

5 — A DAY

The

WAY

WEEK 1						
CHOOSE ONE ITEM FROM EACH COLOUR						
Week Commencing		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
13.08.12 10.09.12 08.10.12 12.11.12 10.12.12 21.01.13 18.02.13 18.03.13 29.04.13 27.05.13 24.06.12	Starter	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Main Meal 1	Grilled sausages & potatoes	Steak pie & potatoes	*Mince / haggis & mashed potatoes	Chinese chicken & rice	Fish & chips
	Main Meal 2	Chicken bhuna & rice	* Lasagne or Spaghetti bolognese	Chicken fajitas	Pizza & wedges	Chicken burger
	Baked potato	Various	Various	Various	Various	Various
	Vegetable	Sweetcorn Salad	Cabbage Salad	Turnip Salad	Carrots Salad	Peas Salad
	Dessert	Chocolate fudge flan	Apple sponge	Ginger sponge	Caramel flan	
	Drink	Selection	Selection	Selection	Selection	Selection

WEEK 2						
CHOOSE ONE ITEM FROM EACH COLOUR						
Week Commencing		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20.08.12 17.09.12 22.10.12 19.11.12 17.12.12 28.01.13 25.02.13 25.03.13 06.05.13 03.06.13	Starter	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Main Meal 1	Macaroni cheese	Chicken pie & potatoes	Roast of the day & roast potatoes	Chicken & *savoury rice or potato croquettes	Fish & chips
	Main Meal 2	Chicken rogan josh & rice	Pizza & wedges	Sweet chilli chicken & * rice or wrap	* Lasagne or spaghetti bolognese	Burger in a bun
	Baked potato	Various	Various	Various	Various	Various
	Vegetable	Broccoli Salad	Sweetcorn or cabbage Salad	Mixed Vegetable Salad	Cabbage Salad	Peas Salad
	Dessert	Lemon drizzle cake	Gingerbread	Apple crumble	Rice Pudding & fruit	
	Drink	Selection	Selection	Selection	Selection	Selection

WEEK 3						
CHOOSE ONE ITEM FROM EACH COLOUR						
Week Commencing		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27.08.12 24.09.12 29.10.12 26.11.12 07.01.13 04.02.13 04.03.13 15.04.13 13.05.13 10.06.13	Starter	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Main Meal 1	*Mince / haggis & mashed potatoes	Chicken casserole	Steak pie & mashed potatoes	Stewed sausages & boiled potatoes	Fish & Chips
	Main Meal 2	Mexican chicken & rice	Pizza & wedges	Cajun pasta	Chicken bhuna & rice	Chicken burger in a bun
	Baked potato	Various	Various	Various	Various	Various
	Vegetable	Turnip Salad	Green beans Salad	Sweetcorn Cauliflower cheese Salad	Turnip Salad	Peas Salad
	Dessert	Banoffe pie	Rice pudding	Iced sponge	Caramel flan	
	Drink	Selection	Selection	Selection	Selection	Selection

WEEK 4						
CHOOSE ONE ITEM FROM EACH COLOUR						
Week Commencing		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
03.09.12 01.10.12 05.11.12 03.12.12 14.01.13 11.02.13 11.03.13 22.04.13 20.05.13 17.06.13	Starter	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Soup of the day
	Main Meal 1	Cottage pie	Grilled chicken & potato croquettes	Roast meat & roast potatoes	Chicken pie & potatoes	Fish & chips
	Main Meal 2	Chicken curry & rice	Macaroni cheese	Pizza & wedges	* Bolognese or Meatballs spaghetti	Burger in a bun
	Baked potato	Various	Various	Various	Various	Various
	Vegetable	Green Beans Salad	Broccoli Salad	Sweetcorn Salad	Carrots Salad	Peas Salad
	Dessert	Banana sponge	Gingerbread	Iced sponge	Apple sponge	
	Drink	Selection	Selection	Selection	Selection	Selection

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.

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.

T E R M O N E

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

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.

T E R M T W O

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



- 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

T E R M T H R E E

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.

Cost of a meal will be **£1.90** for pupils and **£2.28** 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.
- A variety of Chicken Curry and Pizza will be served on Mondays.
- 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 and oily fish dish one day a week.

• Please note that menus are subject to change in unforeseen circumstances.