

# PLANNING YOUR FOOD FOR LIFE SERVED HERE MENU

Food for Life Scotland offers a free menu development support service tailored to the needs of your local authority.

We can assist with recipe development, testing and costing, idea sessions, attending your menu planning groups and much more. Food for Life Served Here (FFLSH) menus use seasonal produce from local Scottish suppliers, enabling local authorities to serve fresh, healthy, and sustainable meals in schools. They embody the Food for Life (FFL) Good Food definition – food that's good for health, the environment and the local economy.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STARTER/ SOUP	Seasonal Minestrone		Tomato & Basil		Seasonal Vegetable & Lentil
MAIN COURSE	Macaroni Cheese w/ kale & Scottish cheddar	Chicken & Lentil Korma w/ rice & naan bread	Turkey Burger w/ mixed potato wedges & seasonal slaw	Penne Bolognese w/ five vegetable sauce	Fish Pie w/ haddock, salmon, creamy sauce & mashed potatoes
VEGETARIAN MAIN COURSE	Pea & Egg Fried Rice w/ crispy broccoli	Pizza Margherita w/ five vegetable sauce	Falafel Burger w/ hummus & mixed potato wedges	Lentil & Spinach Curry w/ rice & naan bread	Vegetable & Bean Chilli w/ rice & tortilla chips
LIGHT BITE	Hummus, Breadsticks, Crudités & salad bar	Savoury Muffin w/ seasonal slaw & salad bar	Cheese or Egg Roll	Baked Potato w/ smoked mackerel pâté or vegetable & bean chilli	Ham or Tuna Mayonnaise Sandwich
	Seasonal Vegetables & Salad Bar available every day				
		Seasonal Fruit Crumble		Banana Flapjack	
DESSERT	Fresh Fruit & Yoghurt available every day				

**FFL menus focus on freshly prepared dishes which are free of undesirable additives, trans fats & GM ingredients**

**Less but better quality meat**

**Sustainably sourced seafood**

**Wholegrain bread, rice and pasta is used wherever possible**

**Scottish seasonal ingredients used at every opportunity to make best use of the local larder**

**Entire menu nutritionally analysed**

**All eggs in FFL menus are free range**

**Additional vegetables and pulses added to dishes wherever possible**

All recipes in this menu can be supplied for you to try in your local authority setting. This menu could be applied at Bronze, Silver and Gold FFLSH award levels

## NEXT STEPS?

Ask us how we can support you in planning your next menu by getting in touch with your Food for Life contact directly or by emailing us at [contact@soilassociation.org](mailto:contact@soilassociation.org)

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[www.soilassociation.org/FFLScotland](http://www.soilassociation.org/FFLScotland)    [contact@soilassociation.org](mailto:contact@soilassociation.org)

