

Primary School Menu 22-23

The 2022-23 menu starts Monday 25th April 2022.

Menu & prices

The price of a school meal will go up by 5p to £2.20 on August 17th 2022. All meals should be pre-ordered at home using **SchoolPay**.

www.eastlothian.gov.uk/schoolpay

Please note, no cash will be accepted so signing up to SchoolPay is essential. Please speak to your School Office if you require assistance.

Please note Friday packed lunches should be pre-ordered through SchoolPay by the day specified by your school.

Free school meals

All pupils in Nursery and p1 – p5 are entitled to a free school meal.

Pupils in p6 and p7 may be entitled to receive free school meals if you or your partner are in receipt of benefits.

You can find more information on the East Lothian Council Web site.

www.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 fruit and vegetables when they are available.

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



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

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.

Further information

www.eastlothian.gov.uk

www.scottishschoolmeals.co.uk

www.soilassociation.org.uk

www.eastlothian.gov.uk/info/210622/schoolpay

Useful websites

www.nutrition.org.uk

www.activeeastlothian.co.uk

www.assistfm.com

www.inchbyinchforscotland.co.uk

Contact us

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

schoolcatering@eastlothian.gov.uk

T 01620 827811

[ELCouncil](#) [EastLothianCouncil](#)

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 Menu 2022-23



Food for The Future



We are currently working towards the **Food for Life Silver Served Here Award** which focuses on championing local producers, making healthy eating easier and serving ethical and environmentally friendly food such as organic.



Daily Menu

Served every day:



Soup



Seasonal vegetables



Mixed salad



Wholemeal bread



Fresh Fruit or Fruit Salad



Yogurt

The new menu contains dishes using seasonal produce. We provide a choice of Main Meal with Dessert. Lighter Bite Option provides a fully balanced nutritional lunch.



Water or milk

are available every day to help growing teeth!



Friday Packed Lunch

A sandwich lunch is available on Friday: A filled roll, yogurt, and fresh fruit & vegetables. Please note that bottled water is available on request. Please recycle.



On-line only payments (see back for more details)
www.eastlothian.gov.uk/schoolpay

		Soup ve	Main course	Vegetarian & Vegan	Lighter Bites	Dessert v
WEEK 1	MON	Vegetable Soup	Fish Fingers & Chips with Peas	Baked Potato with Cheese & salad v	Soup + Chicken Wholemeal Roll with salad	Daily choice
	TUE	Tomato & Basil Soup	Chilli con Carne with Rice	Vegetarian Sausage Roll with Diced Potatoes & Veg ve	Soup + Cheese Baguette with salad v	Custard / Ice Cream & Seasonal Fruit or Fruit
	WED	Lentil Soup	Chicken Sausages and Gravy with Mashed Potato & Vegetables	Vegetarian Bolognese with Pasta ve	Soup + Ham Sandwich with salad	Daily choice
	THU	Leek & Potato Soup	Egg Fried Rice v	Pizza Power & Vegetable Batons v	Soup + Hummus & Grated Carrot Wrap with Salad ve	Vanilla Sponge & Seasonal Fruit or Fruit
WEEK 2	MON	Tomato & Basil Soup	Macaroni Cheese v	Vegetable Curry with Rice ve	Soup + Egg Mayo Wholemeal Roll with salad v	Daily choice
	TUE	Lentil Soup	Salmon Fillet with Potatoes & Veg	Tomato Pasta with Garlic Bread v	Soup + Cheese Baguette with salad v	Fruit Crumble or Fruit
	WED	Vegetable Soup	Steak Pie with Potatoes & Veg	Leek & Pea Risotto v	Soup + Tuna Wrap with salad	Daily choice
	THU	Carrot & Coriander Soup	Chicken Enchiladas	Baked Potato with Cheese and Salad v	Soup + Chicken Sandwich with Salad	Peach Melba Sponge or Fruit
WEEK 3	MON	Tomato & Basil Soup	Chicken Dinner with Roast Potatoes, Yorkshire Pudding & Veg	Baked Potato with Baked Beans and Salad ve	Soup + Tuna Wholemeal Roll with salad	Daily choice
	TUE	Red Pepper & Tomato Soup	Seasonal Penne Pasta ve	Loaded Tractor Wheels Quiche with Potatoes & Veg v	Soup + Cheese Baguette with salad v	Angel Delight & Seasonal Fruit or Fruit
	WED	Lentil Soup	Mince & Mashed Potatoes with Vegetables	Vegetable Nuggets with Rainbow rice ve	Soup + Egg Mayo Sandwich with salad v	Daily choice
	THU	Vegetable Soup	Chicken Curry with Rice	Vegetarian Hot Dog in a roll with Vegetable Batons ve	Soup + Cheese Wrap with Salad v	Chocolate Sponge & Seasonal Fruit or Fruit

Menu Calendar 2022-23

Wk1 25 Apr '22, 16 May, 06 Jun, 27 Jun, 29 Aug, 19 Sep*, 10 Oct, 07 Nov, 28 Nov, 19 Dec, 02 Jan '23***, 23 Jan, 20 Feb**, 13 Mar, 17 Apr

Wk 2 02 May '22*, 23 May**, 13 Jun, 15 Aug***, 05 Sep, 26 Sep, 24 Oct**, 14 Nov, 05 Dec, 09 Jan '23, 30 Jan, 27 Feb, 20 Mar

Wk3 09 May '22, 30 May, 20 Jun, 22 Aug, 12 Sep, 03 Oct, 31 Oct, 21 Nov, 12 Dec, 16 Jan '23, 06 Feb, 06 Mar, 27 Mar

* Bank Holiday Monday, Monday served on Tuesday.
 ** In service Day. Monday served on Tuesday.
 *** School Hols. Monday served on Wednesday.



Scottish/local produce when available.

MCS sustainable fish source.

v Vegetarian choice.

ve Vegan choice.

Nut Free.

All eggs are free range.

All meat & poultry is farm assured.

Vegetables served with every meal.

