



# Daily Menu

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

Week 1 / Semaine 1

Week 2 / Semaine 2

Week 3 / Semaine 3

## Soup (Soupe)

## Main course (Plat Principal)

## Vegetarian (Végétarien)

## Lighter Bites (Plats légers)

## Dessert (Desserts)

	Soup (Soupe)	Main course (Plat Principal)	Vegetarian (Végétarien)	Lighter Bites (Plats légers)	Dessert (Desserts)
<b>Monday</b> <b>lundi</b>	Carrot and Coriander <b>La Soupe</b>	GF Fish Fingers & Chips <b>Le poisson-frites</b>	Summer Vegetable Pasta Bake <b>Les pâtes aux légumes</b>	Filled Baked Potato: Beans or Cheese <b>La pomme de terre</b> aux haricots / <b>La pomme de terre</b> au fromage	Daily choice <b>Le choix</b> du jour
<b>Tuesday</b> <b>mardi</b>		Mild Chicken Korma & Rice <b>Le curry au poulet</b>	Tomato Pasta with Garlic Bread <b>Les pâtes aux tomates</b>	Filled Baguette: Cheese or Chicken Mayo <b>Le sandwich</b> au fromage / <b>Le sandwich</b> au poulet mayonnaise	Summer Fruit Crumble / Daily choice <b>Le crumble</b> aux fruits / <b>Le choix</b> du jour
<b>Wednesday</b> <b>mercredi</b>	Lentil <b>La Soupe</b>	Salmon & Potato Parcels <b>Le saumon</b> et pomme de terre	Quorn Meatballs in Gravy with mashed potato <b>Les boules</b> de viande végétarienne	Soup & Sandwich: Ham or Cheese <b>La soupe et sandwich</b> au jambon / <b>La soupe et sandwich</b> au fromage	Daily choice <b>Le choix</b> du jour
<b>Thursday</b> <b>jeudi</b>		Spaghetti Bolognese <b>Les spaghetti</b> à la bolognaise	Cheese & Tomato Quiche with Rice Salad <b>La quiche</b> au fromage et tomate	Filled Baked potato: Cheese or Tuna Mayo <b>La pomme de terre</b> au fromage / <b>La pomme de terre</b> au thon mayonnaise	Lemon Drizzle cake / Daily choice <b>Le gâteau</b> au citron / <b>Le choix</b> du jour
<b>Monday</b> <b>lundi</b>	MEAT FREE Tomato and Basil <b>La Soupe</b>	Macaroni Cheese <b>Les macaronis</b> au fromage	Lentil Dahl & Nan Bread <b>Le dahl</b> aux lentilles	Filled Baked potato: Beans or Cheese <b>La pomme de terre</b> aux haricots / <b>La pomme de terre</b> au fromage	Daily choice <b>Le choix</b> du jour
<b>Tuesday</b> <b>mardi</b>		Roast Beef with Potatoes and Yorkshire Pudding <b>Le bœuf rôti</b>	Pasta Pesto <b>Les pâtes</b> au pesto	Filled Baguette: Hummus & Grated Carrot / Cheese <b>Le sandwich</b> au houmous / <b>Le sandwich</b> au fromage	Ice Cream & Fruit Compote / Daily Choice <b>La glace</b> / <b>Le choix</b> du jour
<b>Wednesday</b> <b>mercredi</b>	Vegetable <b>La Soupe</b>	Shepherd's Pie <b>Le parmentier</b> de mouton	Vegetable Nuggets & Potato Wedges <b>Les croquettes</b> aux légumes	Soup & Sandwich: Ham or Egg Mayo <b>La soupe et sandwich</b> au jambon / <b>La soupe et sandwich</b> à l'œuf mayonnaise	Daily choice <b>Le choix</b> du jour
<b>Thursday</b> <b>jeudi</b>		Lemon Chicken with Rainbow Rice <b>Le poulet</b> au citron	Pizza & Vegetable Batons <b>La pizza</b>	Filled Baked potato: Tuna Mayo or Cheese <b>La pomme de terre</b> au fromage / <b>La pomme de terre</b> au thon mayonnaise	Waffles with Strawberries and Cream / Daily Choice <b>Les gaufres</b> / <b>Le choix</b> du jour
<b>Monday</b> <b>lundi</b>	Tomato and Red Pepper <b>La Soupe</b>	Breaded Chicken with Baked Beans and Potato Wedges <b>Le poulet</b>	Sweet and Sour Vegetables and Rice <b>Les légumes aigre-doux</b>	Filled Baked potato: Beans or Cheese <b>La pomme de terre</b> aux haricots / <b>La pomme de terre</b> au fromage	Daily choice <b>Le choix</b> du jour
<b>Tuesday</b> <b>mardi</b>		Tuna Pasta Bake <b>Les pâtes</b> au thon	Quorn Sausage and Mashed Potato <b>Le saucisson</b> végétarien	Filled Baguette: Ham or Egg Mayo <b>Le sandwich</b> au jambon / <b>Le sandwich</b> à l'œuf mayonnaise	Fruit & Jelly / Daily Choice <b>Les fruits et gelée</b> / <b>Le choix</b> du jour
<b>Wednesday</b> <b>mercredi</b>	Lentil <b>La Soupe</b>	Chicken & Leek Pie and Potatoes <b>La torte</b> au poulet	Vegetable Enchiladas <b>Les enchiladas</b> végétariens	Soup & Sandwich: Ham or Cheese <b>La soupe et sandwich</b> au jambon / <b>La soupe et sandwich</b> au fromage	Daily choice <b>Le choix</b> du jour
<b>Thursday</b> <b>jeudi</b>		Beef Burger in a Bun with corn on the cob & Salad <b>Un hamburger</b>	Vegetable Biryani <b>Le biryani</b> aux légumes	Filled Baked potato: Chicken Mayo or Cheese <b>La pomme de terre</b> au fromage / <b>La pomme de terre</b> au poulet mayonnaise	Surprise Brownies / Daily Choice <b>Les Brownies</b> / <b>Le choix</b> 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.

