



A healthy food choice for the future Friday

homemade soup	Lentil Soup & Gelection of Bread Chicken Curry	Tuesday Scotch Broth Soup & Selection of Bread Steak Pie	Wednesday Lentil Soup & Selection of Bread	Thursday Vegetable & Rice Soup & Selection of Bread	Green Pea Soup & Selection of Bread Roast Turkey, Yorkshire Pudding
homemade soup	Lentil Soup & Selection of Bread Chicken Curry	Scotch Broth Soup & Selection of Bread Steak Pie	Lentil Soup & Selection of Bread	Selection of Bread	Selection of Bread
momemade soup shoice	Lentil Soup & Selection of Bread Chicken Curry	Selection of Bread	Selection of Bread		
omemade soup	Selection of Bread Chicken Curry	Steak Pie	a dod FISN	Meatballs Mashed Potatoes	Roast Potatoes & Brussel Sprouts
	Boiled Rice	Mashed Potatoes Mashed Turnip	Breaded Fish Baby Jacket Potatoes Garden Peas	Mixed Vegetables Macaroni Cheese Baby Jacket Potatoes	Vegetable Bolognaise Garlic & Herb Bread Side Salad
Pota	lixed Pepper Salad	Baked Potato Baked Beans Side Salad	Pizza Side Salad Gammon Sandwich	Side Salad Chicken Sandwich or Toastie	Hot Dog Tomato Sauce Sachet Sweetcorn
holes	Side Salau Cheese Sandwich	Tuna Sandwich	or Toastie Carrot Salad	Beetroot Salad	Eves Pudding & Custard or Selection of Fruit
thoice [or Toastie Cherry Tomatoes	Cucumber Salad Fruit Jelly &	Fruit Gingerbread & Custard & Selection of Fruit	Selection of Fruit	Semi-Skimmed Milk & Refresh Water
dessert	Yoghurt & Selection of Fruit	Selection of Fruit Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Refresh Water	Friday
drinks	Semi-Skimmed Milk & Refresh Water		Wednesday	Thursday Minestrone Soup &	Lentil Soup & Selection of Bread
Week Two	Monday Vegetable Broth &	Tuesday Lentil Soup & Selection of Bread	yellow Split Pea & Selection of Bread Belmont Pie	Selection of Bread Spaghetti Bolognaise Garlic & Herb Bread	Breaded Fish, Oven Chips or Baby Jacket Potatoes Beetroot Salad
homemade soup	Selection of Bread	Chicken Curry	Belmont Fie Mashed Potatoes Cabbage	Side Salad Vegetable Curry	Macaroni Cheese Baby Jacket Potatoes
choice	ion Gravy & Mashed Potatoes Sliced Carrots	Tomato & Onion Salad	Quorn Herbie Spaghetti Garlic & Herb Bread	Boiled Rice Mixed Pepper Salad	Green Beans Gammon Sandwich
choice?	Baked Potato Cheese & Coleslaw Side Salad	Sweetcorn	Cucumber Salad Chicken Burger Mayonnaise Sachet	Fish Fingers Baby Jacket Potatoes Garden Peas	or Toastie Side Salad
vegetarian 4	Turkey Sandwich	Tuna Sandwich or Toastie Side Salad	Mayonnaise Sacrison Side Salad Fruit Jelly &	Yoghurt & Selection of Fruit	Apple Pie & Custard & Selection of Fruit
choice 5	Cherry Tomatoes Lineide Down Sponge	Frozen Yoghurt & Selection of Fruit	Selection of Fruit Semi-Skimmed Milk &	Sami-Skimmed Milk &	Semi-Skimmed Milk & Refresh Water
dessert	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skillined Marker Refresh Water	Relico.	125cho













For further information on Glasgow City Council's 'Eat Well To Live Well' initiative please contact:

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For further tips and information on healthy eating visit www.coolfuelkids.co.uk

www.glasgow.gov.uk













Week One	Monday	Tuesday	Wednesday	Thursday	Friday
homemade soup	Lentil Soup & Selection of Bread	Scotch Broth Soup & Selection of Bread	Lentil Soup & Selection of Bread	Vegetable & Rice Soup & Selection of Bread	Green Pea Soup & Selection of Bread
choice	Chicken Curry Boiled Rice Mixed Pepper Salad	Steak Pie Mashed Potatoes Mashed Turnip	Breaded Fish Baby Jacket Potatoes Garden Peas	Meatballs Mashed Potatoes Mixed Vegetables	Roast Turkey, Yorkshire Pudding Roast Potatoes & Brussel Sprouts
choice 9	Potato & Vegetable Bake Side Salad	Baked Potato Baked Beans Side Salad	Pizza Side Salad	Macaroni Cheese Baby Jacket Potatoes Side Salad	Vegetable Bolognaise Garlic & Herb Bread Side Salad
choice 3	Cheese Sandwich or Toastie Cherry Tomatoes	Tuna Sandwich or Toastie Cucumber Salad	Gammon Sandwich or Toastie Carrot Salad	Chicken Sandwich or Toastie Beetroot Salad	Hot Dog Tomato Sauce Sachet Sweetcorn
dessert	Yoghurt & Selection of Fruit	Fruit Jelly & Selection of Fruit	Fruit Gingerbread & Custard & Selection of Fruit	Frozen Yoghurt & Selection of Fruit	Eves Pudding & Custard or Selection of Fruit
drinks	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water
Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
homemade soup	Vegetable Broth & Selection of Bread	Lentil Soup & Selection of Bread	Yellow Split Pea & Selection of Bread	Minestrone Soup & Selection of Bread	Lentil Soup & Selection of Bread
choice	Low Fat Sausage Onion Gravy & Mashed Potatoes Sliced Carrots	Chicken Curry Boiled Rice Tomato & Onion Salad	Belmont Pie Mashed Potatoes Cabbage	Spaghetti Bolognaise Garlic & Herb Bread Side Salad	Breaded Fish, Oven Chips or Baby Jacket Potatoes Beetroot Salad
choice 9	Baked Potato Cheese & Coleslaw Side Salad	Pizza Sweetcorn	Quorn Herbie Spaghetti Garlic & Herb Bread Cucumber Salad	Vegetable Curry Boiled Rice Mixed Pepper Salad	Macaroni Cheese Baby Jacket Potatoes Green Beans
choice 3	Turkey Sandwich or Toastie Cherry Tomatoes	Tuna Sandwich or Toastie Side Salad	Chicken Burger Mayonnaise Sachet Side Salad	Fish Fingers Baby Jacket Potatoes Garden Peas	Gammon Sandwich or Toastie Side Salad
dessert	Pineapple Upside Down Sponge & Custard or Selection of Fruit	Frozen Yoghurt & Selection of Fruit	Fruit Jelly & Selection of Fruit	Yoghurt & Selection of Fruit	Apple Pie & Custard & Selection of Fruit
drinks	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water	Semi-Skimmed Milk & Refresh Water

