

PRIMARY SCHOOL LUNCH MENU 2023 - 2024

Available Daily

- Milk or water
- Yoghurt & fruit & salad
- Soups with hot or cold meal choice
- Our eggs are free range
- Our meals are freshly prepared
- Our fish is from sustainable sources

Allergen Information

We do not use any nuts, peanuts or sesame seeds in any dishes. We try to source products that do not contain any nuts, peanuts or sesame seeds however some ingredients may contain traces of these if they are produced in premises where these are present. Please follow the guidance at your own discretion. For allergen content of dishes visit: www.midlothian.gov.uk/info/855/school_meals/13/school_lunches/3

FREE school meals

All P1 to P5 pupils are entitled to a free school meal in all schools. A meal costs £2.10 for P6 and P7. There is a packed lunch option on a Friday to all primary children. This must be pre-ordered in advance by completing our order form.



Special Dietary Requirements

If your child has a medically prescribed diet, the catering team would need medical confirmation from your doctor or another medical provider. Contact your school's office to arrange to discuss this with the Catering Supervisor.

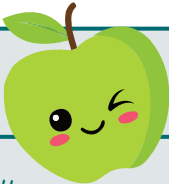


17/04/23, 08/05/23, 29/05/23, 19/06/23, 14/08/23, 04/09/23, 25/09/23, 23/10/23, 13/11/23, 04/12/23, 08/01/24, 29/01/24, 19/02/24, 11/03/24

Week 1	Monday	Tuesday	Wednesday	Thursday
Mains	Chicken Burger in a Bun*, Mashed Potatoes & Mixed Salad 	Roast Beef in Gravy with Yorkshire Pudding, Baby Boiled Potatoes & Broccoli	Salmon Fish Fingers, Seasoned Wedges, Peas & Carrots 	Chicken Savoury Rice with Mixed Vegetables 
Mains (V)	Quorn Cottage Pie with Baked Beans	Baked Bean Baked Potato with Mixed Salad	Macaroni Cheese with Peas & Carrots	Pizza with Chips & Mixed Vegetables
Sandwiches	Tuna Mayo with Mixed Salad or Egg Mayo with Mixed Salad	Chicken with Mixed Salad or Egg Mayo with Mixed Salad	Chicken with Mixed Salad or Tuna Mayo with Mixed Salad	Tuna Mayo with Mixed Salad or Egg Mayo with Mixed Salad
Dessert	Yoghurt with Apple	Tiffin with Banana	Fruit Cocktail	Ice Cream with Melon Slices

24/04/23, 15/05/23, 05/06/23, 26/06/23, 21/08/23, 11/09/23, 02/10/23, 30/10/23, 20/11/23, 11/12/23, 15/01/24, 05/02/24, 26/02/24, 18/03/24

Week 2	Monday	Tuesday	Wednesday	Thursday
Mains	Chicken Curry with Rice, Broccoli & Cauliflower 	Traditional Mince with Mashed Potatoes, Baby Carrots & Peas	Bubble Fish with Chips, Peas & Sweetcorn 	Steak Pie with Baby Boiled Potatoes & Peas
Mains (V)	Baked Bean Baked Potato with Mixed Salad	Tomato Pasta with Baby Carrots & Peas	Vegetable Lasagne with Italian Flatbread**, Peas & Sweetcorn	Pizza with Pasta Salad & Peas
Sandwiches	Chicken with Mixed Salad or Tuna Mayo with Mixed Salad	Egg Mayo with Mixed Salad or Chicken with Mixed Salad	Tuna Mayo with Mixed Salad or Egg Mayo with Mixed Salad	Chicken with Mixed Salad or Tuna Mayo with Mixed Salad
Dessert	Yoghurt with Peaches	Raspberry & Apple Sponge with Banana	Yoghurt with Apple	Strawberry Jelly with Berries

01/05/23, 22/05/23, 12/06/23, 28/08/23, 18/09/23, 09/10/23, 06/11/23, 27/11/23, 18/12/23, 22/01/24, 12/02/24, 04/03/24, 25/03/24

Week 3	Monday	Tuesday	Wednesday	Thursday
Mains	Chicken in Gravy with Yorkshire Pudding, Baby Boiled Potatoes & Green Beans	Cod Fish Fingers, Mashed Potatoes & Vegetable Medley 	Beef Burger in a Bun*, Seasoned Wedges, Carrots & Swede	Chicken Meatballs in Gravy with Mashed Potatoes, Broccoli & Cauliflower 
Mains (V)	Baked Bean Baked Potato with Mixed Salad	Quorn Bolognese with Pasta & Vegetable Medley	Vegetable Curry with Rice, Carrots & Swede	Pizza with Diced Potatoes, Broccoli & Cauliflower
Sandwiches	Chicken with Mixed Salad or Egg Mayo with Mixed Salad	Chicken with Mixed Salad or Tuna Mayo with Mixed Salad	Cheese with Mixed Salad or Chicken with Mixed Salad	Tuna Mayo with Mixed Salad or Egg Mayo with Mixed Salad
Dessert	Yoghurt with Pear	Fruit Cocktail	Shortbread with Apple 	Chocolate Brownie with Peach Slices

(V) Vegetarian *May contain sesame seeds **May contain nuts & sesame seeds