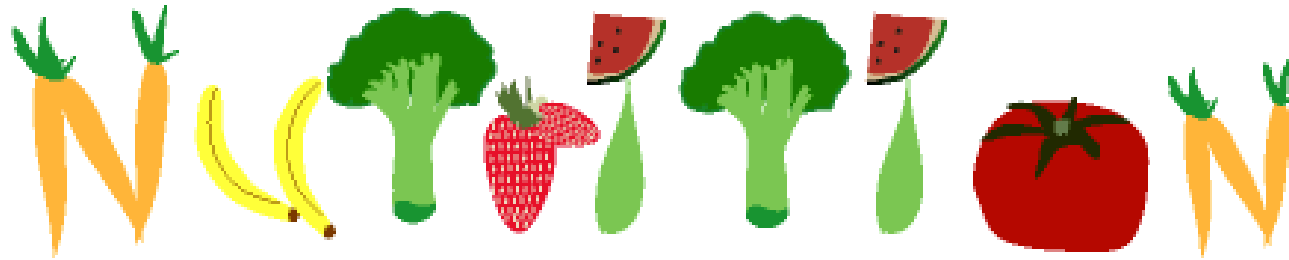


East Lothian Council
Facilities Management Services

PRIMARY SCHOOL

Spring/Summer Menu

April 2018-October 2018





Primary School Spring/ Summer Menu

April – October 2018

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	Carrot and Coriander CHO 11.2g		Lentil CHO 12.1g	
MAIN COURSE	Fish Fingers CHO 12.1g Chips CHO 36g	Chicken Korma CHO 6.5g Rice CHO 94.8g	Bolognaise CHO 15.1g Spaghetti CHO 26.6g	Gammon and Pineapple CHO 13.7g Potatoes CHO 19.3g
VEGETARIAN COURSE	Sweet and Sour Vegetable CHO 25.1g Rice 94.8g	Tomato pasta CHO 34.7g with Garlic Bread CHO 12g	Bean Enchilada CHO 38.6g	Vegetable Lasagne CHO 22.4g
VEGETABLES/SALAD	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
LIGHTER BITE	Cheese/Beans CHO 54g /CHO 62.9g Baked potato ♦ With Salad CHO 2.4g	Salad Plate CHO 34.1g	Lentil Soup CHO 12.1g Sandwich CHO 17.2g	Tuna/Cheese CHO 55g/ CHO 54g Baked potato ♦ With Salad CHO 2.4g
DESSERTS	Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts CHO 15.1g	Blueberry Tray Bake CHO 29.2g Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts CHO 15.1g	Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts CHO 15.1g	Fruity Yogurt cupcakes CHO 21g Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurt CHO 15.1g
DRINKS	Water Milk	Fruit juice drink 11g Water Milk	Milk Water	Fruit juice drink 11g Water Milk Milk Shake 9.2g

- Bread, side salad, fruit/fruit salad & yoghurt available daily
 - A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, fruit juice drink & milk
 - Monday & Wednesdays are 'milk and water' days to help growing teeth!
- Vegetarian choice **V** Local produce when available **♦** MCS Sustainable fish source



Primary School Spring/ Summer Menu

April – October 2018

WEEK 2	Meat free MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Soup	Tomato and Basil CHO 4.5g		Vegetable CHO 9.3g	
MAIN COURSE	Macaroni V CHO 39.1g with Crusty Bread CHO 28.5g	Roast Beef & Yorkshire Pudding CHO 11.6g Potatoes CHO 19.3g	Salmon & Vegetables CHO 3.2g Noodles CHO 78.7g	Spanish Chicken CHO 6.6g Rice CHO 94.8g
VEGETARIAN COURSE	Lentil Dahl CHO 51.2 Naan Bread CHO 6.4g	Pasta CHO 26.6g Pesto sauce CHO 2.5g	Quorn Dippers CHO 9.6g Potato Wedges CHO 20.4g	Pizza CHO 33.4g Vege Batons CHO 2.6g
VEGETABLES/SALAD	Seasonal vegetables ◆ Mixed salad	Seasonal vegetables ◆ Mixed salad	Seasonal vegetables ◆ Mixed salad	Seasonal vegetables ◆ Mixed salad
BAKED POTATO	Beans/Cheese CHO 62.9g/54g Baked potato With Salad CHO 2.4g	Salad Plate CHO 34.1g	Vegetable Soup CHO 9.3g Sandwich CHO 17.3g	Chicken Mayo/Cheese CHO 55g / CHO 54g Baked potato ◆ With Salad CHO 2.4g
DESSERTS	Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts CHO 15.1g	Ice Cream & Fruit Compote CHO 23.0g Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts 15.1g	Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts CHO 15.1g	Strawberry Shortcake CHO = 42.8g Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts 15.1g
DRINKS	Water Milk	Fruit juice drink 11g Water Milk	Water Milk	Fruit juice drink 11g Water Milk Milk shake 9.2g

- Bread, side salad, fruit/fruit salad & yoghurt available daily
 - A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, fruit juice drink & milk
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Primary School Spring/ Summer Menu

April – October 2018

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP	Red Pepper & Tomato CHO 8.3g		Lentil CHO 12.1g	
MAIN COURSE	Breaded Chicken CHO 11.1g Baked Beans CHO 9g Potato Wedges CHO 17.4g	Tuna Pasta Bake CHO 33.9g	Chicken Pie CHO 25.6g Potatoes CHO 19.3g	Lamb Burger CHO 13.68g Roll CHO 23.7g Tomato Salsa CHO 2.1g
VEGETARIAN COURSE	Cheese and Potato Pasty CHO 28g	Quorn Sausage CHO 10.7g Mashed Potato CHO 20.9g	Vegetable Risotto CHO 31.1g	Vegetable Quiche CHO 32.2g Rainbow Salad CHO 50.1g
VEGETABLES/SALAD	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad	Seasonal vegetables ♦ Mixed salad
BAKED POTATO	Cheese / Beans CHO 54g / CHO 62.9g Baked potato ♦ With Salad CHO 2.4g	Salad Plate CHO 34.1g	Soup CHO 12.1g Sandwich CHO 17.2g	Tuna Mayo / Cheese CHO 55g / CHO 54g Baked potato ♦ With Salad
DESSERTS	Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts CHO 15.1g	Jelly & Fruit Cocktail CHO 24.4g Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts CHO 15.1g	Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts 13.4g	Peach Crumb Bar Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts 15.1g
DRINKS	Water Milk	Fruit juice drink 11g Water Milk	Milk Water	Fruit juice drink 11g Water Milk Milk Shake 9.2g

- Bread, side salad, fruit/fruit salad & yoghurt available daily
- A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, fruit juice drink & milk
- Monday & Wednesdays are 'milk and water' days to help growing teeth!

Vegetarian choice V

Local produce when available ♦

MCS Sustainable fish source