

"Dear Parent"

Happy New Year.

All P 1-3 pupils continue to be entitled to a free school lunch in all schools. The cost for the P4-7 pupils remains at £1.80 per meal. The menu is designed to offer all pupils a nutritionally balanced lunch which meets the regulations and includes their favourite dishes. Packed lunches are available for all P1-3 pupils on a Friday, this option can also be ordered for P4-7 pupils. If your child has a medically prescribed or special dietary needs we will do our best to accommodate. Please contact the school to arrange a meeting with catering staff.



Dates:
16/01, 06/12, 06/03, 27/03,
01/05*, 22/05*, 12/06.
(v) Vegetarian
*Public Holiday/In-service day
Monday menu will be available
Tuesday.

Week 2

	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)	Macaroni Cheese (v), Jacket Wedges and Peas	Roast Beef and Yorkshire Pudding, Baby Boiled Potatoes and Green Beans	Chicken Curry with Rice/Naan Bread & Sweetcorn	Stovies with Home Made Bread & Carrot
Main Dish (2)	Fillet of Fish Fingers, Jacket Wedges and Peas	Cheese and Onion Bridie (v) with Baby Boiled Potatoes & Green beans	Baked Potato & Tuna Mayo or Coleslaw (v)	Cheese and Tomato Pizza (v), Roast Potatoes and Carrots
	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 Fruit Muffin (v)	Yoghurt Selection, Selection of Fresh Fruit Fresh fruit salad (v)	Yoghurt Selection, Selection of Fresh Fruit Fresh Fruit Cheesecake (v)
Drinks	Milk (plain & flavoured) Bottled Water	Milk (plain & flavoured) Bottled Water Fruit Juice	Milk (plain & flavoured) Bottled Water	Milk (plain & flavoured) Bottled Water Fruit Juice

Dates:
9/01, 30/01, 27/02, 20/03, 24/04,
15/05, 05/06. (v) Vegetarian

Week 1

	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	Spaghetti Bolognese with Garlic Bread and Carrots	Chicken Casserole Mashed Potato and Broccoli	Steak Pie with Baby Boil Potatoes and Mixed vegetables
Main Dish (2)	Quorn Curry (v) and Rice with Peas	Tandoori Bites, Jacket Wedges and Carrots (Quorn Dippers (v) available)	Baked Potato with Cheese and Beans (v)	Cheese and Tomato Pizza (v), Baby boil potatoes and Mixed vegetables
	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 Fruit Crumble and Custard (v)	Yoghurt Selection, Selection of Fresh Fruit Fruit Flapjack (v)	Yoghurt Selection, Selection of Fresh Fruit Cup Cake (v)	Yoghurt Selection, Selection of Fresh Fruit Ice Cream and Fruit (v)
Drinks	Milk (plain & flavoured) Bottled Water	Milk (plain & flavoured) Bottled Water Fruit Juice	Milk (plain & flavoured) Bottled Water	Milk (plain & flavoured) Bottled Water Fruit Juice

Week 3

Dates:
23/01, 20/02, 13/03, 17/04*, 08/05, 29/05,
19/06. (v) Vegetarian *Public Holiday/In-service
day Monday menu will be 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)	Haggis, Turnip and Potatoes (v available)	Tomato Pasta (v) with Crusty Bread and Broccoli	Spicy Chicken Wrap with Savoury Rice and Sweetcorn	Shepherd's Pie & Carrots
Main Dish (2)	Chicken Burger in a Bun with Potato Wedges, Salad and Coleslaw	Salmon Nibbles, Baby Boiled Potatoes and Salad	Baked Potato with Cheese & Coleslaw (v)	Cheese and Tomato Pizza (v), Potato Croquettes and Carrots
	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 Rice pudding & fruit (v) or Cheese & Biscuits	Yoghurt Selection Selection of Fresh Fruit Fruit mousse	Yoghurt Selection Selection of Fresh Fruit Apple Pie & Custard (v)
Drinks	Milk (plain & flavoured) Bottled Water	Milk (plain) Bottled Water Fruit Juice	Milk (plain & flavoured) Bottled Water	Milk (plain & flavoured) Bottled Water Fruit Juice

ALL OUR BEEF IS FROM SCOTTISH FARMS

WE GET VEGETABLES FROM LOTHIAN & BORDERS FARMS

OUR EGGS ARE FREE RANGE

ALL OUR MILK IS FROM SCOTTISH FARMS

OUR MEALS ARE FRESHLY PREPARED

OUR FISH IS FROM SUSTAINABLE SOURCES

