free from undesirable additives and GM ingredients

More information about school meals, including information about allergens, is available at:

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

email: [site-serv.es@renfrewshire.gov.uk](mailto:site-serv.es@renfrewshire.gov.uk)

Tel: 0300 300 0380

# Primary school menus—weekly planner

## Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
	DINE IN DAY	GRAB & GO DAY	GRAB & GO DAY	DINE IN DAY	GRAB & GO DAY
Option 1	Quorn tikka with rice	Tomato and basil pasta pot	Beefburger with cheese in a bun and potato slices	Home made cheese and tomato pizza with potato wedges	Spanish chicken and rice
Option 2	Cod and salmon fishcake with diced potatoes	Sandwich selection	Sandwich selection	Chicken goujons with potato wedges	Sandwich selection
Option 3	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings
Selection of seasonal fruit	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection
Vegetables	Sweetcorn Roasted vegetables	Broccoli florets Country veg	Roasted red onions Baby corn	Peas Baby carrots	Green beans Diced mixed vegetables
	Mixed salad	Deli pots	Deli pots	Mixed salad	Deli pots
Starter or Dessert	Carrot and coriander soup Iced gingerbread	Scotch broth Fruit mousse	Lentil soup Fruit jelly	Potato soup Apple and bramble crumble	Tomato and basil soup Flapjacks

## Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
	DINE IN DAY	GRAB & GO DAY	GRAB & GO DAY	DINE IN DAY	GRAB & GO DAY
Option 1	Home made cheese and tomato pizza with diced potatoes	Tuna pasta with garlic bread	Hot dog in a finger roll with potato wedges	Fish and chips	Chicken poppers with potato slices
Option 2	Omelette with diced potatoes	Sandwich selection	Sandwich selection	Sweet and sour chicken with rice	Sandwich selection
Option 3	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings
Selection of seasonal fruit	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection
Vegetables	Peas Curly kale Mixed salad	Baby carrots Diced mixed vegetables Deli pots	Roasted red onions Baby corn Deli pots	Sweetcorn Peas Mixed salad	Broccoli florets Roasted vegetables Deli pots
Starter or Dessert	Tomato and basil soup Rice pudding	Carrot and coriander soup Ice cream dessert	Potato soup Chocolate muffins	Lentil soup Eve's pudding	Scotch broth Plain sponge

<b>Drinks</b>	All meals are served with a choice of drinks including milk and water.
<b>Bread and salad</b>	All meals are served with a choice of bread and salad.
<b>Fruit and vegetables</b>	Seasonal fruit and vegetables used throughout the menu

## Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
	DINE IN DAY	GRAB & GO DAY	GRAB & GO DAY	DINE IN DAY	GRAB & GO DAY
Option 1	Roast turkey dinner	Meatballs with pasta in tomato sauce	Chicken curry with brown rice	Home made cheese and tomato pizza with diced potatoes	Macaroni cheese with garlic bread
Option 2	Veg sausage bake	Sandwich selection	Sandwich selection	Salmon fish fingers with diced potatoes	Sandwich selection
Option 3	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings
Selection of seasonal fruit	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection
Vegetables	Red cabbage Curly kale Mixed salad	Carrots Broccoli florets Deli pots	Peas Country veg Deli pots	Diced mixed vegetables Cauliflower florets Mixed salad	Sweetcorn Roasted vegetables Deli pots
Starter or Dessert	Leek and potato soup Oaty fruit crumble	Lentil soup Peach yoghurt	Carrot and coriander soup Carrot cake	Scotch broth Orange cookies	Tomato and basil soup Pineapple fruit ice smoothie

## Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
	DINE IN DAY	GRAB & GO DAY	GRAB & GO DAY	DINE IN DAY	GRAB & GO DAY
Option 1	Home made cheese and tomato pizza with diced potatoes	Sausages and mash	Chicken fajitas	Steak and sausage pie with potato slices	Fish fillet fingers in a bun with potato wedges
Option 2	Quorn bolognese pasta	Sandwich selection	Sandwich selection	Creamy cheesy pasta	Sandwich selection
Option 3	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings	Baked potato with hot or cold fillings
Selection of seasonal fruit	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection	Fresh seasonal fruit selection
Vegetables	Roasted vegetables Peas Mixed salad	Sweetcorn Carrot and swede Deli pots	Broccoli florets Diced mixed vegetables Deli pots	Baby carrots Curly kale Mixed salad	Peas Corn on the cob Deli pots
Starter or Dessert	Potato soup Rhubarb crumble	Lentil soup Strawberry yoghurt	Scotch broth Chocolate orange sponge	Carrot and coriander soup Stewed apple and custard	Tomato and basil soup Fairy cakes

<b>Deli Pots</b>	Deli Pots consist of pasta or rice.
<b>Vegetarian</b>	Vegetarian meal available upon request.
<b>Produce</b>	All of our potato-based products are baked, not deep fried.
<b>Fillings</b>	A choice of meat, cheese and tuna available daily.