



Introducing Fuel Zone

Welcome to the Fuel Zone where you can enjoy a tasty and healthy lunch every day.

We hope you enjoy visiting our different zones and outlets available in your school including our cafés, huts and diner. Don't forget to sign up to Swipii to claim rewards for dining in the Fuel Zone.

This guide will give you more information about the Fuel Zone and some of the initiatives we have in place.

We hope you find this information useful, but please contact your catering manager if you require any other information.



FUEL ZONE Menu

WHAT YOU NEED TO KNOW

- Every day we offer a selection of hot and cold meals and snacks across our different zones and outlets.
- A wide range of hot and cold products are available for breakfast and morning break.
- We can cater for specific dietary requirements including vegetarian and Halal.
- All our meals comply with the Schools (Health Promotion and Nutrition) (Scotland) Act 2007.



HOT BITES

Select a main meal, drink and dessert from the zone of your choice. You can choose as much fruit, vegetables, soup and bread as you like.

Pop in to your Fuel Zone and grab a Hot Bites menu to see what's available.

zones



A HEALTHY BURGER BAR



A PIZZA COUNTER OFFERING A VARIETY OF TOPPINGS, PIZZINIS



PASTA WITH A VARIETY OF FRESH SAUCES TO CHOOSE FROM



A PRE-ORDER SERVICE THAT ALLOWS YOU TO ORDER IN ADVANCE FROM ANY OF THE ZONES AVAILABLE



FRESH BAGUETTES, WRAPS, PANINIS, TOASTIES, AVAILABLE WITH A CHOICE OF HOT OR COLD FILLINGS.



A BAKED POTATO BAR WITH A CHOICE OF FILLINGS



A SELECTION OF CURRIES AVAILABLE DAILY

CAFES AND HUTS

HUTS

There are a range of huts in some schools that provide an alternative place to pick up your Fuel Zone lunch and snacks. Huts are located outside and offer a grab and go service.

CAFES

In addition to the main Fuel Zone many schools have their own café style outlet. Our cafes are vibrant social spaces where you can sit in and enjoy morning breaks and lunch.

VENDING

Drinks and snack vending machines are available at break times.

A range of hot and cold drinks are available in all outlets.



SPECIAL MEDICAL DIETS

If your child has a dietary requirement, we can provide alternative menu items for a range of needs including gluten free, nut allergies, and lactose intolerance.

In order to request an alternative menu item, please seek a referral from your dietician or GP and submit this in writing to: **Linda Quinn, Senior Food Safety Advisor, Blair Court, 100 Borron Street, Glasgow, G4 9XE.**

CULTURAL, MORAL AND ETHICAL DIETS

Covers a wide range of food provisions including religious diets and diets followed as a result of personal choice.

Please discuss with your catering manager.

HEALTH AND WELLBEING

- www.activescotland.org.uk
- www.food.gov.scotland
- www.takelifeon.co.uk

REMEMBER TO REFILL

Bring your own water bottle, use our coolers to top up and stay hydrated



The Refresh initiative supplies almost 600 coolers to all Glasgow schools, allowing access to fresh mains-fed water that is filtered, chilled and ready to drink. Better hydration means better performance in school, and water offers an excellent alternative to unhealthy sugary drinks.

- Helps pupils stay healthy
- Improves co-ordination
- Reduces tiredness



Q CARD

CASHLESS SYSTEM

Q CARD

The Q Card is a way that you pay for your lunch. These will be issued when you start school in August. Your free meal entitlement will be available for you to use. You can also top up your card and then use it to pay for your meals in the Fuel Zone. Cards can be topped up at the revalve machine. Cash tills are also available if you prefer. You can use your Q Card, which you can activate in the Fuel Zone. Speak to a member of the catering team for more information.

SWIPII

Swipii is an award winning loyalty programme that offers fun rewards and allows you to use a single card or phone app to collect points at local stores. We are running Swipii at your school to encourage pupils to stay in school at lunchtime and enjoy a healthy and nutritious meal.



SCHOOL HOLIDAYS 2019/20

Return date for pupils: Wednesday 14 August 2019

September weekend: Friday 27 and Monday 30 September 2019

First Mid-Term: Monday 14 to Friday 18 October 2019 (inclusive)

Christmas/New Year: Thursday 19 December to Monday 6 January 2020
(Please note that schools will close at 2.30pm on the last day before the holiday)

2020 Return to school: Monday 6 January 2020

Second Mid-Term: Monday 10 and Tuesday 12 February 2020

Spring Holiday: Monday 6 to Monday 20 April 2020 (inclusive)

Good Friday: Friday 10 April 2020

Easter: Monday 13 April 2020

May Day: Monday 4 May 2020

May Weekend: Friday 22 and Monday 25 May 2020

School Close: Friday 24 June 2020

IN-SERVICE DAYS

Day 1: Friday 11 October 2019

Day 2: Wednesday 12 February 2020

Day 2: Tuesday 5 May 2020

CLASS TIMETABLE

MON

TUE

WED

THU

FRI
