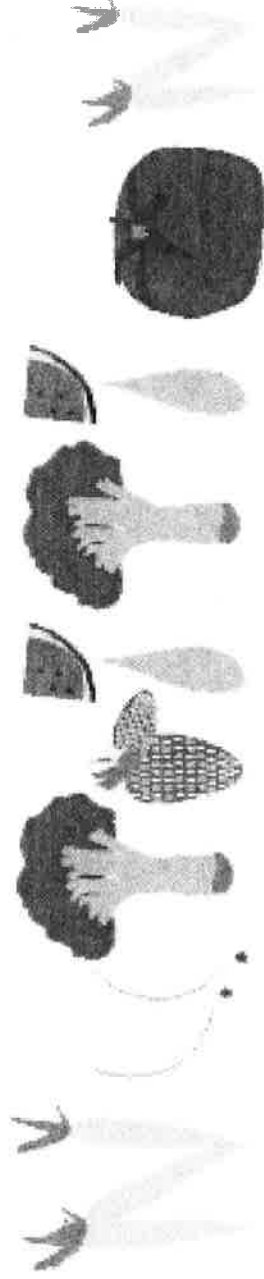


**East Lothian Council
Facilities Management Services**

PRIMARY SCHOOL Summer Menu

April-Oct 2012



The summer menu starts Tuesday 17 April 2012. Pupils can choose soup or dessert with a choice of two main meals (one is a vegetarian choice), a filled baked potato or a plated salad.

The meals are served with a selection of breads, side salad and a choice of a fruit juice drink, milk or water.

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

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 Operations Manager 01620 827820 jmarlow@eastlothian.gov.uk

PROGRAMME OF 2-WEEK MENU CYCLE APRIL-OCTOBER 2012

Week 1	Week 2
16 April	23 April
30 April	7 May
14 May	21 May
28 May	4 June
11 June	18 June
25 June	13 August
20 August	27 August
3 September	10 September
17 September	24 September
1 October	8 October
22 October	
Winter menus will start on Monday 29 October	

Primary School Summer Menu

Week 1

April-October 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK 1				
SOUP	Cook's Choice	Cook's choice	Cook's choice	Cook's choice
MAIN COURSE	Breaded haddock Chips	Cook's choice of turkey dish	Beef bolognese Spaghetti	Braised sausages Mashed potatoes
VEGETARIAN CHOICE	Potato & vegetable curry Boiled rice	Quorn burger salad roll / Vegetarian hot dog onions Baked potato wedges	Vegetarian quiche Baby jacket potatoes	Pasta & tomato or pesto sauce Garlic bread
SALAD	Cheese & carrot salad	Ham & pineapple salad	Tuna salad	Chicken mayo & sweetcorn salad
BAKED POTATO	Filled baked potato <i>EL</i>	Filled baked potato <i>EL</i>	Filled baked potato <i>EL</i>	Filled baked potato <i>EL</i>
VEGETABLES	Seasonal choice <i>EL</i>	Seasonal choice <i>EL</i>	Seasonal choice <i>EL</i>	Seasonal choice <i>EL</i>
DESSERTS	Fresh fruit Yoghurt Fresh fruit salad Choice cold dessert Fruit juice drink Milk Water	Fresh fruit Yoghurt Fresh fruit salad Summer fruit flan Fruit juice drink Milk Water	Fresh fruit Yoghurt Fresh fruit salad Choice cold dessert Milk Water	Fresh fruit Yoghurt Fresh fruit salad Jelly fruit whip/Milk pudding Fruit juice drink Milk Water
	<ul style="list-style-type: none"> Choice of cold dessert: Frozen yoghurt, fruit mousse, ice-cream or jelly & fruit, choice of the day Free bread and side salad are available daily A sandwich lunch is available on Friday:—a roll/sandwich, cold dessert, fresh fruit, cold drink Baked potato fillings: Tuna/ cheese/ baked beans/coleslaw 			
	Vegetarian choice	Local produce <i>EL</i>		* Pesto is nut free



Primary School Summer Menu

Week 2

April-October 2012

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	Cook's choice	Cook's choice	Cook's choice	Cook's choice
MAIN COURSE	Salmon nibbles Chips	Chicken curry Boiled rice	Shepherd's pie/Mince & Potatoes	Gammon Steak & pineapple Potatoes
VEGETARIAN CHOICE	Macaroni cheese Crusty bread	Vegetarian noodles	Home made pizza Baked potato wedges	Vegetarian bolognese Spaghetti
SALAD	Ham & peach salad	Cheese & carrot salad	Coronation chicken salad	Vegetable pasta salad
BAKED POTATO	Filled baked potato <i>EL</i>	Filled baked potato <i>EL</i>	Filled baked potato <i>EL</i>	Filled baked potato <i>EL</i>
VEGETABLES	Seasonal choice <i>EL</i>	Seasonal choice <i>EL</i>	Seasonal choice <i>EL</i>	Seasonal choice <i>EL</i>
DESSERTS	Fresh fruit Fresh fruit salad Yoghurt Choice cold dessert	Fresh fruit Fresh fruit salad Yoghurt Chocolate & orange sponge	Fresh fruit Fresh fruit salad Yoghurt Choice cold dessert	Fresh fruit Fresh fruit salad Yoghurt Fruity muffin/ cupcake
DRINKS	Fruit juice drink Milk Water	Fruit juice drink Milk Water	Milk Water	Fruit juice drink Milk Water
	<ul style="list-style-type: none"> • Choice of cold dessert: frozen yoghurt, fruit mousse, ice-cream or jelly & fruit • Free bread and side salad are available daily • A sandwich lunch is available on Friday:—a roll/sandwich, cold dessert, fresh fruit, cold drink • Baked potato fillings: Tuna/ cheese/ baked beans/coleslaw 			
	Vegetarian choice		Local produce	<i>EL</i>