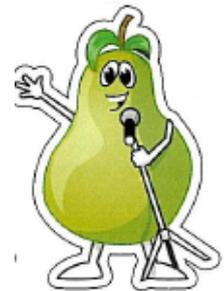
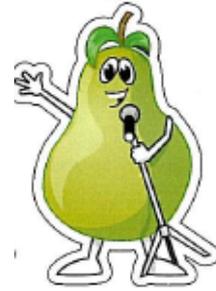


**WEEK 1 CHOOSE ONE ITEM FROM EACH COLOUR**

Week Commencing		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13.08.12	Starter	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Melon
03.09.12	Main Meal 1	Chicken pie & potatoes	Fish fingers & mashed potatoes	Roast of the day & roast potatoes	Pork sausage & mashed potatoes	Fish & chips
24.09.12						
22.10.12	Main Meal 2	Pizza & wedges (V)	Cheesy bacon twists	*Meatball sub or spaghetti	Chicken curry & rice	Chicken in a bun
12.11.12						
07.01.13	Mix & Match	Past pot or sandwiches	Panini	Sandwiches	Filled baguette	Wraps
28.01.13						
18.02.13	Baked potato	Various	Various	Various	Various	Various
11.03.13						
15.04.13	Vegetable	Peas Carrots Salad	Beans Salad	Mixed vegetables Salad	Sweetcorn Salad	Peas Salad
06.05.13						
27.05.13	Dessert	Fresh fruit salad Yogurt	Apple sponge & custard Fresh fruit	Jelly Yogurt Fresh fruit	Carmel flan & custard Fresh fruit	Jelly Fruit cocktail Fresh fruit
17.06.13						
	Drink	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water

**WEEK 2 CHOOSE ONE ITEM FROM EACH COLOUR**

Week Commencing		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20.08.12	Starter	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Melon
10.09.12	Main Meal 1	Pizza & wedges (V)	*Haggis or mince & mashed potatoes	Chicken casserole & baby boiled potatoes	Steak pie & potatoes	Fish & chips
01.10.12						
29.10.12	Main Meal 2	Chicken curry & rice	Grilled chicken & potato croquettes	Macaroni cheese (V)	* Managers choice	Hot dog
19.11.12						
10.12.12	Mix & Match	Sandwiches	Wraps	Baguette	Toasties	*Pasta pot or sandwiches
14.01.13						
04.02.13	Baked potato	Various	Various	Various	Various	Various
25.02.13						
18.03.13	Vegetable	Sweetcorn Salad	Turnip Sweetcorn Salad	Carrots Salad	Broccoli Salad	Peas Salad
22.04.13						
13.05.13	Dessert	Jelly Yogurt Fresh fruit	Iced shortbread Fresh fruit	Fruit cocktail Fresh fruit	Iced sponge & custard Fresh fruit	Fresh fruit salad Yogurt Fresh fruit
03.06.13						
24.06.13	Drink	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water



**WEEK 3 CHOOSE ONE ITEM FROM EACH COLOUR**

Week Commencing		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27.08.12	Starter	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Melon
17.09.12	Main Meal 1	Fish fingers & potatoes	Steak pie & boiled potatoes	Cottage pie	Roast of the day & roast potatoes	Fish & chips
08.10.12						
05.11.12	Main Meal 2	Chicken curry & rice	* Spaghetti bolognese or lasagne	Chicken & savoury rice**	* Managers special	Burger in a bun
26.11.12						
17.12.12	Mix & Match	Toasties	Wraps	Pasta Pot	Panini	Sandwiches
21.01.13						
11.02.13	Baked potato	Various	Various	Various	Various	Various
04.03.13						
25.03.13	Vegetable	Peas & sweetcorn Salad	Carrots Salad	Mixed vegetables Salad	Carrots Salad	Peas Salad
29.04.13						
20.05.13	Dessert	Frozen yogurt Fresh fruit	Rice pudding Fresh fruit	Fruit or plain muffin Fresh fruit	Carmel flan & custard Fresh fruit	Yogurt Jelly Fresh fruit
10.06.13						
	Drink	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water



Cost of a meal will be **£1.75** for pupils and **£2.35** for adults. This will comprise of a hot meal with soup or dessert and a drink OR a mix and match item with soup or dessert and a drink.

- Vegetables and Salad will be served daily. Fresh Fruit will be offered as an alternative to Vegetables and Salad and as a Dessert option.
- Baked Potatoes will be served daily with a choice of fillings and salad.
- Sandwiches, wraps, panini's and pasta pots will be served with a choice of fillings and salad.
- Milk, water and fruit juice will be served daily.
- Free bread will be served daily.
- Vegetarian options will be available on request; however notice must be given first thing in the morning and may be limited to choice.
- In line with government guidelines, oily fish must be included in the menu therefore the menu will include an oily fish dish one day a week.
- Mix and match items may vary from day to day, depending on the school.
- \* please note that where a choice is specified, only one item will be available on the day and this is at the manager's discretion.
- Managers special - catering manager can choose between sweet chilli chicken, cajan chicken, pasta bake or chicken in gravy.
- \*\* please note that savoury rice is available on request for a vegetarian option on its own
- Please note that menus are subject to change in unforeseen circumstances.



Theme days will be carried out throughout the year.

Dear Parent / Carer

Learning and health go hand in hand. Good health of children and young people are a prerequisite for educational achievement. Inverclyde Council, therefore, recognises the importance of providing and prompting healthy school lunches within all our schools. The idea is simple and adheres to **The Schools (Health Promotion and Nutrition) (Scotland) Act 2007** by providing wholesome, nutritionally balanced meals the school children will eat and to encourage children to make healthier eating choices which means eating more fruit, vegetables and carbohydrates and cutting down on foods high in fat and sugar. We need your help to make the message clear to children and to other parents / carers that school meals are nutritious and healthy.

What happens in schools

The lunch menus follow strict nutritional guidelines to make sure your child gets a healthy diet. This means all recipes are nutritionally analysed to ensure each meal has a good mix of protein, iron, fibre, vitamins and minerals to provide a healthy balance across all menu choices. We have made a huge commitment to make the school meals more appetising, and healthier for children.

Special diets

Please contact the school if your child has any special dietary requirements. If you are in seeing a Dietician, it is likely they will put the necessary measures in place in order to provide the best we can for your child.



To make the healthy eating message more fun the 'Funky 5' cartoon characters were designed to appeal to primary school youngsters and to get across the message of eating a balanced and healthy diet. 'Funky 5' are made up of Ka-Rock, Top Tomato, Punk Pear, Shakin Strawberry and Boogie Banana and appear on regular school meals promotions.

The 'Funky 5' is also linked with the '5 A DAY' message which is all about eating 5 portions of fruit and vegetables a day. Fruit and vegetables help set you up for a healthier lifestyle. Best of all, there is so much variety to choose from, all year long, there's enough to keep even the fussiest eaters happy.

To get the best health benefits, your '5 A DAY' portions should include a combination of a variety of fruit and vegetables. That's 5 portions altogether, not 5 portions of fruit and 5 portions of veg.

Almost all fruit and vegetables count towards your '5 A DAY'. What's more there's no limit to how much you can consume - so the more you eat, the better.

It's also good to know that you should eat a variety of fruit and vegetables to get the maximum nutritional benefits.

This is because they each contain different combinations of fibre, vitamins, minerals and other nutrients. Besides, eating the same ones every day would be boring. Have a look at the following guidelines and you'll soon be on your way to 5 A DAY:

• Fresh, frozen, chilled, canned, 100% juice and smoothies all count, as do dried fruit and vegetables. Fruit and vegetables don't have to be eaten on their own to count. You can also include any vegetables found in soups, stews, sandwiches and other dishes.

• Fruit and vegetables contained in convenience foods like ready meals, pasta sauces, soups and puddings, also contribute to your 5 A DAY.

• Ready-made foods, however, can be high in salt, sugar and fat, which should only ever be eaten in moderation, so it's important to check the nutrition information on the labels and packaging.

• Dietary supplements like vitamins and minerals do not count towards 5 A DAY. This is because many dietary supplements don't have the same nutritional benefits as fruit and vegetables.

• Potatoes and other related vegetables such as yams and cassava do not count. This is because they are classified as starchy foods

TERM ONE  
TERM TWO  
TERM THREE

Staff		Pupils	
Staff Return	Monday 13th August 2012	Pupils Break	In-Service Day
	Tuesday 14th August 2012	Pupils Break	In-service Day
	Wednesday 15th August 2012	Pupils Return	
Staff Break	Monday 3rd September 2012	Pupils Break	School Holiday September Break
Staff Return	Tuesday 4th September 2012	Pupils Return	
Staff Break	Monday 15th October 2012	Pupils Break	School Holiday October Break
Staff Return	Monday 22nd October 2012	Pupils Break	In-Service Day
	Tuesday 23rd October 2012	Primary Pupils Return	In-Service Day
	Wednesday 24th October 2012	Secondary Pupils Return	
Staff Break	Friday 21st December 2012	Pupils Break	School Holiday Christmas Break
Staff		Pupils	
Staff Return	Monday 7th January 2013	Pupils Return	
Staff Break	Friday 8th February 2013	Pupils Break	
Staff Return	Wednesday 13th February 2013	Pupils Break	In-Service Day
	Thursday 14th February 2013	Primary Pupils Return	In-Service Day
	Friday 15th February 2013	Secondary Pupils Return	
Staff Break	Friday 29th March 2013	Pupils Break	School Holiday Spring Break
Staff		Pupils	
Staff Return	Tuesday 16th April 2013	Pupils Return	
Staff Break	Monday 6th May 2013	Pupils Break	May Day Local Holiday
Staff Return	Tuesday 7th May 2013	Pupils Return	
Staff Break	Friday 31st May 2013	Pupils Break	
Staff Return	Tuesday 4th June 2013	Pupils Break	In-Service Day
	Wednesday 5th June 2013	Pupils Return	
Staff Break	Wednesday 26th June 2013	Pupils Break	Schools Close (Summer Hols)

Here are 5 great reasons to eat 5 portions of fruit and vegetables A DAY

- They're packed with vitamins and minerals.
- They can help you to maintain a healthy weight.
- They're an excellent source of fibre and antioxidants.
- They help reduce the risk of heart disease, stroke and some cancers.
- They taste delicious and there's so much variety to choose from.

