

**East Lothian Council
Facilities Management Services**

PRIMARY SCHOOL Summer Menu

June-Oct 2011



In 2011-2012 we are introducing seasonal menus in all primary schools.

The summer menu starts on Monday 6 June 2011.

It offers a a choice of 2 main dishes (one is a vegetarian dish), a filled baked potato or a plated salad and a choice of dessert.

The meals are accompanied by a selection of breads, mixed salad and a cold drink.

Our programme of fun theme day menus throughout the year offer a wider choice of foods and flavours

If your child has a special dietary need or if you have any other queries, please contact

Joyce Marlow Catering Manager 01620 827820 jmarlow@eastlothian.gov.uk

PROGRAMME OF 2-WEEK MENU CYCLE JUNE-OCTOBER 2011

Week 1	Week 2
Week commencing	
6th June	13th June
20th June	27th June
15th August	22th August
29th August	5th September
12th September	19th September
26th September	3rd October
10th October	24th October
Winter Menu starts 31st October	

More information about school meals is also available on www.eastlothian.gov.uk



Primary School Summer Menu

Week 1

June-October 2011

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MAIN COURSE	Breaded haddock Chips	Beef casserole Boiled potatoes	Turkey meat balls in gravy or tomato sauce Noodles	Braised sausages Mashed potatoes
VEGETARIAN CHOICE ✓	Vegetable Risotto Crusty bread ✓	Cauliflower & Broccoli in cheese sauce ✓	Bean & Quorn hot pot ✓ Crusty bread	Summer vegetable tagliatelle ✓ Garlic bread
SALAD	Cheese & carrot salad	Ham & pineapple salad	Tuna & salmon pasta salad	Thai chicken salad
BAKED POTATO CHOICE: Tuna/ cheese/ baked beans/coleslaw	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings
VEGETABLES	Cook's choice	Cook's choice	Cook's choice	Cook's choice
DESSERTS	Fresh fruit / Fresh fruit salad Cooks choice cold dessert	Fresh fruit/ Fresh fruit salad Banana caramel tart with custard	Fresh fruit/ Fresh fruit salad Summer fruit flan	Fresh fruit/ Fresh fruit salad Fruity cream scone
DRINKS	Fruit Juice Water Milk	Fruit Juice Water Milk	Water Milk	Fruit Juice Water Milk
<ul style="list-style-type: none"> • Cook's Choice of Cold Dessert: Frozen yoghurt, iced fruit smoothie, ice-cream or jelly & fruit. • Cook's Choice of soup is also available in various schools • Free bread and side salad are available daily • A sandwich lunch is available on Friday:—a roll/sandwich, cold dessert, fresh fruit, milk, fruit juice or water • Vegetarian choice ✓ 				

June 2011



Primary School Summer Menu

Week 2

June- October 2011

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MAIN COURSE	Salmon fish cakes Chips	Chicken curry Boiled rice	Shepherd's pie/Mince & Potatoes	Gammon steak & pineapple Potato croquettes
VEGETARIAN CHOICE V	Vegetarian Bolognese Spaghetti V	Vegetarian quiche Baby jacket potatoes V	Tex Mex Burrito V Baked potato wedges	Macaroni cheese Crusty bread V
SALAD	Ham & melon salad	Cheese & carrot salad V	Thai chicken salad	Egg & beetroot salad V
BAKED POTATO CHOICE: Tuna/ cheese/ baked beans/coleslaw	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings	Baked potato with a choice of fillings
Vegetables	Cook's choice	Cook's choice	Cook's choice	Cook's choice
DESSERTS	Fresh fruit / Fresh fruit salad Cook's choice cold dessert	Fresh fruit/ Fresh fruit salad Yoghurt Peach Melba shortcake	Fresh fruit/ Fresh fruit salad Yoghurt Mandarin mousse	Fresh fruit/ Fresh fruit salad Yoghurt Fruity muffin/ cupcake
DRINKS	Fruit Juice Water Milk	Fruit Juice Water Milk	Water Milk	Fruit Juice Water Milk

- Cook's Choice of Cold Dessert: frozen yoghurt, iced fruit smoothie, ice-cream or jelly & fruit
- Cook's Choice of Soup is also available in various schools
- Free bread and side salad are available daily
- A sandwich lunch is available on Friday:—a roll/sandwich, cold dessert, fresh fruit, milk, fruit juice or water
- Vegetarian choice V