

# Welcome Back

All P1-3 pupils are entitled to a free school lunch in all schools. The menu is designed to offer all pupils a nutritionally balanced lunch which includes some of their favourite dishes. To give P1-3 pupils a wider experience of tastes & foods we will put all items on the plate. Packed lunch option will be available to all pupils on a Friday - they can book this via classroom selection. During this menu cycle we will be changing items to start to bring the menus in line with the new Government nutritional regulations due to be implemented by August 2020.

**The meal cost for P4-7 pupils is £2.10 per meal**

Congratulations to the 7500 parents who are now paying for school meals & other school activities using ParentPay. To take the hassle out of paying for school lunches, just visit [www.midlothian.gov.uk/ParentPay](http://www.midlothian.gov.uk/ParentPay).

Don't worry if you can't find your registration letter, your school office will be happy to help & if needed will issue you with another letter. If your child has a medically prescribed diet we will do our best to accommodate, please contact the school to arrange a meeting with the Catering Supervisor.

**All our staff look forward to welcoming you!**



**Dates:**  
26.08.19 16.09.19\* 7.10.19  
4.11.19 25.11.19 16.12.19  
(v) Vegetarian

\* Monday holiday Monday menu available Tuesday



## Week 1

**Dates:**  
19.08.19 9.09.19 30.09.19  
28.10.19 18.11.19 9.12.19  
(v) Vegetarian

	Monday	Tuesday	Wednesday	Thursday
<b>Starter</b>	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
<b>Main Dish (1)</b>	Macaroni Cheese (v), Mini waffles & Salad	Chicken Meatballs in tomato sauce, pasta & mixed vegetables	Steak Pie with Mashed Potatoes and Carrots	Salmon & sweet potato fishcake with ratatouille
<b>Main Dish (2)</b>	Turkey steak, mini waffles & baked beans	Burger in a bun, Potato wedges and tomato salsa (Veg burger (v) available)	Baked potato with cheese (v)/ tuna mayo	Cheese & tomato pizza (v), baby boil potatoes & carrots
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
<b>Alternative Selection</b>	Soup, Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup, Sandwich and Roll Selection Fruit or Yoghurt or Dessert
<b>Desserts</b>	Yoghurt Selection Selection of Fresh Fruit Frozen Yoghurt	Yoghurt Selection Selection of Fresh Fruit Fresh Fruit Cup	Yoghurt Selection Selection of Fresh Fruit Jam sponge & custard	Yoghurt Selection Selection of Fresh Fruit Raspberry Mousse Cake
<b>Drinks</b>	Milk Water Fruit Juice	Milk Water	Milk Water	Milk Water Fruit Juice

## Week 2

	Monday	Tuesday	Wednesday	Thursday
<b>Starter</b>	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
<b>Main Dish (1)</b>	Pasta shells with tomato sauce (v), crusty bread & broccoli	Roast Chicken in gravy, mashed potato & green beans	Sausage & tomato Casserole, baby boiled potatoes & cauliflower	Minced beef in a Yorkshire Pudding, roast potatoes & carrots
<b>Main Dish (2)</b>	Fish fingers, oven chips & broccoli	Vegetable Quiche(v), salad & coleslaw & crusty bread	Baked Potato with Cheese (v) or beans (v)	Cheese & tomato pizza (v), roast potatoes & carrots
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
<b>Alternative Selection</b>	Soup Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup Sandwich and Roll Selection Fruit or Yoghurt or Dessert
<b>Desserts</b>	Yoghurt Selection Selection of Fresh Fruit Fruit Muffin	Yoghurt Selection Selection of Fresh Fruit Scone or Pancake with sunflower spread	Yoghurt Selection Selection of Fresh Fruit Banana Loaf & Custard	Yoghurt Selection Selection of Fresh Fruit Fruit jelly & Ice Cream
<b>Drinks</b>	Milk Water Fruit Juice	Milk Water	Milk Water	Milk Water Fruit Juice

## Week 3

**Dates:**  
2.09.19 23.09.19 21.10.19  
11.11.19 2.12.19  
(v) Vegetarian

	Monday	Tuesday	Wednesday	Thursday
<b>Starter</b>	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
<b>Main Dish (1)</b>	Chicken curry & rice with broccoli	Gluten free bubble coated fish, oven chips & peas	Quorn lasagne (v), crusty bread & salad/sweetcorn	Roast Pork in gravy, roast potatoes & baby carrots
<b>Main Dish (2)</b>	Cheese(v) or Cheese & ham Panini, Coleslaw & salad	Falafel Salad Wrap (v) with Sweet Chilli Sauce & Savoury Rice	Baked Potato with tuna mayo & coleslaw (v)	Cheese & tomato pizza (v), roast potatoes & carrots
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
<b>Alternative Selection</b>	Soup Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup Sandwich and Roll Selection Fruit or Yoghurt or Dessert
<b>Desserts</b>	Yoghurt Selection Selection of Fresh Fruit Fruit Iced Smoothie	Yoghurt Selection Selection of Fresh Fruit Biscuits & Cheese	Yoghurt Selection Selection of Fresh Fruit Apple Crumble & Custard	Yoghurt Selection Selection of Fresh Fruit Oat & fruit cookie
<b>Drinks</b>	Milk Water Fruit Juice	Milk Water	Milk Water	Milk Water Fruit Juice

ALL OUR BEEF IS FROM SCOTTISH FARMS

WE GET VEGETABLES FROM LOTHIAN & BORDERS

OUR EGGS ARE FREE RANGE

ALL OUR MILK IS FROM SCOTTISH FARMS

OUR MEALS ARE FRESHLY PREPARED

OUR FISH IS FROM SUSTAINABLE SOURCES

