



Quality Control and Continuous Improvement

In order to achieve quality and continuous improvement in our service there are a number of initiatives in place.

These include:

- Comment Cards and Suggestion Boxes for pupils and staff in all dining rooms.
- On-line customer feedback forms sent out to all of our Head Teachers in schools on a monthly basis.
- SNAG (School Nutrition Action Groups) for all of the partners to meet and discuss catering
- Focus Groups to deal with both short and long term issues.
- HMIE Nutritional Assessments included as part of HMIE Inspections

We also meet with Pupil Forums and parents throughout the year and periodically carry out surveys to gain valuable information from the users of our service to enable us to make improvements.

If you want to know more about our systems then you can call or contact us on-line using the contact information contained in this leaflet.

How to Contact Us

If you have any queries do not hesitate to contact us on.

Stirling Council, Environment Services, Catering and Cleaning, Viewforth, Stirling, FK8 2ET ,
Tel: 01786 442474

Catering Service Contacts:

Service Manager
Margaret Gilmour
gilmourm@stirling.gov.uk

Resource Officer
Ann Smith
smithea@stirling.gov.uk

Children's Services Contacts

Children's Services can be contacted at Stirling Council, Children's Services, Planning, Performance & Resources, Viewforth, FK8 2ET.
Tel : 01786 443253



Other Contacts:

Department of Nutrition and Dietetics, Euro House, Wellgreen Place, Stirling FK8 2DJ.

Find out more information about our service on Stirling Councils website:

www.stirling.gov.uk/schoolmeals

Other useful websites

- www.takelifeon.co.uk
- www.eatwell.gov.uk
- www.food.gov.uk
- www.nutrition.org.uk
- www.ltscotland.org.uk/healthpromotingschools
- www.foodinschools.org.uk
- www.5aday.nhs.uk
- www.bda.uk.com
- www.allergyinschools.org.uk
- www.scotland.gov.uk
- www.fresh-eating.co.uk
- www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition



Menu Cycle Number 8
April 2009 – April 2010



hungry for
SUCCESS
in **stirling**

www.stirling.gov.uk/schoolmeals

SCHOOL MEALS



Dear Parent / Carer

April 2009 - April 2010

Welcome to our 8th Hungry for Success menu and information leaflet for Stirling Council's Primary Schools. It lets you and your family know what we have on offer each day of our four-week menu cycle and provides additional information on what you need to do should you wish to contact us about school meals.

All of the dates for the menu are included in the leaflet and you will note that for the first time we will run it for a full year from Monday the 20th of April 2009 until Thursday the 1st of April 2010.

In designing this menu we have listened to all of our stakeholders and have hopefully reflected much of the feedback and comment we have received. One change we have made in response to feedback is to reduce the amount of choice on offer. We have done this because many people have told us that making choices had become overly complicated for children, parents and schools. You will see that the green tray is now the packed lunch option, which can either be eaten on the tray in the dining hall or taken away in a handy packed lunch bag and on the day that chicken noodle soup is available (our only non-vegetarian soup) we will offer fruit juice rather than another soup.

One of the requirements of the Schools (Health Promotion and Nutrition) Scotland Act 2007 is that oily fish needs to be on the menu more frequently and as many vegetarians eat fish we have put it on the blue tray. However, we recognise that some vegetarians do not eat fish and so on these days we have ensured that the green tray accommodates an alternative choice to suit. Another requirement is to increase the volume of fruit and vegetables consumed by our children and from this menu cycle we will offer both salad and fruit with every meal.

This year we do not have any Special Theme Days planned in advance as they were not as successful as we had hoped they would be in the last menu cycle. However, we do still intend to work with schools to run special events as and when appropriate and information on any such occasions will be sent to you in advance of these days.

Throughout the year we work closely with our partners in health, our suppliers, schools and our young people to ensure we provide children with a nutritionally balanced meal. In return we ask that you as parents/guardians encourage your child to come for school meals and support the services on offer. Given the fact that Stirling Council have agreed to keep the ticket price at £1.70 for the coming year and taking account of the current economic climate this really does provide added encouragement to support the school meals service.

Finally, as with previous menus we hope you enjoy this one and again we would welcome any feedback on it. Please feel free to contact myself or any member of the team about any of the issues referred to in this newsletter or indeed any other matter related to our service.

Thank you for your continued support.

Margaret Gilmour
Service Manager
Catering and Cleaning Services

About Hungry for Success?

Hungry for Success is a national initiative funded by the Scottish Executive. It aims to:

- Improve nutritional standards in school meals
 - Increase uptake
 - Remove the stigma attached to free school meals
- Hungry for Success recognises the importance of a whole school approach to food, where everyone including the headteacher, teachers, the catering staff, other school staff and parents have a responsibility to help children make healthier food choices, protecting their health now and in the future.

How has Hungry for Success changed the menu and recipes?

It Has:

- Reduced fried products
- Reduced processed food
- Limited fat-rich foods
- Increased fresh fruit
- Increased fresh vegetables
- Increased oil-rich fish
- Increased the variety of breads
- Increased portion sizes
- Reduced salt
- Reduced sugar
- Now offers a wide selection of free breads at lunchtime
- Increased access to fresh drinking water



In August 2008 the Schools (Nutrition & Health Promotion) Scotland Act was introduced and this has resulted in further nutritional guidance being set out to help make sure we achieve the aim of improving food in schools. For more information about the act visit www.scotland.gov.uk/topics/schools/hlivi/foodnutrition

Special Diets

If your child has a special dietary requirement they should still be able to have a school meal as we work with our partners in NHS Forth Valley to modify the menu to suit and ensure a consistent and effective approach is taken to special diets.

As a parent/guardian you should first speak to the Headteacher at your child's school to discuss the needs of your child. They will ensure the appropriate paperwork is completed and pass on any relevant information to our service.

Important Dates for the Calendar

Week commencing Monday	Menu Cycle Week
20/04/2009	1
27/04/2009	2
04/05/2009	3
11/05/2009	4
18/05/2009	1
25/05/2009	2
01/06/2009	3
08/06/2009	4
15/06/2009	1
22/06/2009	2
17/08/2009	1
24/08/2009	2
31/08/2009	3
07/09/2009	4
14/09/2009	1
21/09/2009	2
28/09/2009	3
05/10/2009	4
19/10/2009	1
26/10/2009	2
02/11/2009	3
09/11/2009	4
16/11/2009	1
23/11/2009	2
30/11/2009	3
07/12/2009	4
14/12/2009	1
21/12/2009	2
04/01/2010	3
11/01/2010	4
18/01/2010	1
25/01/2010	2
01/02/2010	3
08/02/2010	4
15/02/2010	1
22/02/2010	2
01/03/2010	3
08/03/2010	4
15/03/2010	1
22/03/2010	2
29/03/2010	3

WEEK 1

WEEK 2

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Red (Choice of soup or pudding)	<ul style="list-style-type: none"> Homemade Vegetable Soup with Crusty Bread Homemade Chicken Curry with Rice & Naan Bread Fruit Muffin or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Green Pea Soup with Crusty Bread Spaghetti Bolognese with Garlic Bread & Side Salad Flapjack or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Chicken Noodle Soup with Crusty Bread or Fruit Juice Grilled Sausage with Mashed Potatoes & Baked Beans Ice Cream or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Leek & Potato Soup with Crusty Bread Mince Pie with Boiled Potatoes & Green Beans Iced Sponge & Custard or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Scotch Broth with Crusty Bread Cook's Choice of Roast with Baby Boiled & Peas Oat Biscuit or Yoghurt Fresh Fruit
Blue (Choice of soup or pudding)	<ul style="list-style-type: none"> Homemade Vegetable Soup with Crusty Bread Cheese Vegetable Pasta with Crusty Bread & Salad Fruit Muffin or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Green Pea Soup with Crusty Bread Oven Baked Salmon Fillet in Breadcrumbs with Boiled Potatoes & Mixed Veg Flapjack or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Chicken Noodle Soup with Crusty Bread or Fruit Juice Savoury Rice & Curry Sauce with Naan Bread Ice Cream or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Leek & Potato Soup with Crusty Bread Cheese & Tomato Pizza with Garlic Bread & Salad Iced Sponge & Custard or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Scotch Broth with Crusty Bread Fish with Chips & Peas Oat Biscuit or Yoghurt Fresh Fruit
Green (Packed lunch)	<ul style="list-style-type: none"> White Roll Egg Mayonnaise or Ham Fruit Muffin or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Baguette Turkey or Cheese Flapjack or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Toastie Tuna or Cheese Ice Cream Tub or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Finger Roll Roast Beef or Egg Salad Iced Sponge or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Sandwich Chicken Mayonnaise or Cheese & Tomato Oat Biscuit or Yoghurt Fresh Fruit

TRAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Red (Choice of soup or pudding)	<ul style="list-style-type: none"> Homemade Yellow Pea Soup with Crusty Bread Pieces of Chicken in Gravy with Mashed Potatoes & Sweetcorn Iced Carrot Cake or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Cauliflower & Broccoli Soup with Crusty Bread Beef Chilli with Rice & Side Salad Melon & Grapes or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Carrot & Lentil Soup with Crusty Bread Sliced Gammon with Baby Boiled Potatoes & Peas Apple Pie & Custard or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Leek & Potato Soup with Crusty Bread Honey Baked Chicken with Rice & Broccoli Chocolate Crispie Cake or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Vegetable Soup with Crusty Bread Steak Pie with Mashed Potatoes & Carrots Raspberry Bun or Yoghurt Fresh Fruit
Blue (Choice of soup or pudding)	<ul style="list-style-type: none"> Homemade Yellow Pea Soup with Crusty Bread Cheese & Tomato Pizza with Crusty Bread & Salad Iced Carrot Cake or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Cauliflower & Broccoli Soup with Crusty Bread Baked Potatoes with Tuna or Beans & Side Salad Melon & Grapes or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Carrot & Lentil Soup with Crusty Bread Macaroni Cheese & Peas with Crusty Bread Apple Pie & Custard or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Leek & Potato Soup with Crusty Bread Oven Baked Fish Fingers with Chips & Beans Chocolate Crispie Cake or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Homemade Vegetable Soup with Crusty Bread Vegetable Lasagne with Garlic Bread & Salad Raspberry Bun Yoghurt or Fresh Fruit
Green (Packed lunch)	<ul style="list-style-type: none"> Baguette Tuna & Sweetcorn or Salad Iced Carrot Cake or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Toastie Cheese or Ham Melon & Grapes or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Brown Roll Egg Mayonnaise or Square Sausage Apple Pie or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Bagels Turkey or Cheese Tomato Chocolate Crispie Cake or Yoghurt Fresh Fruit 	<ul style="list-style-type: none"> Wraps Chicken Salad or Savoury Cheese Raspberry Bun or Yoghurt Fresh Fruit

In addition to the items listed on the menu and included in the ticket price is:

- A salad bar with a minimum of three items available daily
- A chilled drink (choice includes semi-skimmed plain or flavoured milk, pure fruit juice or water)
- A selection of fresh bread or rolls

Note: All items are subject to availability. Please note all soup is made with vegetarian stock - the only exception is chicken noodle. On this day fruit juice is available.



= vegetarian choice

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WEEK 3

WEEK 4

TRAYS MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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Red (Choice of soup or pudding)	Homemade Tomato Soup with Crusty Bread	Homemade Lentil Soup with Crusty Bread	Homemade Potato & Sweetcorn Soup with Crusty Bread	Chicken Noodle Soup with Crusty Bread or Fruit Juice	Homemade Cream of Veg. Soup with Crusty Bread
	Beefburger in a Bun with Chips & Salad	Chicken Korma with Rice & Naan Bread	Mince Beef Lasagne, with Salad & Garlic Bread	Pizza (Various) with Crusty Bread & Salad	Chicken in Sweet & Sour Sauce with Boiled Rice
	Creamed Rice or Yoghurt Fresh Fruit	Chocolate Sponge & Custard or Yoghurt Fresh Fruit	Ice Cream & Jelly or Yoghurt Fresh Fruit	Fruit Cookie or Yoghurt Fresh Fruit	Shortbread or Yoghurt Fresh Fruit
Blue (Choice of soup or pudding)	Homemade Tomato Soup with Crusty Bread	Homemade Lentil Soup with Crusty Bread	Homemade Potato & Sweetcorn Soup with Crusty Bread	Chicken Noodle Soup with Crusty Bread or Fruit Juice	Homemade Cream of Veg. Soup with Crusty Bread
	Veggie Burger in Bun with Chips & Salad	Pasta Bake with Crusty Bread & Salad	Oven Baked Salmon Fillet in Breadcrumbs with Mashed Potatoes & Green Beans	Baked Potato with Tuna Mayonnaise or Beans with Side Salad	Cauliflower Cheese with Crusty Bread & Salad
	Creamed Rice & Fruit or Yoghurt Fresh Fruit	Chocolate Sponge & Custard or Yoghurt Fresh Fruit	Ice Cream & Jelly or Yoghurt Fresh Fruit	Fruit Cookie or Yoghurt Fresh Fruit	Shortbread or Yoghurt Fresh Fruit
Green (Packed lunch)	Brown Bread Sandwich Tuna or Gammon	Finger Roll Hot Dog & Tomato Sauce or Salad	Roll Ham Salad or Egg Mayonnaise	Baguette Roast Beef or Savoury Cheese	Panini Cheese or Tuna
	Cook's Choice of Homebaking or Yoghurt Fresh Fruit	Chocolate Sponge or Yoghurt Fresh Fruit	Ice Cream Tub or Yoghurt Fresh Fruit	Fruit Cookie or Yoghurt Fresh Fruit	Shortbread or Yoghurt Fresh Fruit

Red (Choice of soup or pudding)	Homemade Lentil Soup with Crusty Bread	Homemade Leek & Potato Soup with Crusty Bread	Homemade Spicy Lentil Soup with Crusty Bread	Melon & Grapes or Cook's Choice of Homemade Soup with Crusty Bread	Homemade Minestrone Soup with Crusty Bread
	Fish with Oven Baked Wedges Peas & Sweetcorn	Chicken Fried Rice with Curry Sauce & Naan Bread	Shepherds Pie with Mixed Veg.	Homemade Sausage Roll with Chips & Baked Beans	Bolognese Sauce with Pasta Sweetcorn & Garlic Bread
	Marble Sponge & Custard or Yoghurt Fresh Fruit	Scone with Cream & Jam or Yoghurt Fresh Fruit	Peach Muffin or Yoghurt Fresh Fruit	Caramel Flan or Yoghurt Fresh Fruit	Iced Biscuit or Yoghurt Fresh Fruit
Blue (Choice of soup or pudding)	Homemade Lentil Soup with Crusty Bread	Homemade Leek & Potato Soup with Crusty Bread	Homemade Spicy Lentil Soup with Crusty Bread	Melon and Grapes or Cook's Choice of Homemade Soup with Crusty Bread	Homemade Minestrone Soup with Crusty Bread
	Macaroni Cheese with Peas, Sweetcorn & Oven Baked Wedges	Cheese & Tomato Pizza with Crusty Bread & Salad	Pasta & Tomato Sauce with Crusty Bread & Salad	Cheese Oat Burger with Chips & Baked Beans	Vegetable Curry with Boiled Rice & Naan Bread
	Marble Sponge & Custard or Yoghurt Fresh Fruit	Scone with Cream & Jam or Yoghurt Fresh Fruit	Peach Muffin or Yoghurt Fresh Fruit	Caramel Flan or Yoghurt Fresh Fruit	Iced Biscuit or Yoghurt Fresh Fruit
Green (Packed lunch)	Granary Roll Turkey or Cheese	Baguette Chicken or Egg Salad	Panini Cheese or Tuna	Sandwich Chicken & Sweetcorn or Egg Mayonnaise	White Roll BLT or Cheese
	Marble Sponge or Yoghurt Fresh Fruit	Scone with Jam or Yoghurt Fresh Fruit	Peach Muffin or Yoghurt Fresh Fruit	Caramel Flan or Yoghurt Fresh Fruit	Iced Biscuit or Yoghurt Fresh Fruit

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- A salad bar with a minimum of three items available daily
- A chilled drink (choice includes semi-skimmed plain or flavoured milk, pure fruit juice or water)
- A selection of fresh bread or rolls

Note: All items are subject to availability. Please note all soup is made with vegetarian stock - the only exception is chicken noodle. On this day fruit juice is available.



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