

The Autumn/Winter menu starts Mon 31 Oct 2016.  
The Spring/Summer menu starts Mon 24 April 2017.

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

#### MENU & PRICES

The menu contains dishes that are firm favourites with children and suit the autumn/winter season. The price of a 2-course primary school meal with bread, salad and a cold drink remains at £1.90. Given all the positive changes that we continue to make, we hope that you agree this is excellent value for both money and your child's health.

#### FREE SCHOOL MEALS

Your P4-P7 child may be entitled to receive free school meals if you or your partner claims 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

#### 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.



We use your feedback to continually improve East Lothian Council's school meals service.

#### 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 Chuxx Onyia, Child Healthy Lifestyle Co-ordinator  
Conyia@eastlothian.gov.uk

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 and vegetable batons served every day.

### Bread (Pain)

Wholemeal bread served dally.



### Fruit (Fruit)



Fresh fruit / fresh fruit salad available every day.

### Drinks (Boissons)

Fruit juice drink, water or milk.



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



### Yoghurt (Yaourt)

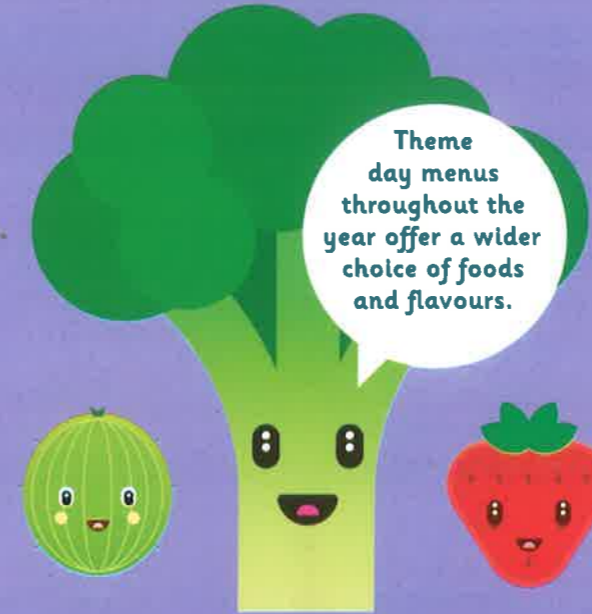
Various flavours available every day.

### Sandwich Friday (le vendredi repas panier)

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



## Primary School Autumn/Winter Menu October 2016 - April 2017



#### 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  
T 01620 827811

@ELCouncil

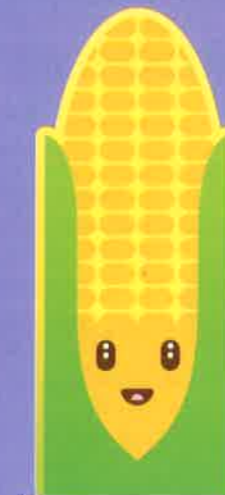
/EastLothianCouncil

#### FURTHER INFORMATION

www.eastlothian.gov.uk  
www.scottishschoolmeals.co.uk  
www.soilassociation.org.uk

#### USEFUL WEBSITES

www.takelifeon.co.uk  
www.schoolfoodtrust.org.uk  
www.nutrition.org.uk  
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 Autumn/Winter Menu Ecole Primaire Menu l'automne/hiver 2016 - 2017



	Soup (Soupe) ✓	Main course (Plat Principal)	Vegetarian (Végétarien) ✓	Baked potato (Pomme de terre au four)	Dessert (Desserts)
<b>Monday</b>	Lentil soup	Roast Chicken in Gravy with Roast Potatoes	Pasta with Pesto and Garlic Bread ✓	Cheese or Tuna and Sweetcorn	Daily choice
<b>lundi</b>	Soupe de lentilles	<b>Poulet rôti</b> en sauce et pommes de terre au four	<b>Pâtes</b> au pesto et pain à l'ail ✓	Fromage ou thon et maïs	Choix du jour
<b>Tuesday</b>		Fish & Chips	Vegetable & Lentil Dahl with Naan Bread ✓	Coronation Chicken or Cheese	Chocolate Custard with Mandarins / Daily choice
<b>mardi</b>		<b>Poisson et frites</b>	<b>Dahl de lentilles</b> et légumes avec pain Naan ✓	Poulet à la mayonnaise ou fromage	Crème anglaise au chocolat avec mandarines / Choix du jour
<b>Wednesday</b>	Sweet potato and carrot	Bangers and Mash with Gravy	Quorn Fajita ✓	Beans or Egg Mayonnaise	Daily choice
<b>mercredi</b>	Soupe de patates douces et carottes	<b>Saucisses</b> et purée de pommes de terre avec sauce	<b>Fajita</b> et viande végétarienne ✓	haricots blancs ou œuf à la mayonnaise	Choix du jour
<b>Thursday</b>		Haggis, Neeps and Tatties	Tomato Pasta with Garlic Bread ✓	Tuna Mayonnaise or Cheese	Pancakes with Jam / Daily choice
<b>jeudi</b>		<b>Haggis</b> , navets et purée de pommes de terre	<b>Pâtes</b> à la sauce tomate et pain à l'ail ✓	Thon à la mayonnaise ou fromage	Crêpes à la confiture / Choix du jour

<b>Monday</b>	Tomato & Basil soup	Macaroni	Indian Rice ✓	Beans or Egg Mayonnaise	Daily choice
<b>lundi</b>	Soupe de tomates au basilic	<b>Macaronis</b>	<b>Riz</b> à l'indienne ✓	Haricots blancs ou œuf à la mayonnaise	Choix du jour
<b>Tuesday</b>		Mince and Tatties	Italian Quorn Sausage Casserole and Potatoes ✓	Coronation Chicken or Cheese	Rice Pudding & Fruit Coulis / Daily Choice
<b>mardi</b>		<b>Vlande</b> de boeuf <b>hachée</b> et purée de pommes de terre	<b>Saucisse</b> italienne végétarienne et pommes de terre ✓	Poulet à la mayonnaise ou fromage	Riz au lait avec coulis de fruits / Choix du jour
<b>Wednesday</b>	Vegetable	Salmon Goujons with Potato Wedges	Quorn Bolognaise with Pasta ✓	Cheese or Tuna and Sweetcorn	Daily choice
<b>mercredi</b>	Soupe de légumes	<b>Saumons</b> panés et quartiers de pommes de terre	<b>Vlande végétarienne</b> à la bolognaise et pâtes ✓	Fromage ou thon et maïs	Choix du jour
<b>Thursday</b>		Chicken Sweet Potato & Coconut Curry	Haggis with Tatties & Neeps ✓	Tuna Mayonnaise or Cheese	Chocolate Brownie / Daily Choice
<b>jeudi</b>		<b>Poulet</b> , patates douces et curry au lait de coco	<b>Haggis végétarien</b> et purée de pommes de terre et navets ✓	Thon à la mayonnaise ou fromage	Brownie au chocolat / Choix du jour

<b>Monday</b>	Lentil	Tuna Pasta	Quorn Dippers & Potato Wedges ✓	Cheese or Tuna and Sweetcorn	Daily choice
<b>lundi</b>	Soupe de lentilles	<b>Pâtes</b> au thon	<b>Nuggets végétariens</b> et quartiers de pommes de terre ✓	Fromage ou thon et maïs	Choix du jour
<b>Tuesday</b>		Chicken & Vegetable with Noodles	Pizza ✓	Coronation Chicken or Cheese	Cocoa slice / Daily Choice
<b>mardi</b>		<b>Poulet</b> , légumes et nouilles chinoises	<b>Pizza</b> ✓	Poulet à la mayonnaise ou fromage	Gâteau au chocolat / Choix du jour
<b>Wednesday</b>	Parsnip & Sweet Pepper	Roast Beef with Potatoes and Yorkshire pudding	Vegetable Stroganoff ✓	Beans or Egg Mayonnaise	Daily choice
<b>mercredi</b>	Soupe de panais et piment doux	<b>Boeuf rôti</b> avec pommes de terre et "Yorkshire pudding"	<b>Stroganoff végétarien</b> ✓	Haricots blancs ou œuf à la mayonnaise	Choix du jour
<b>Thursday</b>		Pork Sausage Hot dog	Quorn Enchilladas ✓	Tuna Mayonnaise or Cheese	Sticky Toffee Pudding / Daily Choice
<b>jeudi</b>		<b>Hotdog</b> à la saucisse de porc	<b>Enchilladas</b> viande végétarienne ✓	Thon à la mayonnaise ou fromage	Pudding au caramel / Choix du jour

**WEEK 1**  
w/c: 31 Oct,  
21 Nov, 12 Dec,  
16 Jan, 6 Feb,  
6 Mar, 27 Mar

**WEEK 2**  
w/c: 7 Nov, 28 Nov,  
19 Dec, 23 Jan,  
20 Feb\*, 13 Mar,  
17 Apr\*

\* Monday holiday,  
Monday's menu served  
on Tuesday.

**WEEK 3**  
w/c: 14 Nov, 5 Dec,  
9 Jan, 30 Jan,  
27 Feb, 20 Mar