

Gourock Primary - Menu 2016/17

Week Commencing	WK1	Monday	Tuesday	Wednesday	Thursday	Friday
15 Aug 16	Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Melon
5 Sept 16	Hot Meal 1	Chicken Curry with Rice	Turkey Meatball *Sub or with spaghetti	Steak & sausage Pie with mash potato	Grilled Sausages with mash potato	Fish & Chips
26 Sept 16	Hot Meal 2	Pizza & Pasta		Breaded Salmon and mash potato		Chicken Burger in a Bun or with chips
7 Nov 16	Mix & Match	Sandwich selection	Panini Selection	Sandwich selection	Baguette selection	Wrap selection
28 Nov 16	Baked Potato	Various fillings	Various fillings	Various fillings	Various fillings	Various fillings
19 Dec 16	Essential	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit
9 Jan 17	Dessert	Jelly Yoghurt Selection of Fresh Fruit	Shortbread Yoghurts Selection of Fresh Fruit	Caramel Flan Yoghurts Selection of Fresh Fruit	Iced Sponge Yoghurts Selection of Fresh Fruit	Frozen Yoghurt Selection of Fresh Fruit
30 Jan 17						
20 Feb 17						
13 Mar 17						
24 April 17						
15 May 17						
5 June 17						
26 June 17						

Week Commencing	WK2	Monday	Tuesday	Wednesday	Thursday	Friday
22 Aug 16	Starter	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Melon
12 Sept 16	Hot meal 1	Chicken Curry with Rice	Chicken Grill with potato croquettes	Roast of the Day with roast potato	Breaded Salmon and mash potato	Fish & Chips
3 Oct 16	Hot Meal 2	Pizza with Pasta		Macaroni Cheese	Omelette with Toast	Chicken Burger with chips or in a bun
24 Oct 16	Mix & Match	Wrap selection	Panini selection	Sandwich selection	Baguette selection	Pasta Pot
14 Nov 16	Baked Potato	Various fillings	Various fillings	Various fillings	Various fillings	Various fillings
5 Dec 16	Essential	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit
16 Jan 17	Dessert	Jelly Yoghurt Selection of Fresh Fruit	Jam Sponge Yoghurt Selection of Fresh Fruit	Hob Nob Yoghurt Selection of Fresh Fruit	Fruit muffin Yoghurt Selection of Fresh Fruit	Frozen Yoghurt Selection of Fresh Fruit
6 Feb 17						
27 Feb 17						
20 Mar 17						
1 May 16						
22 May 17						
12 June 17						

Week Commencing	WK3	Monday	Tuesday	Wednesday	Thursday	Friday
29 Aug 16	Starter	Soup of the day	Soup of the day	Soup of the day	Soup of the day	Melon
19 Sept 16	Hot Meal 1	Chicken Curry with rice	Macaroni Cheese	Spaghetti Bolognaise	Mince pie with mash potato	Fish & chips
10 Oct 16	Hot Meal 2	Pizza with pasta	Fish Fingers with mash potato	Breaded Salmon & mash Potato		Beef Burger in a bun or with chips
31 Oct 16						
21 Nov 16	Mix & Match	Wrap selection	Baguette selection	Toasted sandwich selection	Panini selection	Sandwich selection
12 Dec 16	Baked Potato	Various fillings	Various fillings	Various fillings	Various fillings	Various fillings
2 Jan 2017						
23 Jan 17	Essential	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit	Vegetables Salad bar Portion of Fruit
13 Feb 17						
6 Mar 17	Dessert	Jelly Yoghurts Selection of Fresh Fruit	Oat Biscuit Yoghurts Selection of Fresh Fruit	Caramel Flan Yoghurts Selection of Fresh Fruit	Iced Sponge Yoghurts Selection of Fresh Fruit	Frozen Yoghurt Selection of Fresh Fruit
27 Mar 17						
17 April 17						
8 May 17						
29 May 17						
19 June 17						

Fourrock Primary - Menu 2016/17

School Catering Facility Feedback

Inverclyde Council aim to provide a high quality catering service for all pupils. We welcome and encourage feedback of both a positive and negative nature in order for us to continue and improve our services.

You can submit feedback at <http://tinyurl.com/p8nkh6> where you will find the School Catering Facility feedback form or alternatively contact The Hungry for Success Coordinator on 01475 712368.

- Cost of a meal will be **£1.95** for pupils and **£2.55** 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 & Salad will be served daily. Fresh fruit will be offered as an alternative to Vegetables & Salad & as a Dessert Option
 - Baked Potatoes will be served daily with a choice of fillings & salad.
 - Sandwiches, wraps, Panini's & pasta pots will be served with a choice of fillings & salad.
 - Milk, water & fruit juice will be served daily.
 - Free Bread will be served daily.
 - Vegetarian options will be available on request; however notice must be given first thing in the morning & may be limited to choice.
 - Please note that menus are subject to change in unforeseen circumstances.

Theme Days will be carried out throughout the year.