

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 Organic 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}	BLUE BAND	GREEN BAND	YELLOW BAND	DESSERT ^v
WEEK 1	MON	Vegetable ^{ve}	Chicken Fillet with Sweet Chilli Sauce and Potato Wedges	Pasta Bake ^v	Soup & Cheese Sandwich with Salad ^v	Fruit Salad, Selection of Fruit, Yogurt
	TUE	Lentil ^{ve}	Baked Potato with Coronation Chickpea with Seasonal Salad ^v	Pizza Power & Veg Batons ^v	Soup & Cream Cheese & Cucumber Bagel with Salad ^v	Fruit Salad, Selection of Fruit, Ice-Cream with Fruit
	WED	Leek & Potato ^{ve}	Pork Meatballs in Gravy with Mashed Potatoes	Quorn Dippers with Diced Potatoes & Beans ^{ve}	Soup & Tuna Mayo & Sweetcorn Wrap with Salad	Fruit Salad, Selection of Fruit, Yogurt
	THU	Lentil ^{ve}	Pasta Bolognaise	Lentil Dahl with Chapatti ^{ve}	Soup & Ham Baguette with Salad	Fruit Salad, Selection of Fruit, Shortbread with Fruit
WEEK 2	MON	Lentil ^{ve}	Chicken Burger in a Bun with Seasonal Salad	Macaroni ^v	Soup & Ham Sandwich with Salad	Fruit Salad, Selection of Fruit, Yogurt
	TUE	Minestrone ^{ve}	Salmon with Baby Boiled Potatoes	Sweet n Sour Vegetables with Noodles ^v	Soup & Egg Mayo Hoagie with Salad ^v	Fruit Salad, Selection of Fruit, Fruit Crumble with Cream
	WED	Vegetable ^{ve}	QMS Haggis, Neeps & Tatties	Baked Potato with Cheese & Coleslaw and Salad ^v	Soup & Chicken Mayo Wrap with Salad	Fruit Salad, Selection of Fruit, Yogurt
	THU	Carrot & Coriander ^{ve}	Bean Casserole with Rice ^v	Pasta Pesto ^v	Soup & Cheese Panini with Salad ^v	Fruit Salad, Selection of Fruit, Cheese & Oatcakes with Fruit
WEEK 3	MON	Lentil ^{ve}	Tomato Pasta with Garlic Bread ^v	Plant Based Chicken Fajita with Salad ^v	Soup & Cheese Sandwich with Salad ^v	Fruit Salad, Selection of Fruit, Yogurt
	TUE	Vegetable ^{ve}	Beef Burger in a Bun with Salad and Tomato Salsa	Vegetable Biryani ^{ve}	Soup & Tuna Mayo Hoagie with Salad	Fruit Salad, Selection of Fruit, Vanilla Sponge with Fruit
	WED	Lentil ^{ve}	Fish Fillet with Chips	Baked Potato with Beans and Seasonal Salad ^{ve}	Soup & Ham Ciabatta with Salad	Fruit Salad, Selection of Fruit, Yogurt
	THU	Leek & Potato ^{ve}	Mild Chicken Curry with Rice	Falafel Wrap with Seasonal Salad ^v	Soup & Cheese Wrap with Salad ^v	Fruit Salad, Selection of Fruit, Three Milk Cake with Fruit

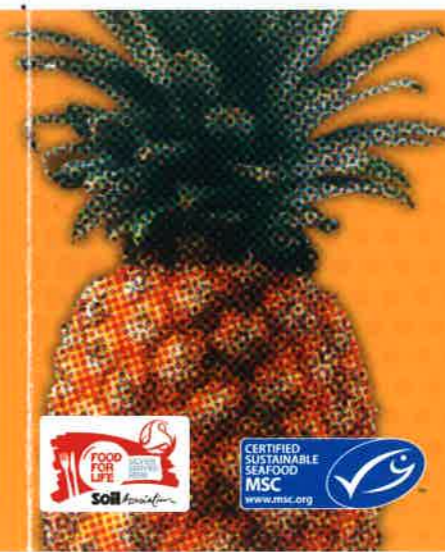
Menu Calendar 2023-24

Wk1 24 Apr '23, 15 May, 5 Jun, 26 Jun, 28 Aug, 18 Sep*, 9 Oct, 6 Nov, 27 Nov, 18 Dec, 8 Jan '24, 29 Jan, 26 Feb, 18 Mar, 22 Apr

Wk 2 1 May '23*, 22 May '23**, 12 Jun, 14 Aug***, 4 Sep, 25 Sep, 23 Oct**, 13 Nov, 4 Dec, 15 Jan '24, 5 Feb, 4 Mar, 25 Mar

Wk3 8 May '23*, 29 May, 19 Jun, 21 Aug, 11 Sep, 2 Oct, 30 Oct, 20-Nov, 11 Dec, 22 Jan '24, 19 Feb**, 11 Mar, 15 Apr*

* 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.
- Vegetarian choice.
- Vegan choice.
- Nut Free.
- All eggs are free range.
- All meat & poultry is farm assured.
- Vegetables served with every meal.
- Organic Milk and Organic Flour.

