



# Daily Menu

SchoolPay is now live - pay online

[www.eastlothian.gov.uk/schoolpay](http://www.eastlothian.gov.uk/schoolpay)

Week 1 / Semaine 1

	Soup (Soupe)	Main course (Plat Principal)	Vegetarian (Végétarien)	Lighter Bites (Plats légers)	Dessert (Desserts)
<b>Monday</b>	Carrot and Coriander	GF Fish Fingers & Chips	Summer Vegetable Pasta Bake	Filled Baked Potato: Beans or Cheese	Daily choice
<b>lundi</b>	La Soupe	Le poisson-frites	Les pâtes aux légumes	La pomme de terre aux haricots / La pomme de terre au fromage	Le choix du jour
<b>Tuesday</b>		Mild Chicken Korma & Rice	Tomato Pasta with Garlic Bread	Filled Baguette: Cheese or Chicken Mayo	Summer Fruit Crumble / Daily choice
<b>mardi</b>		Le curry au poulet	Les pâtes aux tomates	Le sandwich au fromage / Le sandwich au poulet mayonnaise	Le crumble aux fruits / Le choix du jour
<b>Wednesday</b>	Lentil	Salmon & Potato Parcels	Quorn Meatballs in Gravy with mashed potato	Soup & Sandwich: Ham or Cheese	Daily choice
<b>mercredi</b>	La Soupe	Le saumon et pomme de terre	Les boules de viande végétarienne	La soupe et sandwich au jambon / La soupe et sandwich au fromage	Le choix du jour
<b>Thursday</b>		Spaghetti Bolognaise	Cheese & Tomato Quiche with Rice Salad	Filled Baked potato: Cheese or Tuna Mayo	Lemon Drizzle cake / Daily choice
<b>jeudi</b>		Les spaghettis à la bolognaise	La quiche au fromage et tomate	La pomme de terre au fromage / La pomme de terre au thon mayonnaise	Le gâteau au citron / Le choix du jour

Week 2 / Semaine 2

<b>Monday</b>	Tomato and Basil	Macaroni Cheese	Lentil Dahl & Nan Bread	Filled Baked potato: Beans or Cheese	Daily choice
<b>lundi</b>	La Soupe	Les macaronis au fromage	Le dahl aux lentilles	La pomme de terre aux haricots / La pomme de terre au fromage	Le choix du jour
<b>Tuesday</b>		Roast Beef with Potatoes and Yorkshire Pudding	Pasta Pesto	Filled Baguette: Hummus & Grated Carrot / Cheese	Ice Cream & Fruit Compote / Daily Choice
<b>mardi</b>		Le bœuf rôti	Les pâtes au pesto	Le sandwich au houmous / Le sandwich au fromage	La glace / Le choix du jour
<b>Wednesday</b>	Vegetable	Shepherd's Pie	Vegetable Nuggets & Potato Wedges	Soup & Sandwich: Ham or Egg Mayo	Daily choice
<b>mercredi</b>	La Soupe	Le parmentier de mouton	Les croquettes aux légumes	La soupe et sandwich au jambon / La soupe et sandwich à l'œuf mayonnaise	Le choix du jour
<b>Thursday</b>		Lemon Chicken with Rainbow Rice	Pizza & Vegetable Batons	Filled Baked potato: Tuna Mayo or Cheese	Waffles with Strawberries and Cream / Daily Choice
<b>jeudi</b>		Le poulet au citron	La pizza	La pomme de terre au fromage / La pomme de terre au thon mayonnaise	Les gaufres / Le choix du jour

Week 3 / Semaine 3

<b>Monday</b>	Tomato and Red Pepper	Breaded Chicken with Baked Beans and Potato Wedges	Sweet and Sour Vegetables and Rice	Filled Baked potato: Beans or Cheese	Daily choice
<b>lundi</b>	La Soupe	Le poulet	Les légumes aigre-doux	La pomme de terre aux haricots / La pomme de terre au fromage	Le choix du jour
<b>Tuesday</b>		Tuna Pasta Bake	Quorn Sausage and Mashed Potato	Filled Baguette: Ham or Egg Mayo	Fruit & Jelly / Daily Choice
<b>mardi</b>		Les pâtes au thon	Le saucisson végétarien	Le sandwich au jambon / Le sandwich à l'œuf mayonnaise	Les fruits et gelée / Le choix du jour
<b>Wednesday</b>	Lentil	Chicken & Leek Pie and Potatoes	Vegetable Enchiladas	Soup & Sandwich: Ham or Cheese	Daily choice
<b>mercredi</b>	La Soupe	La tarte au poulet	Les enchiladas végétariens	La soupe et sandwich au jambon / La soupe et sandwich au fromage	Le choix du jour
<b>Thursday</b>		Beef Burger in a Bun with corn on the cob & Salad	Vegetable Biryani	Filled Baked potato: Chicken Mayo or Cheese	Surprise Brownies / Daily Choice
<b>jeudi</b>		Un hamburger	Le biryani aux légumes	La pomme de terre au fromage / La pomme de terre au poulet mayonnaise	Les Brownies / Le choix du jour

**WEEK 1**  
w/c: 29 Apr, 20 May\*, 10 Jun, 12 Aug, 02 Sep, 23 Sep, 21 Oct\*

\* In-service / Bank Holidays. Monday menu served Tue 21st May / Tue 22nd Oct

**WEEK 2**  
w/c: 06 May\*, 27 May, 17 Jun, 19 Aug, 09 Sep, 30 Sep

\* In-service / Bank Holidays. Monday menu served Tue 7th May

**WEEK 3**  
w/c: 13 May, 03 Jun, 24 Jun, 26 Aug, 16 Sep\*, 07 Oct

\* In-service / Bank Holidays. Monday menu served Tue 17th Sep



MCS sustainable fish source. Vegetarian choice.

Scottish/local produce when available.

All eggs are free range. All meat & poultry is farm assured.

Vegetables served with every meal. Lighter Bite Option provides a fully balanced nutritional lunch.

The Spring/Summer menu starts Mon 29 April 2019.  
The Autumn/Winter menu starts Mon 28 Oct 2019.

ALL pupils in P1 - P3 are entitled to a free meal  
Monday to Friday.

### MENU & PRICES

The menu contains dishes that suit the Spring/Summer season. The price of a school lunch remains at £2.00. Please go to [www.eastlothian.gov.uk/schoolpay](http://www.eastlothian.gov.uk/schoolpay) to pay online. Whilst we endeavour to provide the dish of your choice please note they are subject to availability.

### FREE SCHOOL MEALS

Your P4-P7 child may be entitled to receive free school meals if you or your partner is in receipt of benefits. All pupils in P1-P3 are entitled to a free meal. You can find more detailed information on East Lothian Council's website.

### SPECIAL DIETS

If your child has a special dietary need, either medical or cultural, please call your child's school and ask to speak to the Kitchen Supervisor or contact Facilities Management Services.

Information regarding allergens can be found on East Lothian Council website under Healthy Eating in Schools.

T 01620 827811  
[schoolcatering@eastlothian.gov.uk](mailto:schoolcatering@eastlothian.gov.uk)

### NUTRITION

All of our menus meet the Scottish Government's legislative Food and Nutrition standards.

We help pupils to eat the recommended 5 portions of fruit and vegetables a day by serving fresh seasonal produce. We also choose locally grown vegetables when they are available.

### FOOD FOR THE FUTURE

We have again been awarded the Soil Association's Bronze Food for Life Catering Mark. This recognises that we serve freshly-cooked food that is healthy, seasonal and sustainable.



### ACTIVE LIFESTYLES

As well as eating tasty nutritious food, keeping active is essential to a child's wellbeing and development. East Lothian Council's 'Get Going' programme provides a fantastic way of helping children achieve an active lifestyle. For more information contact [healthyliving@eastlothian.gov.uk](mailto:healthyliving@eastlothian.gov.uk)



[eastlothian.gov.uk](http://eastlothian.gov.uk)

## Served every day!

The new season 2 course meal consists of Soup and Main Meal or Main Meal and Dessert and includes vegetables/side salad, bread and a cold drink.

### Vegetables & Salad (Légumes et Salade)



Seasonal vegetables (local when available), mixed salad or vegetable batons served every day.

### Bread (Pain)

Wholemeal bread served daily.



### Fruit (Fruit)



Fresh fruit / fresh fruit salad available every day.

### Drinks (Boissons)

Fruit juice drink (Jus de fruits), water (De l'eau) or milk (Du lait).



Mondays and Wednesdays are 'milk and water' days to help growing teeth!



### Yoghurt (Yaourt)

Various flavours available every day.



### Sandwich Friday (le vendredi repas panier)

A sandwich lunch is available on Friday:  
A roll or sandwich, yoghurt, fresh fruit and water.



## Primary School Spring/Summer Menu April - October 2019



Theme day menus throughout the year offer a wider choice of foods and flavours.

### FEEDBACK

Your views on the services we provide are very important to us. If you or your child has any comments or suggestions about school meals please let us know. Thank you for supporting East Lothian Council's school meals service.

### CONTACT US

Facilities Management Services,  
East Lothian Council,  
Brewery Park, Haddington, EH41 3HA

[schoolcatering@eastlothian.gov.uk](mailto:schoolcatering@eastlothian.gov.uk)  
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### FURTHER INFORMATION

[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)  
[www.scottishschoolmeals.co.uk](http://www.scottishschoolmeals.co.uk)  
[www.soilassociation.org.uk](http://www.soilassociation.org.uk)

### USEFUL WEBSITES

[www.takelifeon.co.uk](http://www.takelifeon.co.uk)  
[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)  
[www.nutrition.org.uk](http://www.nutrition.org.uk)  
[www.thinkvegetables.co.uk](http://www.thinkvegetables.co.uk)

Versions of this leaflet can be supplied in Braille, large print, audiotape or in your own language. Please phone Customer Services on 01620 827199.

## Primary School Spring/Summer Menu Ecole Primaire Menu Printemps/Été 2019

