

UPDATED LUNCH MENUS October 2021



Week Commencing 27.09.21, 25.10.21, 15.11.21 & 06.12.21

Week 3 Packed Lunch Order Form									
Pupils Name					Class				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Hot Packed Lunch		Hot Packed Lunch		Hot Packed Lunch		Hot Packed Lunch		Cold Packed Lunch	
Fish & Chips		Chicken & Sweet Potato Curry (Vegetarian Option Available)		Beef or Quorn Chilli Con Carne & Brown Rice		Wholemeal Pizza & Wedges			
Sandwich Option		Sandwich Option		Sandwich Option		Sandwich Option		Sandwich Option	
Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>	
Cheese <input checked="" type="checkbox"/>		Chicken <input checked="" type="checkbox"/>		Chicken <input checked="" type="checkbox"/>		Cheese <input checked="" type="checkbox"/>		Chicken <input checked="" type="checkbox"/>	
Tuna <input checked="" type="checkbox"/>		Tuna <input checked="" type="checkbox"/>		Cheese <input checked="" type="checkbox"/>		Tuna <input checked="" type="checkbox"/>		Tuna <input checked="" type="checkbox"/>	
Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>	
Hummus <input checked="" type="checkbox"/>				Hummus <input checked="" type="checkbox"/>				Hummus <input checked="" type="checkbox"/>	
Drink		Drink		Drink		Drink		Drink	
Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>	
Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>	
Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>	
Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>	
								Sweet Potato & Carrot Pot <input checked="" type="checkbox"/>	

Hot lunches are only served with fruit All sandwich lunches are served with a yoghurt
All Lunches are served with a crunchy salad (mixture of lettuce, tomato, cucumber & carrot)
Please inform your School if the Pupil has a medically prescribed diet or allergen requirements

Week Commencing 04.10.21, 01.11.21, 22.11.21 & 13.12.21

Week 1 Packed Lunch Order Form									
Pupils Name					Class				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Hot Packed Lunch		Hot Packed Lunch		Hot Packed Lunch		Hot Packed Lunch		Cold Packed Lunch	
Fish Fingers & Oven Chips		Pork Sausage or Quorn Sausage Casserole & Potatoes		Beef Pasta or Quorn Mince Bolognaise		Wholemeal Pizza & Wedges			
Sandwich Option		Sandwich Option		Sandwich Option		Sandwich Option		Sandwich Option	
Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>	
Chicken <input checked="" type="checkbox"/>		Cheese <input checked="" type="checkbox"/>		Chicken <input checked="" type="checkbox"/>		Cheese <input checked="" type="checkbox"/>		Chicken <input checked="" type="checkbox"/>	
Tuna <input checked="" type="checkbox"/>		Tuna <input checked="" type="checkbox"/>		Cheese <input checked="" type="checkbox"/>		Tuna <input checked="" type="checkbox"/>		Tuna <input checked="" type="checkbox"/>	
Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>	
Hummus <input checked="" type="checkbox"/>				Hummus <input checked="" type="checkbox"/>				Hummus <input checked="" type="checkbox"/>	
Drink		Drink		Drink		Drink		Drink	
Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>	
Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>	
Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>	
Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>	
								Coconut & Oat Cook <input checked="" type="checkbox"/>	

Hot lunches are only served with fruit All sandwich lunches are served with a yoghurt
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Please inform your School if the pupil has a medically prescribed diet or allergen requirements

Week Commencing 11.10.21, 08.11.21, 29.11.21 & 20.12.21

Week 2 Packed Lunch Order Form									
Pupils Name					Class				
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Hot Packed Lunch		Hot Packed Lunch		Hot Packed Lunch		Hot Packed Lunch		Cold Packed Lunch	
Chicken or Vegetable Risotto		Baked Potato: Tuna, Cheese, Egg or Coronation Chicken		Turkey or Quorn Burger & Waffles		Macaroni Cheese			
Sandwich Option		Sandwich Option		Sandwich Option		Sandwich Option		Sandwich Option	
Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>		Yoghurt <input checked="" type="checkbox"/>	
Chicken <input checked="" type="checkbox"/>		Cheese <input checked="" type="checkbox"/>		Chicken <input checked="" type="checkbox"/>		Cheese <input checked="" type="checkbox"/>		Chicken <input checked="" type="checkbox"/>	
Tuna <input checked="" type="checkbox"/>		Tuna <input checked="" type="checkbox"/>		Cheese <input checked="" type="checkbox"/>		Tuna <input checked="" type="checkbox"/>		Tuna <input checked="" type="checkbox"/>	
Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>		Egg <input checked="" type="checkbox"/>	
Hummus <input checked="" type="checkbox"/>				Hummus <input checked="" type="checkbox"/>				Hummus <input checked="" type="checkbox"/>	
Drink		Drink		Drink		Drink		Drink	
Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>		Water <input checked="" type="checkbox"/>	
Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>		Milk <input checked="" type="checkbox"/>	
Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>		Fresh Fruit <input checked="" type="checkbox"/>	
Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>		Salad Pot <input checked="" type="checkbox"/>	
								Flapjack <input checked="" type="checkbox"/>	

Hot lunches are only served with fruit All sandwich lunches are served with a yoghurt
All Lunches are served with a crunchy salad (mixture of lettuce, tomato, cucumber & carrots)
Please inform your School if the Pupil has a medically prescribed diet or allergen requirements

As you may be aware, The Food Information (Scotland) Amendment Regulations 2021 came into effect on the 1st of October 2021 and requires food businesses (including school kitchens) to provide full ingredient lists and allergen labelling on foods pre-packaged for direct sale on the premises. The legislation was introduced to protect allergy sufferers and give them confidence in the food they buy.

This means some minor adjustments have been made to P1 to P4 Hot Packed Lunch Order Forms. Please note there are no changes to the hot options at this time.

This amendment was brought about thanks to the actions of a lobbying group lead by the parents of Natasha Ednan-Laperouse, the teenager who died after suffering an allergic reaction to an undeclared ingredient in a prepacked meal. Due to their efforts, the government confirmed that stronger laws would be implemented to protect those with food allergies and give them greater confidence in the food they buy. According to the new rules, PPDS (Prepacked for Direct Sale) food must clearly display the following information on the packaging:

Name of the food

Full ingredients list, with allergenic ingredients emphasised in bold

It is essential that we all follow this guidance

Please note that Menu 3 will run W/C 25th October.

ACTIONS FOR FAMILIES:

Please provide all information regarding any allergies or intolerances your child may have if you do not think the school office currently holds this information (please phone or email the school office).

It is important that we hold the most up to date information for your child to assist our teams in the provision of food.

Updated menu choices will follow this week. We are in the process of moving our menus to a digital format and will share these through ParentPay. **Please ensure you complete your child's menu choice with them as we are concerned about the number of children not eating items/ reporting they do not like the choices that have been selected for them.**

Please note: if a pre-selected lunch order has not come into the kitchen either via order form or parent pay on the day, the lunch will be selected by the school office or classroom teacher.

Our thanks for your help on this matter.

Catering Team
Midlothian Council