

“Dear Parent”

Welcome back to a new school year – and an especially to our new P1 pupils.

All P1-3 pupils 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.

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 & salad!

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 and the price remains at £1.80 per meal.

If your child has a medically prescribed diet or special dietary needs we will do our best to accommodate, please contact the school to arrange a meeting with the Catering Supervisor.
All our staff look forward to welcoming you!

Week 1

Dates: 22/8, 12/9, 3/10, 31/10, 21/11, 12/12
(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)	Macaroni Cheese (v), Mini waffles & Salad	Chicken curry with rice & sweetcorn	Steak Pie with Mashed Potatoes and Carrots	Salmon with ratatouille & baby boiled potatoes
Main Dish (2)	Turkey steak, mini waffles & baked beans	Burger in a bun, Sweet Potato Fries and mixed veg, (Veg burger (v) available)	Baked potato with cheese (v)/tuna mayo	Cheese & tomato pizza (v), roast potatoes & 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 Frozen Yoghurt with shortbread finger	Yoghurt Selection Selection of Fresh Fruit Fresh Fruit Cup	Yoghurt Selection Selection of Fresh Fruit Oaty apple crumble & custard	Yoghurt Selection Selection of Fresh Fruit Swiss Roll & Custard
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

WE GET VEGETABLES FROM
LOTHIAN & BORDERS FARMS

ALL OUR MILK IS FROM
SCOTTISH FARMS

OUR FISH IS FROM
SUSTAINABLE SOURCES

Week 2

Dates: 29/8, 19/9*, 10/10, 7/11, 28/11, 19/12,
(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)	Pasta shells with tomato sauce (v), crusty bread & broccoli	Roast Chicken in gravy, mashed potato & green beans	Sausage Casserole, baby boiled potatoes & cauliflower	Minced beef Pie, roast potatoes & carrots
Main Dish (2)	Fish fingers, oven chips & broccoli	Vegetable Quiche(v), crusty bread & salad	Baked Potato with Cheese (v) or beans (v)	Cheese & tomato pizza (v), roast pota- toes & 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 Lemon Drizzle Fingers	Yoghurt Selection Selection of Fresh Fruit Scone with butter & jam	Yoghurt Selection Selection of Fresh Fruit Fruit Jelly & Ice Cream	Yoghurt Selection Selection of Fresh Fruit Fruit Gingerbread & Custard
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: 5/9, 26/9, 24/10, 14/11, 5/12
(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)	Chicken Meatballs in tomato sauce, savoury rice & broccoli	Breaded Fish, oven chips & peas	Lasagne (Vegetable available), crusty bread & salad	Roast Pork in gravy, mashed potatoes & baby carrots
Main Dish (2)	Quorn Cottage Pie with broccoli (v)	Falafel with Savoury Vegetable Rice (v)	Baked Potato with cheese & coleslaw (v)	Cheese & tomato pizza (v), potato wedges & 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 Fruit Iced Smoothie	Yoghurt Selection Selection of Fresh Fruit Fairy Cake	Yoghurt Selection Selection of Fresh Fruit Apple Sponge & Custard	Yoghurt Selection Selection of Fresh Fruit Iced biscuit
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

ALL OUR BEEF IS FROM
SCOTTISH FARMS

OUR EGGS ARE FREE RANGE

OUR MEALS ARE FRESHLY
PREPARED