

“Dear Parent”

Welcome back to the New Year and the new school menu.

All P1-3 are entitled to a free school lunch in all schools. The menu is designed to offer all pupils a nutritionally balanced lunch which includes some of their favourite dishes. To give all P1-3 pupils as wide a range of tastes & foods we will put all items on the plate. Packed lunch option will be available for all P1-3 pupils on a Friday but to help reduce food waste we gather information via the school of those interested in taking up the option. P4-7 pupils will get the same menu options at the cost of £1.80.

All our staff look forward to welcoming you!



Week 1

Dates: 11/01/16, 01/02/16, 29/02/16, 21/03/16, 25/04/16, 16/05/16, 06/06/16, (v) Vegetarian

	Monday	Tuesday	Wednesday	Thursday
Starter	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
Main Dish (1)	Battered Fish, Oven Chips and Peas	Pasta Bolognese with Carrots	Steak Pie with Mashed Potatoes and Turnip	Roast turkey in gravy, baby boiled potatoes with broccoli
Main Dish (2)	Spicy Chicken & Savoury Rice (Vegetable savoury rice available).	Tandoori Bites, Jacket Wedges and Carrots (Quorn Dippers (v) available)	Baked Potato with Cheese (V) or Tuna mayo	Cheese & Tomato Pizza, salad & wedges (v)
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
Alternative Selection	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert
Desserts	Yoghurt Selection Selection of Fresh Fruit Meringue, fruit & cream (v)	Yoghurt Selection Selection of Fresh Fruit Cornflake Cake & Custard (v)	Yoghurt Selection Selection of Fresh Fruit Frosted Carrot Cake (v)	Yoghurt Selection Selection of Fresh Fruit Home-made fruit cookie (v)
Drinks	Milk, Bottled water	Milk, Bottled water, Fruit Juice	Milk, Bottled water	Milk, Bottled water, Fruit Juice

WE GET VEGETABLES FROM
LOTHIAN & BORDERS FARMS

ALL OUR MILK IS FROM
SCOTTISH FARMS

OUR FISH IS FROM
SUSTAINABLE SOURCES

Week 2

Dates: 18/01/16, 8/02/16, 07/03/16, 11/04/16, 02/05/16*, 23/05/16*, 13/06/16, (v) Vegetarian
*In service day or Holiday Monday.
Monday menu available Tuesday.

	Monday	Tuesday	Wednesday	Thursday
Starter	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
Main Dish (1)	Salmon fillet, baby boiled potatoes & peas/sweetcorn	Sausages in gravy, roast potatoes & broccoli	Chicken supreme with Yorkshire pudding, roast potatoes & mixed vegetables	Shepherd's Pie and Green Beans
Main Dish (2)	Macaroni cheese (v), crusty bread & peas/sweetcorn	Broccoli bake (v) & crusty bread	Baked Potato with Cheese (v) or Coronation chicken	Cheese & Tomato Pizza(v), oven chips & salad
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
Alternative Selection	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert
Desserts	Yoghurt Selection Selection of Fresh Fruit Raspberry Mousse Cake	Yoghurt Selection Selection of Fresh Fruit Fruit Muffin (v)	Yoghurt Selection Selection of Fresh Fruit Ice Cream Roll and Fruit (v)	Yoghurt Selection Selection of Fresh Fruit Fruit Turnover & Custard (v)
Drinks	Milk, Bottled water	Milk, Bottled water, Fruit Juice	Milk, Bottled water	Milk, Bottled water, Fruit Juice

Week 3

Dates: 25/01/16, 22/02/16, 14/03/16, 18/04/16, 09/05/16, 30/05/16, 20/06/16, (v) Vegetarian

	Monday	Tuesday	Wednesday	Thursday
Starter	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
Main Dish (1)	Pasta in Tomato Sauce, garlic bread & peas (v)	Chicken Curry, mini naan/rice with mixed vegetables	Haggis, tatties & turnip (v available)	Chilli con carne with rice or potato wedges and sweetcorn
Main Dish (2)	Salmon Fishcake, baby boiled potatoes & peas	Quorn dippers & chilli sauce, jacket wedges with mixed vegetables	Baked Potato with Cheese or Beans (v)	Cheese & Tomato Pizza(v), roast potatoes & salad
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
Alternative Selection	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection, Fruit or Yoghurt or Dessert
Desserts	Yoghurt Selection Selection of Fresh Fruit Iced Sponge and Custard (v)	Yoghurt Selection Selection of Fresh Fruit Fresh Fruit Cheese-cake (v)	Yoghurt Selection Selection of Fresh Fruit Chocolate Orange Delight	Yoghurt Selection Selection of Fresh Fruit Caramel Flan and Custard (v)
Drinks	Milk, Bottled water	Milk, Bottled water, Fruit Juice	Milk, Bottled water	Milk, Bottled water, Fruit Juice

ALL OUR BEEF IS FROM
SCOTTISH FARMS

OUR EGGS ARE FREE RANGE

OUR MEALS ARE FRESHLY
PREPARED

