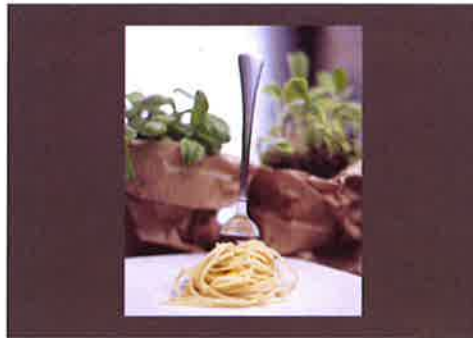


Facilities Management Services



High School Meals

2015-2016

Eats@school...

There's a choice of delicious food and drinks on sale in your High School dining room every day.

Morning break:

- Hot and cold filled rolls, sandwiches, baguettes and wraps
- Healthy baking, fresh fruit and yoghurts
- Refreshing cold drinks

Lunchtime:

- Delicious hot meals including a daily vegetarian dish
- 'Taste of the World' choices -pastas, curries, Chinese and Mexican dishes
- Fresh tasty salads
- Cold filled rolls, sandwiches, baguettes and wraps
- Healthy baking, fresh fruit and yoghurts
- Refreshing cold drinks

Local, fresh & nutritious...

We cook our meals from fresh ingredients using local seasonal vegetables and free-range eggs. The menus meet the food and nutrient standards set by the Scottish Government.

Special food...

If you require special food for a medical or cultural diet, please contact us

T:01620 827272 E: schoolcatering@eastlothian.gov.uk

Value for money...

A tasty nutritious meal with fresh fruit and a drink costs £2.10. Our filled rolls, sandwiches and baguettes are super value for money compared to some local shop prices. Special meal deals and theme day menus also offer other exciting choices. Look out for information on your school website.

Sample Price List

Cold Choices

Sandwiches	1.05
Baguettes	1.15-1.35
Salad box	1.35
Cold dessert	0.60
Fruit salad	0.60

Hot Choices

Soup	0.60
Hot meal	1.80
Baked potato	1.10-1.35
Panninis	1.20-1.40

Miscellaneous

Tray bakes	0.65
Milk 200ml	0.27
Fruit juice	0.45
Asstd drinks	0.45-0.85
Bottled water	0.50-0.70

Meal Deals

1	Dish of the day, veg, soup or yoghurt & a drink	£2.10
2	Premium filled potato & large fruit salad & a drink	£2.10
3	Soup, filled large baguette/wrap/pitta & a drink	£1.90
4	Soup, hot sweet & custard & a drink	£1.50
5	Pasta/Eatz4U dish of the day & a drink	£1.50

Young Scot NEC Card...

You will receive a Young Scot NEC card that you use to pay for school meals. You top your card up with money using a cash machine in school. Your parents/guardians can also put money onto your card on East Lothian Council's website.

You can use your card to get local, national and European discounts for shopping, travel, eating and lots of other activities. Visit <http://young.scot> for more information.

Do Stuff >Get Stuff

Young Scot Rewards allows young people to collect points and get money-can't-buy rewards and experiences. Every time you buy food and drinks from the school dining room you will receive points that you can use to get the rewards! To sign up for Young Scot Reward points go to <https://rewards.youngscot.org/sign-up> (you will need an email account)

It takes less than a minute to get started! There are many ways you can get points such asParticipate in positive activities, healthy eating, exercise, volunteering, recycling, getting involved with projects, informal learning, having your say on issues that affect you and lots more... <https://rewards.youngscot.org/activities>



Further information...

For more information about High School meals, prices & Internet payments visit

www.eastlothian.gov.uk

or contact us-T:01620 827811 E: schoolcatering@eastlothian.gov.uk

Facilities Management Services



School Meals Catering
Serving Food for the Future