

<b>Week 1</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Melon
Option 1 (Blue)	Chicken grill with mash potato	Steak and sausage pie with mash potato	Chicken curry with rice	Grilled Sausage with Mash potato	Fish and Chips
Option 2 (Red)	Pizza with salad & coleslaw		Salmon Fingers with mash potato		Chicken burger in a bun or with chips
Option 3 (Yellow)	Sandwich selection	Panini selection	Sandwich selection	Panini selection	Wrap selection
Baked Potato (Green)	Various fillings				
Served daily	Seasonal Vegetables, Fresh Fruit and Salad Bar				
Dessert	Fresh Fruit Yoghurt Jelly	Fresh Fruit Yoghurt Caramel flan	Fresh Fruit Yoghurt Jelly	Fresh Fruit Yoghurt Iced sponge	Fruity Friday Yoghurt

**Week commencing**

14 <sup>th</sup> Aug 17	4 <sup>th</sup> Sept 17	25 <sup>th</sup> Sep 17	23 <sup>rd</sup> Oct 17	13 <sup>th</sup> Nov 17
4 <sup>th</sup> Dec 17	1 <sup>st</sup> Jan 18	22 <sup>nd</sup> Jan 18	12 <sup>th</sup> Feb 18	5 <sup>th</sup> Mar 18
26 <sup>th</sup> Mar 18	30 <sup>th</sup> April 18	21 <sup>st</sup> May 18	11 <sup>th</sup> June 18	

<b>Week 2</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Melon
Option 1 (Blue)	Chicken Curry with rice	Spaghetti Bolognese	Macaroni cheese	Omelette with toast & beans	Fish and Chips
Option 2 (Red)	Pizza with salad & coleslaw		Salmon fingers with mash potato	Beans on toast	Chicken burger in a bun or with chips
Option 3 (Yellow)	Sandwich selection	Panini selection	Sandwich selection	Panini selection	Wrap selection
Baked Potato (Green)	Various fillings				
Served daily	Seasonal Vegetables, Fresh Fruit and Salad Bar				
Dessert	Fresh Fruit Yoghurt Jelly	Fresh Fruit Yoghurt Homemade biscuit	Fresh Fruit Yoghurt Jelly	Fresh Fruit Yoghurt Muffin	Fruity Friday Yoghurt

**Week commencing**

21 <sup>st</sup> Aug 17	11 <sup>th</sup> Sept 17	2 <sup>nd</sup> Oct 17	30 <sup>th</sup> Oct 17	20 <sup>th</sup> Nov 17
11 <sup>th</sup> Dec 17	8 <sup>th</sup> Jan 18	29 <sup>th</sup> Jan 18	19 <sup>th</sup> Feb 18	12 <sup>th</sup> Mar 18
16 <sup>th</sup> April 18	7 <sup>th</sup> May 18	28 <sup>th</sup> May 18	18 <sup>th</sup> June 18	

<b>Week 3</b>	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Melon
Option 1 (Blue)	Chicken curry with rice	Mince pie with mash potato	Roast of the day with roast potato	Turkey meatballs sub	Fish and Chips
Option 2 (Red)	Pasta in tomato & basil sauce		Pizza with salad & coleslaw	Salmon fingers with mash potato	Beef burger in a bun or with chips
Option 3 (Yellow)	Wrap selection	Panini selection	Sandwich selection	Baguette selection	Sandwich selection
Baked Potato (Green)	Various fillings				
Served daily	Seasonal Vegetables, Fresh Fruit and Salad Bar				
Dessert	Fresh Fruit Yoghurt Jelly and fruit	Fresh Fruit Yoghurt Iced sponge	Fresh Fruit Yoghurt Jelly	Fresh Fruit Yoghurt Homemade biscuit	Fruity Friday Yoghurt

#### Week commencing

28 <sup>th</sup> Aug 17	18 <sup>th</sup> Sept 17	9 <sup>th</sup> Oct 17	6 <sup>th</sup> Nov 17	27 <sup>th</sup> Nov 17
18 <sup>th</sup> Dec 17	15 <sup>th</sup> Jan 18	5 <sup>th</sup> Feb 18	26 <sup>th</sup> Feb 18	19 <sup>th</sup> Mar 18
23 <sup>rd</sup> April 18	14 <sup>th</sup> May 18	4 <sup>th</sup> June 18	25 <sup>th</sup> June 18	

## Gourock Primary School Meals 2017-18

The cost of a meal is £2.00 for pupils and £2.60 for adults.

This will comprise of a Main meal option with soup OR dessert and a drink.

- ✓ Vegetables, Salad and bread will be available daily.
- ✓ Fresh fruit will be offered daily
- ✓ Sandwiches, wraps, Paninis or pasta pots and baked potatoes will be served with a choice of fillings & salad.
- ✓ A Selection of drinks will be available daily.
- ✓ Vegetarian options will be available on request, please speak to your child's school.
- ✓ Special dietary requirements can be catered for on request from your child's dietician.

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

Theme Days will be carried out throughout the year.

### School Catering Facility Feedback

Inverclyde Council aim to provide a high quality catering service for all pupils. We welcome and encourage feedback in order for us to continually improve our services.

You can submit feedback at [School Catering Facility Feedback](#) where you will find the School Catering Facility feedback form or alternatively contact The Hungry for Success Coordinator on 01475 712368.