

		WEEK THREE	Mon	Tue	Wed	Thur	Fri	
OPTION 1	HOT 1 £1.65	Breaded fish French fries Coleslaw	Beef bolognaise Pasta twists Sweetcorn	Mediterranean chicken, tortilla wrap, shredded lettuce /grated carrots	Steak pie Baby boils Garden peas	Roast chicken and gravy mashed potatoes diced carrots		
	HOT 2 £1.65	Jacket potato Various fillings Coleslaw	Cheesy beano's Potato wedges Coleslaw	Macaroni cheese Garlic bread Garden peas	Tomato pasta Quorn pieces Garden peas	Pizza with wholemeal base Potato wedges Sweetcorn		
	HOT 3 £1.65	Quorn burger French Fries Coleslaw	Tandoori chicken bites Potato wedges Sweetcorn	Fish fingers Baby boils Baked beans	Hot dog Finger roll Relish Baked beans	Salmon nuggets Diced potatoes Sweetcorn		
	Baguette/ Sandwiches £1.50	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo		
	Deluxe Baguettes/ Pitta/Wraps/Salad £1.65	Fillings as above gammon salad baguette	Fillings as above cheese and coleslaw wrap	Fillings as above tuna pasta salad	Fillings as above tuna and lettuce wrap	Fillings as above chicken tikka baguette		
OPTION 2	● VEGETABLES 'eat as much as you want'	Lettuce portion Tomato portion Cucumber portion Golden lentil soup Chicken noodle soup	Lettuce portion Tomato portion Cucumber portion Spring vegetable soup	Lettuce portion Tomato portion Cucumber portion Vegetable broth soup	Lettuce portion Tomato portion Cucumber portion Minestrone soup	Lettuce portion Tomato portion Cucumber portion Leek and potato soup		
OPTION 3	● DESSERTS	Fresh fruit Fromage frais Low fat yoghurt Vanilla dairy Desserts	Fresh fruit Fromage frais Low fat yoghurt Jelly and fruit	Fresh fruit Fromage frais Low fat yoghurt Carrot cake	Fresh fruit Fromage frais Low fat yoghurt Strawberry fruit Ice cream	Fresh fruit Fromage frais Low fat yoghurt Caramel and apple tart		
OPTION 4	● DRINKS	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo		
LUNCH TIME TUCK SHOP		Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck		
WEEK THREE DATES		2.11.09	23.11.09	14.12.09	18.1.10	8.2.10	1.3.10	22.3.10



### Menu options

- HOT 1 £1.65
- HOT 2 £1.65
- HOT 3 £1.65
- Baguette/sandwich £1.50
- Baguette deluxe £1.65

Accompaniment

- VEGETABLES
- DESSERTS
- DRINKS





### Contact us

We welcome comments about our service.

**Phone:** 0141 577 3310

**Web:** [www.eastrenfrewshire.gov.uk/schoolmeals](http://www.eastrenfrewshire.gov.uk/schoolmeals)

**Email:** [school.catering@eastrenfrewshire.gov.uk](mailto:school.catering@eastrenfrewshire.gov.uk)

### Food Allergies

**Pupils with food allergies please notify your teacher.**

We endeavour to ensure all food does not contain peanuts. However, we cannot guarantee all products are peanut free.

If your child needs a special diet for medical reasons, just let the school know and we will take it from there.



Welcome back to a new school term in East Renfrewshire and our new menu which will run from October 2009 – April 2010.



### OUR MENUS

When your child tucks into a school meal prepared by East Renfrewshire Council catering service you can be assured that a lot of thought has gone into making it as healthy as possible. We know you want food that is fresh, prepared daily and will provide everything your child needs to feed their bodies and minds. Our service provides value for money without compromising on quality and choices.

### SPECIAL EVENTS

We run special days and weeks, our themes include:

- Halloween 30 Oct
- St Andrews day 30 Nov
- Turkey & Tinsel week 7–11 Dec
- Burns day 25 Jan
- Valentines day – 11 Feb
- Leap into spring – 26 Mar

### PRE PAY VOUCHERS

Last year we introduced pre pay vouchers within all cash paying catering services. This enables all parents to pay for school lunches in advance.

Our menus provide a selection of freshly cooked main meals including a vegetarian option with a choice of desserts, drinks and soup. There is extra salad and bread available included with this three course meal to help ensure all pupils are full before leaving the dining hall. We have continued to provide a selection of free fresh fruit three times per week (Tuesday, Wednesday and Thursday) to the whole school.

Payment can be made by cash or cheque (£16.50 for a book of 10 hotmeals) which can be used at any time during the current school term.

### FREE SCHOOL MEALS

If you think your child may be entitled to a free meal please contact Customer First on 0141 577 3000 for advice. This criteria has changed as from August 09.

		WEEK ONE	Mon	Tue	Wed	Thur	Fri		
OPTION 1	HOT 1 £1.65	Breaded fish Chunky chips Baked beans	Beef bolognese Spaghetti Mixed vegetables	Tandoori chicken Tortilla wrap Shredded lettuce/ grated carrots	Steak pie Mashed potatoes Baked beans	Chicken curry Boiled rice Sweetcorn			
	HOT 2 £1.65	Baked potato Various fillings Baked beans	Full panini Various fillings Coleslaw	Macaroni cheese Garlic bread Garden peas	Pizza with wholemeal base Potato wedges Sweetcorn	Quorn nuggets Noodles Sweet and sour vegetable sauce			
	HOT 3 £1.65	Low fat sausage Chunky chips Baked beans	Chicken grill Burger bun Shredded lettuce Mayonnaise	Fish fingers Sliced potatoes Garden peas	Mexican star wrap (spicy chicken nugget, nacho's, cheese & lettuce)	Hot dog Finger roll Relish Baked beans			
	Baguette/ Sandwiches £1.50	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo			
	Deluxe Baguettes/ Pitta/Wraps/Salad £1.65	Fillings as above Gammon salad baguette	Fillings as above Cheese and coleslaw wrap	Fillings as above Tuna pasta salad	Fillings as above Tuna and lettuce wrap	Fillings as above Chicken tikka baguette			
OPTION 2	● VEGETABLES 'eat as much as you want'	Lettuce portion Tomato portion Cucumber portion Golden lentil soup Chicken noodle soup	Lettuce portion Tomato portion Cucumber portion Vegetable soup	Lettuce portion Tomato portion Cucumber portion Carrot and coriander soup	Lettuce portion Tomato portion Cucumber portion Tomato and vegetable soup	Lettuce portion Tomato portion Cucumber portion Carrot and potato soup			
OPTION 3	● DESSERTS	Fresh fruit Fromage frais Low fat yoghurt Ice cream	Fresh fruit Fromage frais Low fat yoghurt Vanilla dairy desserts	Fresh fruit Fromage frais Low fat yoghurt Fruit muffins	Fresh fruit Fromage frais Low fat yoghurt Jelly and fruit	Fresh fruit Fromage frais Low fat yoghurt Carrot cake			
OPTION 4	● DRINKS	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo			
	LUNCH TIME TUCK SHOP	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck			
WEEK ONE DATES		19.10.09	9.11.09	30.11.09	4.1.10	25.1.10	15.2.10	8.3.10	29.3.10

		WEEK TWO	Mon	Tue	Wed	Thur	Fri	
OPTION 1	HOT 1 £1.65	Low fat sausage Hot pot Yorkshire pudding Mixed vegetables	Chicken curry Boiled rice Sweetcorn	Beef lasagne Garlic bread Mixed vegetables	Meat balls and gravy Baby boils Diced swede	Chicken tikka Pitta bread Shredded lettuce/ grated carrots		
	HOT 2 £1.65	Tomato pasta Quorn pieces Peas	Pizza with wholemeal base Sliced potatoes Sweetcorn	Toasties Diced potatoes Coleslaw	Omelette Diced potatoes Peas/corn	Macaroni Cheese Garlic Bread Garden Peas		
	HOT 3 £1.65	Breaded chicken pieces Mini waffles Baked beans	Steak melt Floured bap Caramelised onions	Burger in a bun Relish Sweetcorn	Golden tiddlers Diced potatoes Peas/corn	Hot dog Finger roll Relish Baked beans		
	Baguette/ Sandwiches £1.50	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo	Tuna mayo Cheese Ham Chicken Egg mayo		
	Deluxe Baguettes/ Pitta/Wraps/Salad £1.65	Fillings as above Gammon salad baguette	Fillings as above Cheese and coleslaw wrap	Fillings as above Tuna pasta salad	Fillings as above Tuna and lettuce wrap	Fillings as above Chicken tikka baguette		
OPTION 2	● VEGETABLES 'eat as much as you want'	Lettuce portion Tomato portion Cucumber portion Golden lentil soup Chicken noodle soup	Lettuce portion Tomato portion Cucumber portion Vegetable soup	Lettuce portion Tomato portion Cucumber portion Minestrone soup	Lettuce portion Tomato portion Cucumber portion Vegetable and rice soup	Lettuce portion Tomato portion Cucumber portion Leek and potato soup		
OPTION 3	● DESSERTS	Fresh fruit Fromage frais Low fat yoghurt Frozen smoothies	Fresh fruit Fromage frais Low fat yoghurt Muller yoghurt	Fresh fruit Fromage frais Low fat yoghurt Chocolate and mandarin sponge	Fresh fruit Fromage frais Low fat yoghurt Jelly and fruit	Fresh fruit Fromage frais Low fat yoghurt Meringue nests		
OPTION 4	● DRINKS	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo	Still water Fresh fruit juice Plain & flavoured milk Fruit juice water combo		
	LUNCH TIME TUCK SHOP	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck	Veg as above Desserts as above Drinks as above 250ml water Fairtrade fruit juice Fruit tuck		
WEEK TWO DATES		26.10.09	16.11.09	7.12.09	11.1.10	1.2.10	22.2.10	15.3.10