

EAST AYRSHIRE PRIMARY SCHOOL MEALS 2020



WEEK ONE (V) Vegetarian Tuesday is meat free day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Farmhouse lentil soup	Seasonal vegetable soup (V)	Leek and potato soup (V)	Chicken and rice soup	Tomato soup (V)
Chicken curry & brown rice	Classic breaded fish & chips	Steak pie with mashed potatoes	Chicken goujons with savoury rice	Chilli Con Carne with brown rice
Baked potato with cheese (V)	Tomato pasta (V)	Creamy macaroni cheese with garlic bread (V)	Salmon fish fingers & baby potatoes	Homemade cheese & tomato pizza (V)
Pick and mix with sausage sizzler	Pick and mix with egg sandwich (V)	Pick and mix with chilli chicken wrap	Pick and mix with gammon sandwich	Pick and mix with tuna sandwich
Salad selection Seasonal veg	Salad selection Seasonal veg	Salad selection Seasonal veg	Salad selection Seasonal veg	Salad selection Seasonal veg
Fruit / yoghurt	Fruit / yoghurt Fresh vegetable sticks	Fruit / yoghurt	Fruit / yoghurt Fresh vegetable sticks	Fruit / yoghurt Ice cream & fruit

WEEK TWO (V) Vegetarian Wednesday is meat free day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carrot and potato soup (V)	Seasonal vegetable soup (V)	Carrot and coriander soup (V)	Farmhouse lentil soup	Leek and potato soup (V)
Pork links & gravy with mashed potato	Chicken fajitas	Classic breaded fish & chips	Katsu curry with brown rice	Beefburger & potato wedges
Baked potato with beans (V)	Stir fry vegetable noodles (V)	Creamy macaroni cheese with garlic bread (V)	Vegetarian sausage roll & beans (V)	Vegetable Rogan Josh with brown rice (V)
Pick and mix with tuna pasta salad	Pick and mix with cheese panini (V)	Pick and mix with egg sandwich (V)	Pick and mix with gammon sandwich	Pick and mix with savoury cheese sandwich (V)
Salad selection Seasonal veg	Salad selection Seasonal veg	Salad selection Seasonal veg	Salad selection Seasonal veg	Salad selection Seasonal veg
Fruit / yoghurt	Fruit / yoghurt Fresh vegetable sticks	Fruit / yoghurt	Fruit / yoghurt Fresh vegetable sticks	Fruit / yoghurt Cupcake Friday



If you have any allergens or special diet requirements please speak to your school Catering Manager