

"Dear Parent"

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. We would encourage all P1-3 pupils to come and try!

To give all P1-3 pupils a wider experience of tastes and foods we will put all items on the plate. Packed lunch option will be available for all pupils on a Friday – they can book this via classroom selection. Now included with our sandwich option is the choice of a crunchy veg bag or soup.

The meal cost for P4-7 pupils is £2.00 per meal.

Congratulations to the 6300 parents who are now paying online for school meals and other school activities using ParentPay. To take the hassle out of paying for school lunches, just visit 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 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!

Week 2

Dates:

14.01.19, 04.02.19, 04.03.19,
25.03.19, 29.04.19, 20.05.19*,
10.06.19

(v) Vegetarian

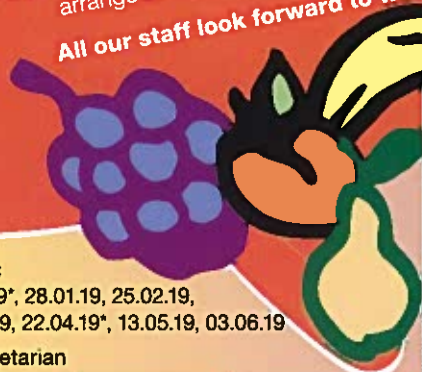


Week 1

Dates:

07.01.19*, 28.01.19, 25.02.19,
18.03.19, 22.04.19*, 13.05.19, 03.06.19

(v) Vegetarian



	Monday	Tuesday	Wednesday	Thursday
Starter	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
Main Dish (1)	Macaroni Cheese (v), Potato wedges & Tomato salsa	Cheese & Onion Bridie (v), Baby boil potatoes & peas	Oriental Chicken with Noodles & Sweetcorn	Roast beef, Yorkshire Pudding & Gravy, Broccoli & Roast Potatoes
Main Dish (2)	Salmon Fillet Nibbles, Potato wedges & Tomato salsa	Chicken tikka wrap with Savoury Rice	Baked Potato with Tuna or Coleslaw (v)	Cheese and Tomato Pizza, (v) Broccoli & Roast Potatoes
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
Alternative Selection	Soup/Crunchy Veg Bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy Veg Bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy Veg Bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy Veg Bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert
Desserts	Yoghurt Selection Selection of Fresh Fruit Fruit Muffins	Yoghurt Selection Selection of Fresh Fruit Scone or Pancake	Yoghurt Selection Selection of Fresh Fruit Ice Cream Roll with Mandarins	Yoghurt Selection Selection of Fresh Fruit Fruit Jelly
Drinks	Milk (Plain) Water Fruit Juice	Milk (Plain) Water	Milk (Plain & Flavoured) Water	Milk (Plain) Water Fruit Juice

	Monday	Tuesday	Wednesday	Thursday
Starter	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
Main Dish (1)	Breaded fish Goujon, chips & peas	Pasta Bolognese with carrots	Minced Beef Pie, mashed potatoes & turnip	Roast chicken, roast potatoes & cauliflower
Main Dish (2)	Omelette (v), chips & peas	Quorn Dippers (v), savoury rice & carrots	Baked Potato with Tuna or Coleslaw (v)	Cheese & Tomato Pizza (v) cauliflower & roast Potatoes
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
Alternative Selection	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert
Desserts	Yoghurt Selection Selection of Fresh Fruit Meringue with fresh fruit	Yoghurt Selection Selection of Fresh Fruit Fruit cup	Yoghurt Selection Selection of Fresh Fruit Carrot Cake	Yoghurt Selection Selection of Fresh Fruit Fruit & Oat Biscuit
Drinks	Milk (Plain) Water Fruit Juice	Milk (Plain) Water	Milk (Plain & Flavoured) Bottled Water	Milk (Plain) Bottled Water Fruit Juice

Week 3

Dates:

21.01.19, 18.02.19, 11.03.19, 01.04.19,
06.05.19*, 27.05.19, 17.06.19

W/C 24th June 2019 Cooks Choice Menu

(v) Vegetarian

	Monday	Tuesday	Wednesday	Thursday
Starter	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)	Soup of the Day (v)
Main Dish (1)	Haggis, Turnip and Potatoes (v available)	Chicken Casserole, baby boiled potatoes & baby carrots	Chilli Con Carne, Mixed vegetables & Rice	Salmon Fishcake, Roast potatoes & broccoli
Main Dish (2)	Quorn Hotdog (v), sweet potato fries & sweetcorn	Pasta with Tomato Sauce (v), baby carrots & Garlic Bread	Baked Potato with Beans or Cheese (v)	Cheese & Tomato Pizza (v), Roast potatoes & broccoli
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
Alternative Selection	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert
Desserts	Yoghurt Selection Selection of Fresh Fruit Lemon sponge & custard	Yoghurt Selection Selection of Fresh Fruit Cheese & Biscuits	Yoghurt Selection Selection of Fresh Fruit Empire Biscuit	Yoghurt Selection Selection of Fresh Fruit Raspberry Ripple Mousse
Drinks	Milk (Plain) Water Fruit Juice	Milk (Plain) Water	Milk (Plain & Flavoured) Water	Milk (Plain) Water Fruit Juice



WE GET VEGETABLES FROM LOTHIAN & BORDERS FARMS

ALL OUR BEEF IS FROM SCOTTISH FARMS

ALL OUR MILK IS FROM SCOTTISH FARMS

OUR EGGS ARE FREE RANGE

OUR FISH IS FROM SUSTAINABLE SOURCES

OUR MEALS ARE FRESHLY PREPARED



Get Going



* Public holiday /In Service
- Monday menu available Tuesday