

NURSERY SCHOOL LUNCH MENU 2023 - 2024

Available Daily

- Milk or water
- Yoghurt & fruit & salad
- Our eggs are free range
- Our meals are freshly prepared
- Our fish is from sustainable sources



Allergen Information

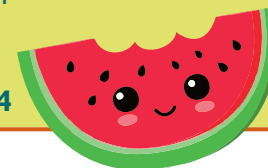
We do not use any nuts, peanuts or sesame seeds in any dishes. We try to source products that do not contain any nuts, peanuts or sesame seeds however some ingredients may contain traces of these if they are produced in premises where these are present. Please follow the guidance at your own discretion. (For allergen content of dishes visit: www.midlothian.gov.uk/info/855/school_meals/13/school_lunches/4)

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 nursery's office to arrange to discuss this with the Catering Supervisor.

All nursery school meals are FREE

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 in Gravy with Mashed Potatoes & Carrots	Roast Beef in Gravy with Yorkshire Pudding, Baby Boiled Potatoes & Broccoli	Salmon Fish Fingers with Seasoned Wedges, Peas & Carrots	Chicken Savoury Rice with Mixed Vegetables
Mains (V)	Quorn Cottage Pie with Baked Beans & Carrots	Quorn Dog Roll with Baby Boiled Potatoes & Broccoli	Macaroni Cheese with Peas & Carrots	Pizza with Pasta Salad & Mixed Vegetables
Dessert	Yoghurt with Fruit	Tiffin with Fruit	Fruit Cocktail	Ice Cream with Fruit

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 Salmon with Roast Potatoes, Peas & Sweetcorn	Steak Pie with Baby Boiled Potatoes & Peas
Mains (V)	Baked Bean Baked Potato with Broccoli & Cauliflower	Tomato Pasta with Baby Carrots & Peas	Vegetable Lasagne with Italian Flatbread **, Peas & Sweetcorn	Pizza with Pasta Salad & Peas
Dessert	Yoghurt with Fruit	Raspberry & Apple Sponge with Fruit	Yoghurt with Fruit	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	Salmon Fish Fingers with Mashed Potatoes & Vegetable Medley	Traditional Mince with Seasoned Wedges, Carrots & Swede	Chicken Meatballs in Gravy with Mashed Potatoes, Broccoli & Cauliflower
Mains (V)	Cheese Baked Potato with Mixed Salad	Quorn Bolognese with Pasta & Vegetable Medley	Vegetable Curry with Rice, Carrots & Swede	Pizza with Diced Potatoes, Broccoli & Cauliflower
Dessert	Yoghurt with Fruit	Fruit Cocktail	Shortbread with Fruit	Chocolate Brownie with Fruit

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

