

123 choice!



Starts 25th Aug

create your Meal Deal



A healthy food choice for the future

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 1	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 2 vegetarian	Potato & Vegetable Bake Side Salad	Baked Potato Baked Beans Side Salad	Pizza Side Salad	Macaroni Cheese Baby Jacket Potatoes Side Salad	Vegetable Bolognese 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 1	Low Fat Sausage Onion Gravy & Mashed Potatoes Sliced Carrots	Chicken Curry Boiled Rice Tomato & Onion Salad	Belmont Pie Mashed Potatoes Cabbage	Spaghetti Bolognese Garlic & Herb Bread Side Salad	Breaded Fish, Oven Chips or Baby Jacket Potatoes Beetroot Salad
choice 2 vegetarian	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



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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



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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
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choice vegetarian	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 2	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
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choice vegetarian	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
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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

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