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Newsletter 9 | April 2010 - April 2011

Lunches in Stirling Council Primary Schools

£1.80
Ticket price



Chicken Fajitas

Makes four portions

Weight	Ingredients
25 ml	Vegetable Oil
70 g	Onions
70 g	Green Peppers
70g	Yellow Peppers
2.5 g	Chilli Powder
2.5g	Paprika Powder
100 g	Canned Tomatoes
20 g	Tomato Puree
325 g	Cooked chicken (diced)
25 g	Spring Onions
8 x 6"	Tortillas (2 per portion)

Method

- Sauté the diced onions and peppers in oil.
- Add the tomatoes, tomato puree, chilli and paprika powder.
- Add the chicken and heat through thoroughly.
- Serve in a warm tortilla wrap garnished with spring onions.

Nutritional Analysis per 100 gram portion		
Nutrient	Amount	Units
Energy	148	Kcal
Fat	5.1	g
Carbohydrate	12.7	g
Protein	12.6	g
Iron	0.5	mg
Sodium	244.0	mg



Vegetable Lasagne

Makes four portions

Weight	Ingredients
200g	Lasagne Sheets
15ml	Vegetable Oil
62.5g	Margarine
125g	Onions (chopped)
12.5g	Garlic
250g	Red Peppers
250g	Green Peppers
250g	Courgettes
125g	Mushrooms (sliced)
125g	Baked Beans
375g	Canned Tomatoes
5g	Basil (fresh)
2.5g	Oregano
100g	Cheddar Cheese (reduced fat)
50g	Plain Flour
500mls	Semi-skimmed Milk
25g	Cheddar Cheese (reduced fat)
25g	Tomato Puree

Method

- Heat oil.
- Gently fry onion and garlic.
- Add chopped peppers, sliced courgettes, mushrooms,
- Mix well. Add tomato puree, tomatoes, herbs and baked beans.
- For the sauce: melt butter and blend in flour and gradually blend in milk.
- Bring to the boil stirring all the time.
- Cook for 2 to 3 minutes, add cheese. (100g).
- Cover casserole dish first with layer of lasagne.
- Add a layer of vegetables then pour over sauce.
- Repeat, finishing with a layer of sauce.
- Sprinkle 25g cheese on top and bake in centre of oven at 180°C / 350°F / Gas Mark 4 for 30 minutes.

Gluten Free Diets Use 25g Cornflour to thicken cheese sauce in place of flour and margarine.

Nutritional Analysis per 100 gram portion		
Nutrient	Amount	Units
Energy	86	Kcal
Fat	4.8	g
Carbohydrates	7.8	g
Protein	3.6	g
Iron	0.5	mg
Sodium	110.0	mg



Menu Cycle Dates

Week Commencing Monday	Menu Cycle Week
19/04/10	1
26/04/10	2
03/05/10	3
10/05/10	1
17/05/10	2
24/05/10	3
31/05/10	1
07/06/10	2
14/06/10	3
21/06/10	1
28/06/10	2
05/07/10	3
12/07/10	1
19/07/10	2
26/07/10	3
02/08/10	1
09/08/10	2
16/08/10	3
23/08/10	1
30/08/10	2
06/09/10	3
13/09/10	1
20/09/10	2
27/09/10	3
04/10/10	1
11/10/10	2
18/10/10	3
25/10/10	1
01/11/10	2
08/11/10	3
15/11/10	1
22/11/10	2
29/11/10	3
06/12/10	1
13/12/10	2
20/12/10	3
27/12/10	1
03/01/11	2
10/01/11	3
17/01/11	1
24/01/11	2
31/01/11	3
07/02/11	1
14/02/11	2
21/02/11	3
28/02/11	1
07/03/11	2
14/03/11	3
21/03/11	1
28/03/11	2

There are many benefits of eating a school lunch, some of which are:

- We offer a choice of freshly cooked main meals and a selection of desserts every day.
- We are able to cater for specific diets that are required for religious, cultural or medical reasons. A vegetarian option is provided every day.
- All our meals are prepared by local, helpful and friendly staff who ensure that your child selects a healthy and balanced lunch.
- Our packed lunches are planned and prepared to ensure a balanced lunch for your child. All are prepared under strict hygiene guidelines. This will save you worrying about preparing a packed meal every day.

As with previous menus, we hope that your children enjoy this one. We believe that we have condensed our options into a three week menu cycle that makes sure that there is always something that they will like on offer every day. Of course, we welcome any feedback and please feel free to contact myself or any of my team.

Thank you for your continued support.

Margaret Gilmour
Service Manager, Facilities Management Services

The Health (Promotion and Nutrition) (Scotland) Act 2007 enforces specific nutritional standards that we have to adhere to. If you want to know more about the Act visit: <http://www.scotland.gov.uk/Topics/Education/Schools/HLIV/foodnutrition>

We are dedicated to provide the type of meals our customers demand and this is the case for all customers including primary aged children. We hope that your child enjoys the new menus on offer. You'll see in this newsletter two recipes for Fajitas and Vegetable Lasagne, two of the children's favourite meals.

The menu cycle offers great choice and value for money meals. As well as a tasty homemade soup every day, the main meals include favourites such as Macaroni Cheese, Pizza, Curry, and Fish and Chips, along with Fajitas, Steak Pie and Roast Turkey. For sweet there are muffins, ice cream, yoghurt and homemade baking, and all this for a daily price of £1.80. Vegetarian options are also offered every day.

The Health (Promotion and Nutrition) (Scotland) Act 2007 has resulted in some changes to our menu cycle - the main change being from a four week cycle to a three week cycle. The three week cycle is easier for the children to remember and it has allowed us to take out meals that are not so popular to ensure that the children enjoy the meals whilst being offered a balanced nutritious diet based on the current healthy eating regulations.

Dear Parent/Carer
April 2010 - April 2011
Welcome to our 9th Menu Newsletter for Stirling Council's Primary Schools.





What's to eat this week?

Available daily over the three week period: Selection of fresh baked breads. Choices of 3 salad items from the salad bar. Selection of fruit juice, water, strawberry, chocolate or plain milk. Packed lunches are always on offer consisting of green tray option in a handy take away bag with a drink. **Vegetarian fillings for green tray selection can be requested.**

	Monday	Tuesday	Wednesday	Thursday	Friday
RED Choice of soup or pudding	Homemade Lentil Soup 🌱 Chicken Korma with Boiled Rice & Naan Bread Fruit Muffin	Homemade Tomato Soup 🌱 Roast Turkey with Vegetables & Mashed Potato Jelly and Fruit	Homemade Leek & Potato Soup 🌱 Meatballs in Tomato Sauce with Pasta & Garlic Bread Sponge & Custard	Homemade Minestrone Soup 🌱 Homemade Sausage Roll with Chips & Beans Oat Biscuit	Homemade Scotch Broth Soup 🌱 Beef Lasagne with Garlic Bread & Side Salad Ice Cream
BLUE Choice of soup or pudding	Homemade Lentil Soup 🌱 Macaroni Cheese with Crusty Bread & Side Salad 🌱 Fruit Muffin	Homemade Tomato Soup 🌱 Cheese & Tomato Pizza with Potato Wedges & Side Salad 🌱 Jelly and Fruit	Homemade Leek & Potato Soup 🌱 Savoury Rice with Curry Sauce & Naan Bread 🌱 Sponge & Custard	Homemade Minestrone Soup 🌱 Baked Potato with Tuna Mayonnaise or Beans with Side Salad 🌱 Oat Biscuit	Homemade Scotch Broth Soup 🌱 Fish, Chips & Peas Ice Cream
GREEN	Wholemeal Roll: Tuna Mayonnaise or Chicken Fruit Muffin, Fruit or Yoghurt	Brown Bread Sandwich: Cheese 🌱 or Turkey Cooks Choice of Homebaking Fruit or Yoghurt	Toastie: Cheese 🌱 or Cheese & Ham Iced Sponge Fruit or Yoghurt	Baguette: Tuna Mayonnaise & Sweetcorn or Roast Beef Oat Biscuit Fruit or Yogurt	Granary Roll: Ham or Egg Mayonnaise 🌱 Ice Cream Fruit or Yoghurt

How to Contact Us :

If you have any queries do not hesitate to contact:
Margaret Gilmour, Stirling Council, Facilities Management Services, Viewforth, FK8 2ET. Email: gilmourm@stirling.gov.uk Tel: 01786 442474

Please note that all of our homemade soups are made with vegetarian stock with one exception, Chicken Noodle. On the day this is on the menu your child can opt to have fruit juice.

Vegetarian. 🌱

Week One



What's to eat this week?

Available daily over the three week period: Selection of fresh baked breads. Choices of 3 salad items from the salad bar. Selection of fruit juice, water, strawberry, chocolate or plain milk. Packed lunches are always on offer consisting of green tray option in a handy take away bag with a drink. **Vegetarian fillings for green tray selection can be requested.**

	Monday	Tuesday	Wednesday	Thursday	Friday
RED Choice of soup or pudding	Homemade Split Pea Soup 🌱 Beefburger in a Bun, Chips and Side Salad Fruit Cookie	Homemade Lentil Soup 🌱 Chicken Fajitas with Savoury Rice Flapjack	Homemade Minestrone Soup 🌱 Various Pizza with Potato Wedges & Side Salad Caramel Shortbread	Chicken Noodle Soup or Fruit Juice 🌱 Steak Pie with Boiled Potatoes, Carrot & Turnip Chocolate Sponge & Custard	Homemade Cauliflower & Broccoli Soup 🌱 Sausage, Mashed Potatoes & Baked Beans Shortbread
BLUE Choice of soup or pudding	Homemade Split Pea Soup 🌱 Veggie Burger in a Bun with Chips & Side Salad 🌱 Fruit Cookie	Homemade Lentil Soup 🌱 Baked Potato with Beans or Tuna & Side Salad 🌱 Flapjack	Homemade Minestrone Soup 🌱 Pasta with Tomato Sauce with Side Salad & Crusty Bread Caramel Shortbread	Chicken Noodle Soup or Fruit Juice 🌱 Fish Fingers with Chips and Beans Chocolate Sponge & Custard	Homemade Cauliflower & Broccoli Soup 🌱 Vegetable Lasagne with Garlic Bread & Side Salad 🌱 Shortbread
GREEN	Baguette: Cheese 🌱 or Tuna Mayonnaise Fruit Cookie, Fruit or Yoghurt	Brown Bread Sandwiches: Egg Mayonnaise 🌱 or Turkey Flapjack, Fruit or Yoghurt	Panini: Cheese 🌱 or Tuna Mayonnaise Caramel Shortbread, Fruit or Yoghurt	Finger Roll: Hotdog or Salad 🌱 Chocolate Sponge, Fruit or Yoghurt	Wrap: Tuna Mayonnaise or Ham & Tomato Shortbread, Fruit or Yoghurt

Special Diets We believe that any child who has special dietary requirements should be able to choose to have a school meal and be appropriately catered for.

In order to provide such a service, we work with our partners in health to provide a special diet policy and ensure a consistent and effective approach is taken to the provision of special diets.

We require you as a parent/guardian to inform the Headteacher of any special dietary requirements your child might have. She/he will in turn pass this information on to both Education and our service.

Vegetarian. 🌱

Week Two



What's to eat this week?

Available daily over the three week period: Selection of fresh baked breads. Choices of 3 salad items from the salad bar. Selection of fruit juice, water, strawberry, chocolate or plain milk. Packed lunches are always on offer consisting of green tray option in a handy take away bag with a drink. **Vegetarian fillings for green tray selection can be requested.**

	Monday	Tuesday	Wednesday	Thursday	Friday
RED Choice of soup or pudding	Homemade Vegetable Soup 🌱 Chicken Fried Rice with Curry Sauce & Naan Bread Oat Biscuit	Homemade Carrot & Potato Soup 🌱 Minced Beef Pie with Mashed Potato & Sliced Carrots Scone & Jam	Chicken Noodle Soup or Fruit Juice 🌱 Sausage Stovies with Mixed Vegetables Sponge & Custard	Homemade Split Pea Soup 🌱 Spicy Beef Wrap & Side Salad Chocolate Muffin	Homemade Lentil Soup 🌱 Various Pizza with Chips & Side Salad Ice Cream and Fruit
BLUE Choice of soup or pudding	Homemade Vegetable Soup 🌱 Fish, Chips & Peas Oat Biscuit	Homemade Carrot & Potato Soup 🌱 Macaroni Cheese with Crusty Bread & Side Salad 🌱 Scone & Jam	Chicken Noodle Soup or Fruit Juice Savoury Rice with Barbecue Sauce & Naan Bread 🌱 Sponge & Custard	Homemade Split Pea Soup 🌱 Oven Baked Salmon Fillet In Breadcrumbs Mashed Potato & Sweetcorn Chocolate Muffin	Homemade Lentil Soup 🌱 Baked Potato with Baked Beans or Cheese with Side Salad 🌱 Ice Cream & Fruit
GREEN	Brown Roll: Tuna Mayonnaise or Cheese 🌱 Oat Biscuit, Fruit or Yoghurt	Toastie: Cheese 🌱 or Cheese & Ham Scone & Jam, Fruit or Yoghurt	Roll: Beefburger or Tuna Iced Sponge, Fruit or Yoghurt	Sandwich: Ham or Egg Mayonnaise 🌱 Chocolate Muffin, Fruit or Yoghurt	Finger Roll: Turkey or Tuna Mayonnaise Ice Cream, Fruit or Yoghurt

Other Contacts:

Department of Nutrition and Dietetics, Euro House, Wellgreen Place, Stirling FK8 2DJ. Find out more information about our service on Stirling Council's 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.foodinschools.org.uk
www.ltscotland.org.uk/healthpromotingschools
www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition

www.5aday.nhs.uk
www.bda.uk.com
www.allergyinschools.org.uk
www.scotland.gov.uk
www.fresh-eating.co.uk

Vegetarian. 🌱

Week Three