

Primary School Menu 2023-24

The 2023-24 menu starts Monday 24th April 2023.

Served every day:

- Soup**
- Seasonal vegetables**
- Mixed salad**
- Wholemeal bread**
- Fresh Fruit or Fruit Salad**
- Yogurt**
- 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!



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

Wk2 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.

v Vegetarian choice.

ve 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.

