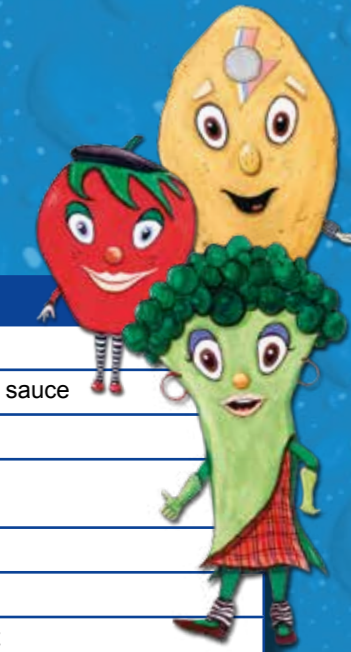


Classroom menu guide



Week one	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Chicken noodle soup #	Lentil soup (v)	Spicy Wedges and Mayo Dip (v)	Vegetable soup (v)	Honeydew Melon (v)
Blue tray	Penne bolognaise	Salmon bake with potato smiles	Sausage with mashed potato	Chicken curry and boiled rice	Fish and chips with tomato sauce
Red tray	Baked potato with tuna or cheese (v)	Cheese and tomato pizza (v)	Macaroni Cheese (v)	Cheese toastie (v)	Special fried rice #
Vegetable and side salad served with all meals	Mixed vegetables and side salad	Sweetcorn and side salad	Baked beans and side salad	Carrots and side salad	Peas and side salad
Green snack	Tuna mayo roll	Cheese sandwich (v)	Cheese baguette (v)	Chicken sandwich #	Cheese sandwich (v)
Yellow snack	Cheese roll (v)	Chicken mayo wrap	Ham baguette	Tuna mayo pasta pot	Tuna mayo sandwich
Dessert	Frozen yoghurt or seasonal fresh fruit	Fairy cake or seasonal fresh fruit	Apple flapjack or seasonal fresh fruit	Crunchy cookie or seasonal fresh fruit	Jelly or seasonal fresh fruit

Week two	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Vegetable soup (v)	Spicy Wedges and Mayo Dip (v)	Lentil Soup (v)	Chicken noodle soup #	Honeydew Melon (v)
Blue tray	Chicken curry with boiled rice	Mince hotpot	Sausage in finger roll with tomato sauce	Steak pie with mashed potatoes	Fish fingers with chips and tomato sauce
Red tray	Cheese toastie (v)	Cheese and tomato pizza (v)	Baked potato with tuna or cheese (v)	Macaroni cheese (v)	Special fried rice #
Vegetable and side salad served with all meals	Sweetcorn and side salad	Peas and side salad	Broccoli and side salad	Carrots and side salad	Peas and side salad
Green snack	Tuna mayo roll	Cheese sandwich (v)	Cheese baguette (v)	Chicken sandwich #	Cheese sandwich (v)
Yellow snack	Cheese roll (v)	Tuna mayo sandwich	Ham baguette	Ham roll	Tuna mayo sandwich
Dessert	Crunchy cookie or seasonal fresh fruit	Jelly or seasonal fresh fruit	Carrot cake or seasonal fresh fruit	Ice cream or seasonal fresh fruit	Fairy cake or seasonal fresh fruit

Week three	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Chicken noodle soup #	Lentil soup (v)	Spicy Wedges and Mayo Dip (v)	Vegetable soup (v)	Honeydew Melon (v)
Blue tray	Turkey meatballs in gravy with potato smiles	Spaghetti bolognaise	Sweet chilli sausage baguette	Chicken curry with boiled rice	Fish and chips with tomato sauce
Red tray	Macaroni cheese (v)	Cheese and tomato pizza (v)	Mince pie with boiled potatoes #	Beef tortilla #	Baked potato with tuna or cheese (v)
Vegetable and side salad served with all meals	Broccoli and side salad	Sweetcorn and side salad	Baked beans and side salad	Peas and side salad	Beetroot and side salad
Green snack	Tuna mayo roll	Cheese sandwich (v)	Cheese baguette (v)	Chicken sandwich #	Cheese sandwich (v)
Yellow snack	Cheese roll (v)	Tuna mayo sandwich	Ham baguette	Ham roll	Tuna mayo sandwich
Dessert	Ice cream or seasonal fresh fruit	Fairy cake or seasonal fresh fruit	Rice pudding or seasonal fresh fruit	Crunchy cookie or seasonal fresh fruit	Jelly or seasonal fresh fruit



A selection of bread including home baked, unlimited seasonal vegetables and fresh chilled water is available. # - A vegetarian choice is available by pre-order.

Go Fresh Gang's six promises for healthy active children:

Food Pledge

- Alan Apple's promise:** All meals are freshly prepared each day with seasonal produce.
- Colin Carrot's promise:** Our menus are free from undesirable additives and trans fats.
- Sally Strawberry's promise:** Portioned seasonal fruit is available daily.
- Becky Broccoli's promise:** Our three week menu has been nutritionally analysed and is compliant with the Schools (Health Promotion and Nutrition) (Scotland) Act 2007 and meets the Soil Association's Food for Life Bronze catering mark accreditation.
- Pete Potato's promise:** Unlimited vegetables, salad, bread and fresh chilled water are available with all meals.
- Gaz Grape's promise:** Pre-order and guarantee the meal of your choice.



Below is an easy guide to which weekly menu is being served:

Week 1	26/10	16/11	7/12	4/01	25/01	15/02	7/03	28/03	18/04
Week 2	2/11	23/11	14/12	11/01	1/02	22/02	14/03	4/04	
Week 3	9/11	30/11	21/12	18/01	8/02	29/02	21/03	11/04	



If you need this information in another language or format, please contact us to discuss how we can best meet your needs.
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