

## RENFREWSHIRE COUNCIL SCHOOLS' CATERING HOLDS THE FOOD FOR LIFE BRONZE AWARD FOR ITS PRIMARY SCHOOL MEALS.

This award is an endorsement from the Soil Association Scotland that, as caterers, we serve more freshly prepared meals using local, seasonal ingredients which are free from undesirable additives and trans fats, are better for animal welfare and comply with national nutrition standards.

The Food for Life award demonstrates the Council's commitment to helping Scotland become a Good Food Nation, where the food is both tasty to eat and nutritious, fresh and environmentally sustainable.

We are frequently looking for staff across the Soft Facilities Management Service (including cleaning, catering, school crossing patrol)

Call 0300 300 0330  
to apply or go to  
[myjobscotland.gov.uk/  
councils/renfrewshire-council](http://myjobscotland.gov.uk/councils/renfrewshire-council)

### Our quality pledge

- Our meals are freshly prepared with seasonal ingredients
- Our eggs are free range
- Our meat is farm level assured by Quality Meat Scotland
- We don't serve any endangered fish
- Our menu is free from undesirable additives and GM ingredients



## TRY COOKING THESE SCHOOL MEAL FAVOURITES AT HOME.

### CHICKEN CURRY

#### Ingredients

|                  |       |
|------------------|-------|
| Onions           | 60g   |
| Water            | 375ml |
| Garlic           | 1g    |
| Chicken bouillon | 6mg   |
| Vegetable oil    | 10ml  |
| Cooked chicken   | 300g  |
| Curry powder     | 10ml  |
| Tomato puree     | 6g    |

#### Method

1. Gently cook onion and garlic without colouring.
2. Mix in the curry powder and flour and cook gently for 2 minutes.
3. Mix in the tomato puree.
4. Boil the water add the chicken bouillon.
5. Add chicken stock to the curry powder mix until a smooth sauce, simmer for 20 minutes.
6. Add cooked chicken, heat through for another 20 minutes.
7. Serve with boiled rice.

### CHICKEN STIR FRY

#### Ingredients

|                    |       |
|--------------------|-------|
| Vegetable oil      | 12ml  |
| Water              | 250ml |
| Cooked chicken     | 300g  |
| Vegetable bouillon | 7g    |
| Spring onions      | 60g   |
| Soy sauce          | 25g   |
| Carrots            | 60g   |
| Cornflour          | 15g   |
| Red peppers        | 60g   |
| Garlic             | 15g   |
| Bean sprouts       | 50g   |

#### Method

1. Cut peppers and spring onions into diamond shapes and carrots into julienne strips.
2. Heat oil in a pan, add vegetables and stir fry for 5 minutes, add chicken and cook for a further 3 minutes
3. Whisk together water, soy sauce, cornflour and vegetable bouillon, bring to the boil and simmer for 5 minutes.
4. Add the chicken mixture to the sauce, add beansprouts and cook for a further 3 minutes, then serve.

SCHOOL MEALS

MEET

EAT

AND

PLAY

Primary School Menu

£2.25  
DAILY

2019/2020

P1-P3  
FREE



Renfrewshire  
Council

# PRIMARY SCHOOL MENU

## WEEKLY PLANNER

Our school meals are healthy, balanced and nutritious.

We take great care in what we have in our menus. Not just to meet legal requirements, but because we want our school meals to be healthy nutritious and enjoyable.

If your child has a food allergy or special dietary requirements, we will work with NHS practitioners to ensure we meet their needs.

For more information or advice please email:  
soft-fm@renfrewshire.gov.uk  
tel: 0300 300 0380

Water, milk, bread and fruit available every day

### Week 1

| Monday                                     | Tuesday                                      | Wednesday                             | Thursday                                  | Friday  |
|--|--|---------------------------------------|---|---|
| Soup                                       |  |                                       |   |   |
| Lentil soup                                | Vegetable soup                               |                                       | Tomato soup                               |   |
| Choice 1                                   |  |                                       |   |   |
| Fish goujon wrap with diced potatoes & veg | Chicken stir fry with rice                   | Steak pie with carrot, turnip & chips | Chicken burger with salad & potato wedges | Pasta Bolognese with garlic bread & salad       |
| Choice 2                                   |  |                                       |   |   |
| Mac & cheese with veg & diced potatoes     | Veggie nuggets with potato wedges & broccoli | Cheesy omelette with chips & salad    | Baked potatoes with cheese & beans        | Cheese sandwich with cherry tomatoes & coleslaw |
| Dessert                                    |  |                                       |   |   |
|  |  | Strawberry yoghurt                    |   | Ice cream                                       |

### Week 2

| Monday                                     | Tuesday                                    | Wednesday                           | Thursday  | Friday                               |
|--|--|-------------------------------------|---|--------------------------------------|
| Soup                                       |  |                                     |   |                                      |
|  | Lentil soup                                |                                     | Tomato soup   | Vegetable soup                       |
| Choice 1                                   |  |                                     |   |                                      |
| Chicken goujons with salad & potato wedges | Tomato pasta with meatballs & garlic bread | Mince, mash & green beans           | Fish fingers with peas & herby diced potatoes               | Hot dog with salad & corn on the cob |
| Choice 2                                   |  |                                     |   |                                      |
| Veggie curry with rice & naan bread        | Quorn chilli with rice & pitta bread       | Cheese panini with salad & coleslaw | Tomato & mozzarella pasta with salad & herby diced potatoes | Baked potatoes with cheese & beans   |
| Dessert                                    |  |                                     |   |                                      |
| Frozen yoghurt with mandarins              |  | Jelly with pineapple chunks         |   |                                      |

### Week 3

| Monday   | Tuesday                             | Wednesday                          | Thursday   | Friday   |
|--|-------------------------------------|------------------------------------|--|--|
| Soup   |                                     |                                    |  |  |
| Lentil soup                                    |                                     | Vegetable soup                     | Tomato soup  |  |
| Choice 1                                       |                                     |                                    |  |  |
| Chicken curry with rice & naan                 | Bangers & mash with beans           | Fish, chips & peas                 | Roast turkey dinner                                | Chicken tikka & tomato salad pitta pocket with sweet potato wedges |
| Choice 2                                       |                                     |                                    |  |  |
| Tomato & basil pasta with salad & crusty bread | Egg mayo roll with salad & coleslaw | Baked potatoes with cheese & beans | Quorn burger with salad, coleslaw & roast potatoes | Margarita pizza with sweet potato wedges & corn                    |
| Dessert  |                                     |                                    |  |  |
|  | Ice cream with fruit                |                                    |  | Greek yoghurt with strawberries                                    |

The planner below shows the week that each of the menus will be served.

|        |            |            |            |                |            |            |                |            |            |            |            |                |            |            |            |                |
|--------|------------|------------|------------|----------------|------------|------------|----------------|------------|------------|------------|------------|----------------|------------|------------|------------|----------------|
| Week 1 | 12/08/2019 | 02/09/2019 | 23/09/2019 | School Holiday | 04/11/2019 | 25/11/2019 | 16/12/2019     | 06/01/2020 | 27/01/2020 | 17/02/2020 | 09/03/2020 | 30/03/2020     | 20/04/2020 | 11/05/2020 | 01/06/2020 | 22/06/2020     |
| Week 2 | 19/08/2019 | 09/09/2019 | 30/09/2019 | 21/10/2019     | 11/11/2019 | 02/12/2019 | School Holiday | 13/01/2020 | 03/02/2020 | 24/02/2020 | 16/03/2020 | School Holiday | 27/04/2020 | 18/05/2020 | 08/06/2020 | School Holiday |
| Week 3 | 26/08/2019 | 16/09/2019 | 07/10/2019 | 28/10/2019     | 18/11/2019 | 09/12/2019 | School Holiday | 20/01/2020 | 10/02/2020 | 02/03/2020 | 23/03/2020 | School Holiday | 04/05/2020 | 25/05/2020 | 15/06/2020 | School Holiday |