

Week 1 commencing 29 Oct, 26 Nov, 7 Jan, 4 Feb & 4 March



Monday	Tuesday	Wednesday	Thursday	Friday
		Cook's Choice of Homemade Soup		Cook's Choice of Homemade Soup
Breaded Fillet of Haddock Chicken Curry served with Long Grain Rice	Sausage Roll Homemade Meatballs in Tomato Sauce served on Pasta	Roast Chicken in Gravy with Mealie Panini filled with Cheddar Cheese	Homemade Cheese and Tomato Pizza Prime Braised Steak and Pastry Square	Butcher's Beef Burger in a Bun Ham Tagliatelle served with Garlic Bread
Garden Peas Chips	Baked Beans Mashed Potatoes	Sliced Carrots Roast Potatoes	Broccoli Florets Mashed Potatoes	Sweetcorn Baked Potato Wedges
<u>Sandwich Platter</u> Tuna Mayonnaise and/or Cheddar Cheese Sandwiches served with Salad Garnish and Grapes	<u>Sandwich Platter</u> Chicken and/or Tuna Mayonnaise Sandwiches served with Salad Garnish and Mini Sausage Roll	<u>Sandwich Platter</u> Wafer Thin Ham and/or Egg Mayonnaise Sandwiches served with Salad Garnish and Melon Wedge	<u>Sandwich Platter</u> Tuna Mayonnaise and/or Chicken Sandwiches with Salad Garnish and Homemade Coleslaw	<u>Sandwich Platter</u> Soft Cheese and/or Tuna Mayonnaise Sandwiches served with Salad Garnish and Pizza Finger
Baked Potato Filling Cheddar Cheese	Baked Potato Filling Baked Beans	Baked Potato Filling Chicken Mayonnaise	Baked Potato Filling Homemade Coleslaw	Baked Potato Filling Tuna Mayonnaise
Vanilla Ice Cream with Fruit	Chocolate Crispie with Custard	Toffee Banana Cake with Custard	Fruit Muffin with a Glass of Milk	Iced Shortcake with Custard

Week 2 commencing 5 Nov, 3 Dec, 14 Jan, 11 Feb & 11 March



Monday	Tuesday	Wednesday	Thursday	Friday
	Cook's Choice of Homemade Soup		Cook's Choice of Homemade Soup	
Butcher's Steak Mince and Doughball Baked Fish Nuggets	Traditional Chicken Pie Panini filled with Cheddar Cheese and Ham	Butcher's Choice Pork Sausages Traditional Macaroni and Cheese	Breaded Turkey Steak in a Bun Italian Beef Lasagne served with Garlic Bread	Breaded Fillet of Haddock Chicken Chow Mein
Baked Beans Shredded Cabbage Mashed Potatoes	Broccoli Florets Pasta Shapes	Sliced Beetroot Baked Beans Baked Potato Wedges	Homemade Coleslaw Garlic Bread	Garden Peas Chips
<u>Sandwich Platter</u> Tuna Mayonnaise and/or Cheddar Cheese Sandwiches served with Salad Garnish and Vegetable Sticks	<u>Sandwich Platter</u> Egg Mayonnaise and/or Tuna Mayonnaise Sandwiches served with Salad Garnish and Pasta Shapes	<u>Sandwich Platter</u> Chicken and/or Tuna Mayonnaise Sandwiches served with Salad Garnish and Sausage Bite	<u>Sandwich Platter</u> Tuna Mayonnaise and/or Cheddar Cheese Sandwiches with Salad Garnish and Homemade Coleslaw	<u>Sandwich Platter</u> Soft Cheese and/or Wafer Thin Ham Sandwiches served with Salad Garnish and Grapes
Baked Potato Filling Baked Beans	Baked Potato Filling Chicken Mayonnaise	Baked Potato Filling Tuna Mayonnaise	Baked Potato Filling Homemade Coleslaw	Baked Potato Filling Cheddar Cheese
Apple Crunch with Custard	Chocolate Yoghurt Cake with Custard	Jammy Swiss Roll with Custard	Jelly with Fruit	Banoffee Pie with Custard

Menus may be subject to change without notice due to unforeseen circumstances

Bread basket, salad selection, fresh fruit, yoghurts and cheese and biscuits are available as part of each day's menu.

When soup is included on any day's menu this can be enjoyed as an additional course.

We aim to use locally grown and sourced produce where available



Baked potatoes with fillings are available for pre-order each morning.

Vegetarian meals are available on request. Medically prescribed diet menus are available by arrangement.

Week 3 commencing 12 Nov, 10 Dec, 21 Jan, 18 Feb & 18 March



Monday	Tuesday	Wednesday	Thursday	Friday
Cook's Homemade Lentil Soup				Cook's Choice of Homemade Soup
Hot Dog Sausage in a Bun with Tomato Sauce Traditional Stovies and Oatcakes	Roast Chicken in Gravy with Mealie Tasty Tomato Pasta	Breaded Fillet of Haddock Minced Beef Enchilada Wrap	Homemade Cheese and Tomato Pizza Chicken Curry served with Long Grain Rice	Yorkshire Pudding filled with Sausage Casserole Panini filled with Cheddar Cheese
Sliced Beetroot Vegetable Sticks Baked Potato Wedges	Broccoli Florets Roast Potatoes	Baked Beans Chips	Sweetcorn Pasta Shapes	Sliced Carrots Mashed Potatoes
<u>Sandwich Platter</u> Chicken and/or Cheddar Cheese Sandwiches served with Salad Garnish and Vegetable Sticks	<u>Sandwich Platter</u> Wafer Thin Ham and/or Tuna Mayonnaise Sandwiches served with Salad Garnish and Grapes	<u>Sandwich Platter</u> Egg Mayonnaise and/or Cheddar Cheese Sandwiches served with Salad Garnish and Melon Wedge	<u>Sandwich Platter</u> Tuna Mayonnaise and/or Soft Cheese Sandwiches with Salad Garnish and Pizza Finger	<u>Sandwich Platter</u> Soft Cheese and/or Wafer Thin Ham Sandwiches served with Salad Garnish and Sausage Bite
Baked Potato Filling Cheddar Cheese	Baked Potato Filling Tuna Mayonnaise	Baked Potato Filling Baked Beans	Baked Potato Filling Chicken Mayonnaise	Baked Potato Filling Tuna Mayonnaise
Fruity Yoghurt Cake with Custard	Angel Delight with Fruit	Chocolate Saucy Sponge with Custard	Homebaked Shortbread Biscuit with Milkshake	Carrot Cake with Custard

Week 4 commencing 19 Nov, 17 Dec, 28 Jan, 25 Feb & 25 March



Monday	Tuesday	Wednesday	Thursday	Friday
		Cook's Choice of Homemade Soup	Cook's Choice of Homemade Soup	
Spaghetti Bolognese served with Garlic Bread Breaded Turkey Steak	Traditional Chicken Pie Baked Fish Nuggets	Aberdeenshire Roast Beef in Gravy with Mealie Panini filled with Cheddar Cheese and Ham	Butcher's Choice Pork Sausages Salmon and Lentil Dahl served with Long Grain Rice	Chicken Fajita Wrap Traditional Macaroni and Cheese
Sweetcorn Baked Beans Mashed Potatoes	Sliced Carrots Pasta Shapes	Broccoli Florets Roast Potatoes	Garden Peas Baked Beans Mashed Potatoes	Sliced Beetroot Baked Potato Wedges
<u>Sandwich Platter</u> Egg Mayonnaise and/or Tuna Mayonnaise Sandwiches served with Salad Garnish and Grapes	<u>Sandwich Platter</u> Wafer Thin Ham and/or Cheddar Cheese Sandwiches served with Salad Garnish and Mini Sausage Roll	<u>Sandwich Platter</u> Tuna Mayonnaise and/or Soft Cheese Sandwiches served with Salad Garnish and Vegetable Sticks	<u>Sandwich Platter</u> Cheddar Cheese and/or Tuna Mayonnaise Sandwiches with Salad Garnish and Sausage Bite	<u>Sandwich Platter</u> Chicken and/or Tuna Mayonnaise Sandwiches served with Salad Garnish and Melon Wedge
Baked Potato Filling Baked Beans	Baked Potato Filling Chicken Mayonnaise	Baked Potato Filling Tuna Mayonnaise	Baked Potato Filling Cheddar Cheese	Baked Potato Filling Tuna Mayonnaise
Cook's Choice of Milk Pudding with Fruit	Lemon Drizzle Cake with Custard	Chocolate Cracknel with Custard	Sticky Toffee Pudding with Custard	Jelly with Fruit

Let's eat

Primary School Menus

Autumn & Winter

2012 - 2013

Aberdeenshire
COUNCIL



Payment

School meals are paid for by purchasing tickets in singles or books of 10 from the School Catering staff. Payment can be made in cash or by cheque to 'ABERDEENSHIRE COUNCIL'

Suggestions

If you have any suggestions regarding the School Catering Service you can e-mail us at; Primary.meals@aberdeenshire.gov.uk

Information



For more detailed information regarding the School Catering Service view our web pages at; www.aberdeenshire.gov.uk/schools/school_meals or telephone our Head Office on 01467 628061



Welcome to Primary School Meals

This edition of our menus features a new colourful design and a number of new dishes that are available for all pupils in primary schools to enjoy.

The leaflet also provides dates of theme days that may be held over the next few months in your school dining room. On these days a special tasty menu will be available to reflect the particular theme.

Included in this menu leaflet is the winning recipe from this year's Aberdeenshire School Cook of the Year, Jane Tennent, Unit/Cook Supervisor at Glenbervie School. Jane's winning dish is Salmon and Lentil Dahl and it is featured in week 4 of this cycle of our Primary School Menus. The recipe is printed opposite for you to try out at home.

I would also like to remind you that your school kitchen can provide packed lunches for pupils to take with them on school trips or maybe this term to the Christmas Pantomime.

Remember too, we have a 'lunchtime special' of 200ml cartons of Aqua juice or milk at a price reduced from 25p to 20p to accompany a school meal. This means that a week's drinks can now be bought for only £1.

I hope you enjoy your school lunches and if you have any comments please take the time to let us know. Our contact details are printed on the back of this leaflet.

Allan Doig
Catering Services Manager



Theme Days



October – Halloween

Wednesday 31 October 2012

November – St. Andrew's Day

Friday 30 November 2012

December – Christmas Lunch

Week commencing Monday 10 December 2012

January – Burn's Day

Friday 25 January 2013

February – Valentine's Day

Thursday 14 February 2013

March – Easter Celebrations

Friday 12 April 2013

Do try this at home - Jane's Salmon & Lentil Dahl Recipe



Ingredients

120g Red Lentils
200g Salmon
100g Fresh Tomatoes – chopped
50g Onion – chopped
10g Vegetable Bouillon
250ml Water
5g Fresh Corriander - chopped
1g Chilli Powder
2g Turmeric

Recipe serves 4

Method

1. Gently sauté chopped onions adding turmeric and chilli for 3 minutes.
2. Add the lentils & vegetable stock and simmer gently until lentils are cooked and stock is reduced.
3. Add the salmon and continue to simmer until the fish is cooked.
4. Adjust the consistency of the dhal with additional stock if required.
5. Place the salmon dahl in the centre of a serving plate and serve with chapatti, naan style bread or long grain rice.

We can provide Packed Lunches for pupils going on school trips!

A packed lunch can be purchased for the price of a single meal ticket and includes a great selection of tasty items. Place your order for a packed lunch from the School Kitchen two days in advance of a school trip and it will be ready and waiting to take away on the day.

Order forms are available from the School Kitchen.