

Seasonal Menus!



£2.10
and **free** for all
P1-3 pupils



Lunches in Stirling Council Primary Schools

October 2016 - March 2017

Integrated Facilities Management

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www.stirling.gov.uk/schoolmeals



New Food Allergen Rules

On the 13th December 2014 new legislation called the EU Food Information for Consumers Regulations for allergens and food labelling came into force. This means there's now a legal requirement for food allergen information to be available at the point of sale for all consumers of food.

The EU legislation has listed 14 allergens that need to be identified if they are used as ingredients in a dish. As a food business serving non packaged foods we will supply information for every item on our menu that contains any of the 14 allergens.

The 14 allergens are Celery, Gluten, Crustaceans, Eggs, Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sesame Seeds, Soya and Sulphur Dioxide.

Our approach to the awareness of allergens in our school meals.

We have displayed an awareness poster in prominent positions in all dining rooms stating *"If you have special dietary requirements or allergies and need to know more about ingredients the catering service use please speak to a member of the catering team or contact us on 01786 233252 or email cateringandcleaning@stirling.gov.uk"*

Separately an A4 poster listing the 14 allergens will be displayed in the dining room next to the awareness poster.

Catering staff have been issued with a quick reference guide to allowing them to ascertain if a menu item has a particular allergen.

School kitchens will have a binder of all recipes to identify if they contain an allergen.

Further information about allergens can be found on the Food Standards Agency website at www.food.gov.uk

As with all previous menus 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 and have a special diet policy. This ensures a consistent and effective approach is taken to the provision of special diets. We require you as a parent / carer to inform the Head Teacher of any special dietary requirements your child might have and complete the necessary annual declaration. They will in turn pass this information on to our catering service who will invite you in to the school to discuss all options available to you.

Please do not hesitate in contacting us on 01786 233252 or cateringandcleaning@stirling.gov.uk if you have any queries regarding any of the information detailed.

Our Silver Food for Life Catering Mark School Meals

What is the Food for Life Catering Mark ?

The Food for Life Catering Mark is an endorsement from the Soil Association Scotland that as caterers we have taken steps to ensure that the food that we serve uses fresh ingredients which are free from undesirable additives and trans fats, are better for animal welfare and comply with national nutrition standards.

There are three levels to the Catering mark. Bronze, Silver and Gold.

We are at Silver level which means that

- ▶ Our meals do not contain any undesirable food additives, hydrogenated fats or GM ingredients.
- ▶ Over 75% of our dishes are freshly prepared every day by our cooks.
- ▶ All of the meat we use is traceable and from farms which satisfy UK welfare standards.
- ▶ All of the eggs we use are free range from cage free hens.
- ▶ We offer a seasonal menu.
- ▶ We provide ongoing training for our dedicated team of catering staff.
- ▶ We ensure our meals comply with the national nutritional standards set out by the Scottish Government.
- ▶ We provide information for children about where their food comes from.

- ▶ Poultry, eggs and pork are produced in line with the standards set for the Freedom Food Scheme, a welfare minimum or 10% of ingredients are organic. All of the milk we use in our recipes and the children drink is certified local organic milk.
- ▶ A range of locally sourced items are on the menu.
- ▶ No fish is served from the Marine Conservation Society “fish to avoid list”.

Our Autumn/Winter menu runs from October to April. We use a chef's hat logo 🧑🍳 to let you know the recipes that are freshly prepared by our catering teams and the green apple logo 🍏 for the vegetarian choices on offer. All of the meat fillings we use are cooked as joints and sliced by our catering teams to ensure the highest quality and no additives. Fresh bread is available on a daily basis along with a varied choice of seasonal items from our salad bar.

One third of our pupil's calories are provided as part of a school meal and there is a growing awareness of the link between good food, health, academic attainment and the environment. As people become more concerned about where their food comes from, the Catering Mark help's ensure what's on our menu is fully traceable, sustainable and healthy.

We are proud to hold this level of the award for our Primary School Meals in Stirling.

Lentil Soup

Weight	Ingredient
800ml	Water
150g	Lentils
180g	Carrots
20g	Turnip
70g	Onions
50g	Leeks
15g	Vegetable Bouillon

Method

Bring the water and bouillon to the boil.

Add the lentils and cook for 10 minutes, stirring occasionally.

Add the diced vegetable and leeks.

Bring to the boil and simmer for 30 minutes.

Liquidise to remove any big chunks.

Add salt and pepper to taste.

Serves 4

Steak Pie

Weight	Ingredient
400g	Stewing Steak
140g	Onions
300ml	Water
5g	Gravy Granules
100g	Puff Pastry
5ml	Milk
5g	Beef Bouillon

Method

Brown the diced steak in a pan with the onion.

Cover with water and simmer until the meat is tender.

Add the gravy granules to the meat and simmer for a further 5 minutes until thickened.

Place the meat in a dish.

Roll out the pastry and place over the meat.

Brush the pastry with the milk and bake in a preheated oven at Gas Mark 4/200°C/400°F for about 30 minutes or until the pastry is crisp and golden and a core temperature of 75°C has been reached.

Serves 4

Oattie Biscuit

Weight	Ingredient
225g	Porridge Oats
10ml	Vegetable Oil
225g	Margarine
100g	Golden Syrup
140g	Caster Sugar
225g	Self Raising Flour
10g	Baking Powder

Method

Melt the margarine with the golden syrup in the pan.

Put all the dry ingredients into a bowl and thoroughly mix with the melted ingredients.

Roll the mixture into 20 even sized balls. Place evenly on a nonstick baking tray, allowing for the biscuits to expand during cooking.

Bake in a preheated oven. Gas mark 4/180°C/350°F for 15 minutes or until golden brown.

Makes 20

Dear Parent/Carer



17.10.16	1
24.10.16	2
31.10.16	3
7.11.16	1
14.11.16	2
21.11.16	3
28.11.16	1
5.12.16	2
12.12.16	3
19.12.16	1
2.1.17	2
9.1.17	3
16.1.17	1
23.1.17	2
30.1.17	3
6.2.17	1
13.2.17	2
20.2.17	3
27.2.17	1
6.3.17	2
13.3.17	3
20.3.17	1
27.3.17	2

Welcome to our Menu for Stirling Council's Primary Schools

October 2016 – March 2017

Welcome to our Autumn/Winter menu for 2016/17. This menu runs from October the 17th 2016 until the 31st of March 2017.

We are pleased to confirm that the ticket price will remain at £2.10 for a two course meal and a drink. This is our third year offering menus at Silver level Food for Life, we are proud to be serving food that puts great emphasis on the importance of provenance and quality good food for all.

For more information about Food for Life visit www.soilassociation.org/cateringmark.

The new menu includes many of the old favourites including Mince and Tatties, Chicken Pie and Milk Pudding. Remember that if your child is in Primary 1 – 3 they are entitled to free school lunches every day of the school year.

We hope that your children enjoy their school lunches and welcome any suggestions for improvement at any time.

Meantime, thank you for supporting school meals.





What's to eat this week?

Available daily over the three week period: Selection of fresh breads. Choice of 3 seasonal salad items and salad dressings from the salad bar. Selection of fruit juice, water or milk. Packed lunches are always on offer consisting of green tray option in handy take away bag with a drink. **Vegetarian fillings for green tray selection can be requested.** Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. We have one meat free day each week this is highlighted in green.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup with Crusty Bread	Leek and Potato Soup with Crusty Bread	Tomato Soup with Crusty Bread	Lentil Soup with Crusty Bread	Chicken and Rice or Lentil Soup with Crusty Bread
RED Tray Choice of soup or pudding	Vegetarian Sausage Roll with Chips and Seasonal Vegetables	Macaroni Cheese, Garlic Bread and Seasonal Vegetables	Mince and Tatties with Seasonal Vegetables	Chicken Korma with Rice and Naan Bread	Fish, Chips and Garden Peas
BLUE Tray Choice of soup or pudding	Tomato Pasta Pot with Garlic Doughballs / Bread	Jacket Potato with a Variety of Fillings and Salad	Chicken Burger Roll, Chips and Salad	Cheesy Beans on Toast	Jacket Potato with a Variety of Fillings and Salad
GREEN Tray Soup and pudding	Sandwich with Cheese	Wrap with Tuna Mayonnaise Salad	Cheese Panini	Sandwich with Homebaked Ham	Beefburger Roll
Pudding	Fruit or Yoghurt	Oattie Biscuit or Fruit or Yoghurt	Frozen Yoghurt or Fruit or Yoghurt	Sponge Cake or Fruit or Yoghurt	Fruity Friday Jelly and Fruit or Fruit or Yoghurt

Homemade using fresh ingredients

Vegetarian

How to contact us:

If you have any queries do not hesitate to contact us at Stirling Council, Integrated Management Services, Allan Water House, Kerse Road FK7 7SG. Email: cateringandcleaning@stirling.gov.uk or telephone: 01786 233252.

Please note that all soups are homemade with vegetarian stock. Three exceptions are Chicken Noodle, Cream of Chicken and Chicken and Rice. On the day these are on the menu, your child can choose to have fruit juice or the vegetarian soup option.

**AUTUMN
WINTER**
Week 1



What's to eat this week?

Available daily over the three week period: Selection of fresh breads. Choice of 3 seasonal salad items and salad dressings from the salad bar. Selection of fruit juice, water or milk. Packed lunches are always on offer consisting of green tray option in handy take away bag with a drink. **Vegetarian fillings for green tray selection can be requested.** Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. We have one meat free day each week this is highlighted in green.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Split Pea Soup with Crusty Bread	Cream of Vegetable Soup with Crusty Bread	Tomato Soup with Crusty Bread	Lentil Soup with Crusty Bread	Chicken Noodle or Lentil Soup with Crusty Bread
RED Tray Choice of soup or pudding	Macaroni Cheese with Chips and Seasonal Vegetables	Homebaked Gammon with Roast Potatoes and Seasonal Vegetables	Haggis, Neeps and Tatties	Creamy Chicken Pie with Potatoes and Carrots	Salmon Fish Fingers with Chips and Baked Beans
BLUE Tray Choice of soup or pudding	Jacket Potato with a Variety of Fillings and Salad	Beef Chilli Pot with Potato Wedges	Savoury Rice with Curry Sauce and Naan Bread or Homemade Flatbread	Pizza with Fries and Coleslaw	Pasta Twists with a Spicy Tomato Sauce and Cheesy Bread
GREEN Tray Soup and pudding	Sandwich with Egg Mayonnaise	Cheese Toastie	Wrap with Tuna Mayonnaise Salad	Roll with Cheese and Tomato	Finger Roll with Link Sausage
Pudding	Ice Cream Sponge Roll or Fruit or Yoghurt	Fruit or Yoghurt	Tiffin Bar or Fruit or Yoghurt	Vanilla Cupcake Day or Fruit or Yoghurt	Fruity Friday Milk Pudding and Fruit or Fruit or Yoghurt

Homemade using fresh ingredients

Vegetarian

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 and have a special diet policy. This ensures a consistent and effective approach is taken to the provision of special diets. We require you as a parent/carer to inform the Headteacher of any special dietary requirements your child might have and complete the necessary annual declaration. They will in turn pass this information on to our service and Education.

**AUTUMN
WINTER**
Week 2



What's to eat this week?

Available daily over the three week period: Selection of fresh breads. Choice of 3 seasonal salad items and salad dressings from the salad bar. Selection of fruit juice, water or milk. Packed lunches are always on offer consisting of green tray option in handy take away bag with a drink. **Vegetarian fillings for green tray selection can be requested.** Jacket Potato: variety of fillings may include cheese, tuna, cold meat, baked beans. We have one meat free day each week this is highlighted in green.

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil Soup with Crusty Bread 🍏	Vegetable Soup with Crusty Bread 🍏	Leek and Potato Soup with Crusty Bread 🍏	Tomato and Lentil Soup with Crusty Bread 🍏	Cream of Chicken Soup or Tomato and Lentil Soup with Crusty Bread 🍏
RED Tray Choice of soup or pudding	Link Sausages and Gravy with Roast Potatoes and Seasonal Vegetables	Chicken Korma and Rice with Naan Bread	Steak Pie with Potatoes and Seasonal Vegetables	Macaroni Cheese with Garlic Bread and Seasonal Vegetables 🍏	Fish, Chips and Garden Peas
BLUE Tray Choice of soup or pudding	Tomato Pasta Pot with Garlic Doughballs/Bread 🍏	Jumbo Sausage Roll and Baked Beans	Jacket Potato with a Variety of Fillings and Salad 🍏	Spicy Fajita with Golden Rice 🍏	Sausage Stovie Pot and Carrots
GREEN Tray Soup and pudding	Steak Baguette	Cheese Panini 🍏	Sandwich with Homebaked Ham	Vegetarian Burger Roll 🍏	French Bread Pizza 🍏
Pudding	Shortbread Biscuit or Fruit or Yoghurt	Fruit or Yoghurt	Chocolate Cake or Fruit or Yoghurt	Fruit and Ice Cream or Fruit or Yoghurt	Fruity Friday Seasonal Fruit Pie and Custard or Fruit or Yoghurt



Homemade using fresh ingredients



Vegetarian

Other useful websites

www.soilassociation.org/cateringmark www.takelifeon.co.uk www.fresh-eating.co.uk
www.food.gov.uk (Better Eating Better Learning and Becoming a Good Food Nation)
www.nutrition.org.uk www.foodforlifescotland.org www.bda.uk.com
www.scotland.gov.uk/topics/education/schools/hlivi/foodnutrition
www.scottishschoolmeals.co.uk www.scotland.gov.uk/procurement

Other Contacts:

Department of Nutrition and Dietetics, Administration Offices, Falkirk Community Hospital
 Westburn Avenue, Falkirk FK1 5SU Tel: 01324 673710

AUTUMN
 WINTER
Week 3