

# "Dear Parent"

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

This year sees a big change in our school meal provision with all P1-3 pupils being 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. We would encourage all P1-3 pupils to come and try! To give all P1-3 pupils a wider experience of tastes and foods we will put all items on the plate and this might encourage new tastes, especially vegetables!

Packed lunch option will be available for all P1-3 pupils on a Friday but to help us reduce food waste we are gathering information via the schools of those interested in taking up this option on a Friday. We haven't forgotten our P4-7 pupils they will still get the same options at the price of £1.80, less than a cost of some supermarket sandwiches!

All our staff look forward to welcoming you!

## Week 1

Dates: 1- 5/1\*, 26/1, 23/2, 16/3, 20/4, 11/5, 1/6, 22/6

\*In service day or Holiday Monday:

Monday menu available Tuesday.

(v) Vegetarian

	Monday	Tuesday	Wednesday	Thursday
<b>Starter</b>	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
<b>Main Dish (1)</b>	Battered Fish, Oven Chips and Peas	Spaghetti Bolognese with Garlic Bread and Carrots	Roast Chicken in Gravy, Mashed Potato and Broccoli	Steak Pie with Baby Boil Potatoes and Green Beans
<b>Main Dish (2)</b>	Cheese and Tomato Pizza (v), Oven Chips and Peas	Tandoori Bites, Jacket Wedges and Carrots (Quorn Dippers (v) available)	Quorn Curry (v) and Rice with Broccoli	Baked Potato with Cheese and Beans (v)
<b>Vegetables</b>	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
<b>Alternative Selection</b>	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
<b>Desserts</b>	Yoghurt Selection Selection of Fresh Fruit Fruit Crumble and Custard	Yoghurt Selection Selection of Fresh Fruit Empire Biscuit	Yoghurt Selection Selection of Fresh Fruit Cup Cake	Yoghurt Selection Selection of Fresh Fruit Ice Cream and Fruit
<b>Drinks</b>	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: 2-12/1, 2/2, 2/3, 23/3, 27/4, 18/5\*, 8/6, 29/6  
(v) Vegetarian

	Monday	Tuesday	Wednesday	Thursday
<b>Starter</b>	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
<b>Main Dish (1)</b>	Macaroni Cheese (v), Jacket Wedges and Peas	Stovies with Home Made Bread & Carrots	Chicken Curry with Rice & Sweetcorn	Roast Beef and Yorkshire Pudding, Mashed Potato and Green Beans
<b>Main Dish (2)</b>	Fillet of Fish Fingers, Jacket Wedges and Peas	Cheese and Tomato Pizza (v), Roast Potatoes and Carrots	Cheese and Onion Bridie (v) with Baby Boiled Potatoes & Sweetcorn	Baked Potato with Cheese (v)
<b>Vegetables</b>	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
<b>Alternative Selection</b>	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
<b>Desserts</b>	Yoghurt Selection Selection of Fresh Fruit Fruit Whip	Yoghurt Selection Selection of Fresh Fruit Fruit Muffin	Yoghurt Selection Selection of Fresh Fruit Ice Cream Roll and Fruit	Yoghurt Selection Selection of Fresh Fruit Fresh Fruit Cheesecake
<b>Drinks</b>	Milk, Bottled Water	Milk, Bottled Water, Fruit juice	Milk, Bottled Water	Milk, Bottled Water, Fruit juice

## Week 3

Dates: 19/1, 9/2, 9/3, 30/3, 4/5\*, 25/5, 15/6  
(v) Vegetarian

	Monday	Tuesday	Wednesday	Thursday
<b>Starter</b>	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
<b>Main Dish (1)</b>	Haggis, Turnip and Potatoes (v available)	Spicy Chicken Wrap with Savoury Rice and Sweetcorn	Shepherd's Pie and Carrots	Tomato Pasta (v) with French Bread and Broccoli
<b>Main Dish (2)</b>	Salmon Nibbles, Baby Boiled Potatoes and Salad	Baked Potato with Tuna Mayonnaise or Coleslaw (v)	Cheese and Tomato Pizza (v), Potato Waffles and Carrots	Chicken Burger in a Bun with Potato Wedges, Salad and Coleslaw
<b>Vegetables</b>	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
<b>Alternative Selection</b>	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
<b>Desserts</b>	Yoghurt Selection Selection of Fresh Fruit Iced Sponge and Custard	Yoghurt Selection Selection of Fresh Fruit Chocolate Whirl Biscuit	Yoghurt Selection Selection of Fresh Fruit Fresh Fruit Salad and Cream	Yoghurt Selection Selection of Fresh Fruit Caramel Flan and Custard
<b>Drinks</b>	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