

# Primary School Menu 23-24

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

## Menu & prices

The price of the school meal is now £2.25. All meals should be pre-ordered at home using **SchoolPay**.

[www.eastlothian.gov.uk/schoolpay](http://www.eastlothian.gov.uk/schoolpay)

Please note, no cash will be accepted so signing up to SchoolPay is essential. Please speak to your School Office if you require assistance.

Please note Friday packed lunches should be pre-ordered through SchoolPay by the day specified by your school.

## Free school meals

All pupils in Nursery and p1 – p5 are entitled to a free school meal.

Pupils in p6 and p7 may be entitled to receive free school meals if you or your partner are in receipt of benefits.

You can find more information on the East Lothian Council Web site.

[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

## Food for The Future



We currently hold the **Food for Life Silver Served Here Award**, which focuses on championing local producers making healthy eating easier and serving ethical and environmentally food such as organic.

## Nutrition

All of our menus meet the Scottish Government's legislative Food and Nutrition standards.

We help pupils to eat the recommended 5 portions of fruit and vegetables a day by serving fresh seasonal produce. We also choose locally grown fruit and vegetables when they are available.

## Special diets

If your child has a special dietary need, either medical or cultural, please call your child's school and ask to speak to the Kitchen Supervisor or contact Facilities Management Services.

Information regarding allergens can be found on East Lothian Council website under Healthy Eating in Schools.

**T 01620 827811**  
[schoolcatering@eastlothian.gov.uk](mailto:schoolcatering@eastlothian.gov.uk)



## Active lifestyles

As well as eating tasty nutritious food, keeping active is essential to a child's wellbeing and development. East Lothian Council's 'Get Going' programme provides a fantastic way of helping children achieve an active lifestyle.

**For more information contact**  
[healthyliving@eastlothian.gov.uk](mailto:healthyliving@eastlothian.gov.uk)

## Feedback

Your views on the services we provide are very important to us. If you or your child has any comments or suggestions about school meals please let us know. Thank you for supporting East Lothian Council's school meals service.

## Further information

[www.eastlothian.gov.uk](http://www.eastlothian.gov.uk)

[www.scottishschoolmeals.co.uk](http://www.scottishschoolmeals.co.uk)

[www.soilassociation.org.uk](http://www.soilassociation.org.uk)

[www.eastlothian.gov.uk/info/210622/schoolpay](http://www.eastlothian.gov.uk/info/210622/schoolpay)

## Contact us

Facilities Management Services,  
Penston House,  
Macmerry, EH33 1EX

[schoolcatering@eastlothian.gov.uk](mailto:schoolcatering@eastlothian.gov.uk)

**T 01620 827811**

[ELCouncil](#) [EastLothianCouncil](#)

Versions of this leaflet can be supplied in Braille, large print, audiotape or in your own language. Please phone Customer Services on 01620 827199.

# Primary School Menu 2023-24





# 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.

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

## Menu Calendar 2023-24

<b>Wk1</b>	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
<b>Wk 2</b>	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
<b>Wk3</b>	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.

East Lothian  
Council



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.

SchoolPay

On-line only payments (see back for more details)  
[www.eastlothian.gov.uk/schoolpay](http://www.eastlothian.gov.uk/schoolpay)