

The Spring/Summer menu starts Mon 24 April 2017.
The Autumn/Winter menu starts Mon 30 Oct 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 daily.



Fruit (Fruit)



Fresh fruit / fresh fruit salad available every day.

Drinks (Boissons)



Fruit juice drink, water or milk.
Mondays and Wednesdays are 'milk and water' days to help growing teeth!



Yoghurt (Yaourt)



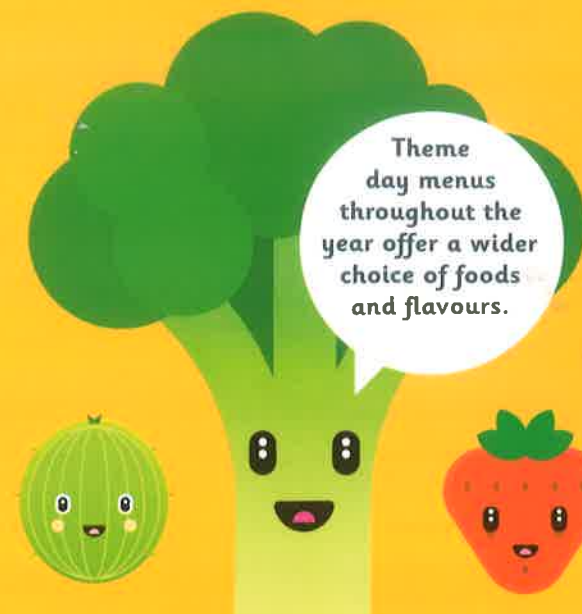
Various flavours available every day.

Sandwich Friday (le vendredi repas panier)

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



Primary School Spring/Summer Menu April - October 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 Spring/Summer Menu Ecole Primaire Menu Printemps/Été 2017



	Soup (Soupe) ✓	Main course (Plat Principal)	Vegetarian (Végétarien) ✓	Lighter Bites (Plats légers)	Dessert (Desserts)
Monday	Minestrone Soup	Fish Fingers and Chips	Rainbow Rice ✓	Filled Baked Potato: Beans or Cheese	Daily choice
lundi	Soupe à la minestrone	Poisson et frites	Riz à l'arc-en-ciel ✓	Pomme de terre avec fromage ou haricots	Choix du jour
Tuesday		Sliced Turkey with Roast Potatoes	Tomato Pasta with Garlic Bread ✓	Picnic Plate	Golden Crispie / Daily Choice
mardi		Dinde avec pommes de terre	Pâtes à la tomate avec pain à l'ail ✓	Assiette pique-nique	gâteau aux rice krispies / Choix du jour
Wednesday	Lentil Soup	Meat Balls in tomato sauce and Spaghetti	Quorn Fajita ✓	Soup and Sandwich: Ham or Cheese	Daily choice
mercredi	Soupe aux lentilles	Boulettes de viande avec sauce à la tomate et spaghettis	Fajitas à la viande végétarienne ✓	Soupe et sandwich (jambon ou fromage)	Choix du jour
Thursday		Creamy Chicken and Broccoli Pasta	Veggie Burger in a Roll ✓	Filled Baked Potato: Chicken Mayo or Cheese	Ice Cream and Fruit / Daily Choice
jeudi		Pâtes à la crème avec poulet et brocoli	Hamburger végétarien ✓	Pomme de terre avec poulet mayonnaise ou fromage	Glace avec des fruits / Choix du jour

Monday	Tomato & Basil soup	Macaroni	Cheese and Tomato Quiche ✓	Filled Baked Potato: Beans or Cheese	Daily choice
lundi	Soupe à la tomate et au basilic	Des macaronis	Quiche à la tomate et au fromage ✓	Pomme de terre avec fromage ou haricots	Choix du jour
Tuesday		Chicken Enchiladas	Quorn Bolognese with Pasta ✓	Picnic Plate	Caramel Flan / Daily Choice
mardi		Enchiladas au poulet	Bolognese à la viande végétarienne et pâtes ✓	Assiette pique-nique	Tarte au caramel / Choix du jour
Wednesday	Vegetable soup	Salmon Goujons with Potato Wedges	Vegetable Curry and Rice ✓	Soup and Sandwich: Ham or Egg Mayo	Daily choice
mercredi	Soupe de légumes	Goujons de saumon avec quartiers de pomme de terre	Curry végétarien et riz ✓	Soupe et sandwich (jambon ou œuf mayonnaise)	Choix du jour
Thursday		Shepherd's Pie and Green Beans	Pizza and Vegetable Batons ✓	Filled Baked Potato: Tuna Mayonnaise or Cheese	Apple Crumble / Daily Choice
jeudi		Parmentier du mouton et haricots verts	Pizza et bâtonnets de légume ✓	Pomme de terre avec thon mayonnaise ou fromage	Crumble aux pommes / Choix du jour

Monday	Lentil soup	Breaded Chicken with Corn Cob and Coleslaw	Lentil Dahl and Naan Bread ✓	Filled Baked Potato: Beans or Cheese	Daily choice
lundi	Soupe de lentilles	Poulet pané avec maïs en épi et salade du chou	Dahl aux lentilles et pain naan ✓	Pomme de terre avec fromage ou haricots	Choix du jour
Tuesday		Mild Chicken Korma and Rice	Quorn Meatballs in Tomato Sauce with Spaghetti ✓	Picnic Plate	Lemon Drizzle Cake / Daily Choice
mardi		Korma au poulet et riz	Boulettes de viande végétarienne avec sauce à la tomate et spaghettis ✓	Assiette pique-nique	Gâteau au citron / Choix du jour
Wednesday	Red Pepper and Tomato soup	Salmon and Vegetable with Noodles	Vegetable Enchilladas ✓	Soup and Sandwich: Ham or Cheese	Daily choice
mercredi	Soupe à la tomate et poivron rouge	Saumon avec légumes et nouilles	Enchiladas végétariens ✓	Soupe et sandwich (jambon ou fromage)	Choix du jour
Thursday		Beef Burger in a Roll	Broccoli and Cheese Bake ✓	Filled Baked Potato: Tuna or Cheese	Jelly and Fruit / Daily Choice
jeudi		Steak haché avec pain	Gratin au fromage et brocoli ✓	Pomme de terre avec thon ou fromage	Geléé et fruits / Choix du jour

WEEK 1
w/c: 24 Apr, 15 May, 5 Jun, 26 Jun, 28 Aug, 18 Sep*, 9 Oct

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

WEEK 2
w/c: 1 May*, 22 May*, 12 Jun, 14 Aug, 4 Sep, 25 Sep, 23 Oct*

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

WEEK 3
w/c: 8 May, 29 May, 19 Jun, 21 Aug, 11 Sep, 2 Oct

🌱 Scottish/local produce when available. All meat & poultry is farm assured.

🐟 MCS sustainable fish source. 🍞 Fish fingers, beef burgers, meat balls are gluten free.

Light Bite Option provides a fully balanced nutritional lunch.

🥚 All eggs are free range. ✓ Vegetarian choice.

