

EAST AYRSHIRE PRIMARY SCHOOL MEALS 2021



WEEK ONE (V) Vegetarian Friday is Meat Free Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken & rice soup	Lentil soup	Leek and potato soup (V)	Vegetable soup (V)	Tomato & red pepper soup (V)
Butchers steak mince with a pastry top with creamy mashed potato	Spicy Cajun chicken pasta	Breaded chicken mini fillets with baby potatoes	Chinese chicken curry with rice	Classic fish & chips
Chicken fillet with crisp lettuce & tomato served in a bun with potato wedges	Margherita pizza (V)	Baked potato with beans (V)	Pasta in a fresh tomato sauce (V)	Chickpea curry & rice (V)
Pick & Mix with cheese toastie (V)	Pick & Mix with tuna malted wheat baguette	Pick & Mix with gammon sandwich	Pick & Mix with pork sausage finger roll	Pick & Mix with egg mayo roll
Salad selection • Carrots & turnip	Salad selection • Green beans/coleslaw	Salad selection • Corn on the cob/broccoli	Salad selection • Mixed veg/cucumber sticks	Salad selection • Peas & carrot batons
Fruit / yoghurt	Fruit/yoghurt Ice cream tub	Fruit / yoghurt	Fruit / yoghurt Jelly pot	Fruit / yoghurt

WEEK TWO (V) Vegetarian Tuesday is Meat Free Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carrot & coriander soup (V)	Tomato soup (V)	Chicken noodle soup	Lentil soup	Minestrone soup (V)
Premium pork sausages with creamy mashed potato	Classic fish & chips	Macaroni in a creamy cheese sauce (V)	Roast pork, Yorkshire pudding & potatoes	Chinese chicken curry & rice
Cheese & onion pasties (V)	Breaded mozzarella sticks & tomato dip (V)	¼ Pounder veg burger with crisp lettuce & tomato in a bun & potato wedges (V)	Popcorn chicken with rice	Fresh Scottish salmon stir fry
Pick & Mix with chicken mayo wheat baguette	Pick & Mix with egg sandwich (V)	Pick & Mix with gammon sandwich	Pick & Mix with cheese wrap (V)	Pick & Mix with cheese pizzini (V)
Salad selection • Baked beans/cabbage	Salad selection • Corn on the cob & peas	Salad selection • Peas & carrots	Salad selection • broccoli & cauliflower	Salad selection • Carrots & green beans
Fruit / yoghurt	Fruit/yoghurt Ice cream tub	Fruit / yoghurt	Fruit / yoghurt Jelly pot	Fruit / yoghurt

WEEK THREE (V) Vegetarian Thursday is Meat Free Day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil soup	Mushroom soup (V)	Scotch broth	Butternut squash & chilli soup (V)	Potato soup (V)
Classic spaghetti bolognese	Chinese chicken curry & rice	Beefburger with crisp lettuce & tomato in a bun with potato wedges	Classic fish & chips	Macaroni in a creamy cheese sauce (V)
Baked potato with tuna & sweetcorn	Vegetarian sausage roll & beans (V)	Vegetable chow mein (V)	Vegetable lasagne (V)	Crunchy salmon fingers with rice & cajun sauce
Pick & Mix with cheese panini (V)	Pick & Mix with tuna mayo malt wheat baguette	Pick & Mix with cheese sandwich (V)	Pick & Mix with baked beans on toast (V)	Pick & Mix with gammon sandwich
Salad selection • Sliced carrots & broccoli	Salad selection • Mixed veg & carrots	Salad selection • Corn on the cob/coleslaw	Salad selection • Peas/cucumber sticks	Salad selection • Broccoli/beetroot
Fruit / yoghurt	Fruit/yoghurt Ice cream tub	Fruit / yoghurt	Fruit / yoghurt Jelly pot	Fruit / yoghurt



All soups are made fresh daily • Fresh vegetables will be in accordance with seasonal availability • In accordance with new Government guidelines all meals are served with 2 vegetable garnishes and a piece of fruit • Pick & Mix includes 2 vegetable garnishes and a piece of fruit • Pupils can choose one other item from soup/yoghurt/another piece of fruit
If you have any allergens or dietary requirements you must contact your school Catering Manager