

# “Welcome Back”

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 with a meal costing £1.90 a day. If your child has a medically prescribed diet we will do our best to accommodate, please contact the school to arrange a meeting with the Catering Supervisor.



**Dates:**  
28.08.17, 18.09.17\*,  
09.10.17, 06.11.17, 27.11.17,  
18.12.17.

(v) Vegetarian

\* Monday In Service

## Week 2

	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>	Pasta shells with tomato sauce (v), crusty bread & broccoli	Roast Chicken in gravy, mashed potato & green beans	Sausage & tomato Casserole, baby boiled potatoes & cauliflower	Minced beef in a Yorkshire Pudding, roast potatoes & carrots
<b>Main Dish (2)</b>	Fish fingers, oven chips & broccoli	Vegetable Quiche(v), savoury rice & salad	Baked Potato with Cheese (v) or beans (v)	Cheese & tomato pizza (v), roast potatoes & carrots
	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 Muffin	Yoghurt Selection Selection of Fresh Fruit Scone or Pancake with butter	Yoghurt Selection Selection of Fresh Fruit Banana Loaf & Custard	Yoghurt Selection Selection of Fresh Fruit Fruit jelly & Ice Cream
<b>Drinks</b>	Milk (plain) Bottled Water Fruit Juice	Milk (plain) Bottled Water	Milk (plain & flavoured) Bottled Water	Milk (plain) Bottled Water Fruit Juice

## Week 1

**Dates:**  
22.08.17\*, 11.09.17, 02.10.17,  
30.10.17, 20.11.17, 11.12.17.  
(v) Vegetarian \* Monday In Service

	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), Mini waffles & Salad	Chicken Meatballs in tomato sauce, pasta & mixed vegetables	Steak Pie with Mashed Potatoes and Carrots	Salmon with ratatouille & baby boiled potatoes
<b>Main Dish (2)</b>	Turkey steak, mini waffles & baked beans	Burger in a bun, Potato wedges and tomato salsa (Veg burger (v) available)	Baked potato with cheese (v)/ tuna mayo	Cheese & tomato pizza (v), baby boil potatoes & carrots
	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 Frozen Yoghurt	Yoghurt Selection Selection of Fresh Fruit Fresh Fruit Cup	Yoghurt Selection Selection of Fresh Fruit Jam sponge & custard	Yoghurt Selection Selection of Fresh fruit cheesecake
<b>Drinks</b>	Milk (plain & flavoured) Bottled Water Fruit Juice	Milk (plain) Bottled Water	Milk (plain & flavoured) Bottled Water	Milk (plain) Bottled Water Fruit Juice

## Week 3

**Dates:**  
04.09.17, 25.09.17, 23.10.17, 13.11.17, 04.12.17  
(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>	Chicken curry & rice with broccoli	Fish in Batter, oven chips & peas	Lasagne (Vegetable available), crusty bread & salad/ sweetcorn	Roast Pork in gravy, roast potatoes & baby carrots
<b>Main Dish (2)</b>	Quorn Cottage Pie with broccoli (v)	Falafel Salad Wrap (v) with Savoury Rice	Baked Potato with cheese & coleslaw (v)	Cheese & tomato pizza (v), roast potatoes & carrots
	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 Iced Smoothie	Yoghurt Selection Selection of Fresh Fruit Biscuits & Cheese	Yoghurt Selection Selection of Fresh Fruit Apple Crumble & Custard	Yoghurt Selection Selection of Fresh Fruit Oat & raisin cookie
<b>Drinks</b>	Milk (plain) Bottled Water Fruit Juice	Milk (plain) Bottled Water	Milk (plain & flavoured) Bottled Water	Milk (plain) 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

