

# Primary Menu **Week 1**

## August 2022 – June 2023

### Week Commencing

15/08/2022 07/11/2022 02/01/2023 13/03/2023 05/06/2023  
 29/08/2022 21/11/2022 16/01/2023 27/03/2023 19/06/2023  
 12/09/2022 05/12/2022 30/01/2023 24/04/2023  
 26/09/2022 19/12/2022 13/02/2023 08/05/2023  
 24/10/2022 27/02/2023 22/05/2023



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Homemade Soup with Bread <b>v</b>	Homemade Soup with Bread <b>v</b>	Homemade Soup with Bread <b>v</b>	Homemade Soup with Bread <b>v</b>	Homemade Soup with Bread <b>v</b>
Main 1	Macaroni Cheese <b>v</b> with Garlic Bread Broccoli, Salad	Pork Sausage & Hot Dog Roll Sweetcorn & Coleslaw Potato Wedges	Chicken Korma Boiled Rice, Naan Bread Broccoli & Salad	Steak Pie Potatoes Carrots & Turnip	Crispy Cod Fillet Chips, Peas & Salad
Main 2	Baked Potato <b>v</b> & Various Fillings & Salad	Quorn Fajitas <b>v</b> & Salad	Vegetable Korma <b>v</b> Boiled Rice, Naan Bread & Salad	Baked Potato <b>v</b> & Various Fillings & Salad	Italian Pasta <b>v</b> & Salad
Filled Roll	Roll with Turkey or Cheese Fillings	Sandwich with Chicken or Cheese Fillings	Roll with Ham or Cheese Fillings	Sandwich with Tuna Mayo or Cheese Fillings	Roll with Turkey or Cheese Fillings
Dessert	Ice Cream Tub Selection of Fresh Fruit	Yoghurt Selection of Fresh Fruit	Mandarin & Melon Cocktail Selection of Fresh Fruit	Jelly & Fresh Fruit Salad Selection of Fresh Fruit	Chocolate & Beetroot Muffin Selection of Fresh Fruit

**v** = Vegetarian

Side Salad and Vegetables are available daily with Lunch choices including Main courses and Filled Rolls/Sandwiches, with a choice of Milk or Water. For further information on Allergens and Nutritional content please go to [Fife.gov.uk](http://Fife.gov.uk) website and search [School Meals](#), click on [Food In your School](#) and follow links.

For Specific Dietary Requirements form please see School Meal page containing further information and link to Request form.

# Primary Menu **Week 2**

## August 2022 – June 2023

### Week Commencing

22/08/2022 14/11/2022 09/01/2023 20/03/2023 12/06/2023  
 05/09/2022 28/11/2022 23/01/2023 03/04/2023 26/06/2023  
 19/09/2022 12/12/2022 06/02/2023 01/05/2023  
 03/10/2022 20/02/2023 15/05/2023  
 31/10/2022 06/03/2023 29/05/2023



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Homemade Soup with Bread v	Homemade Soup with Bread v	Homemade Soup with Bread v	Homemade Soup with Bread v	Homemade Soup with Bread v
Main 1	Italian Meatballs with Spaghetti & Broccoli	Beef Burger/Vegan Burger v & Bun with Sweetcorn Salad & Potato Wedges	Roast Chicken & Gravy Mashed Potatoes Carrots & Peas	Steak Mince Potatoes & Cauliflower	Salmon Fish Fingers Chips, Beans & Peas
Main 2	Cheese Panini v with Salad & Crudités	Baked Potato v & Various Fillings	Cheese & Tomato Pizza v with Salad & Peas	Baked Potato v & Various Fillings	Vegetable Pasta Bake Topped with Breadcrumbs v Garlic Bread & Peas
Filled Roll	Roll with Turkey or Cheese Fillings	Sandwich with Egg Mayo or Cheese Fillings	Roll with Ham or Cheese Fillings	Sandwich with Chicken or Cheese Fillings	Roll with Turkey or Cheese Fillings
Dessert	Yoghurt Selection of Fresh Fruit	Apple & Grape Cup Selection of Fresh Fruit	Yoghurt Watermelon	Jam Sponge & Custard Selection of Fresh Fruit	Mandarin & Melon Cocktail Selection of Fresh Fruit

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# Nursery Menu Week 1

## August 2022 – June 2023

### Week Commencing

15/08/2022	07/11/2022	02/01/2023	13/03/2023	05/06/2023
29/08/2022	21/11/2022	16/01/2023	27/03/2023	19/06/2023
12/09/2022	05/12/2022	30/01/2023	24/04/2023	
26/09/2022	19/12/2022	13/02/2023	08/05/2023	
24/10/2022		27/02/2023	22/05/2023	



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cheese or Turkey Sandwich ~ Yoghurt Milk	Tomato & Basil Pasta V ~ Fruit Platter Milk	Cheese & Tomato Pizza V ~ Melon Milk	Cheese or Tuna Sandwich ~ Oat & Apple cookie & Milk Shake Milk	Chicken Bites Beans ~ Strawberry Swirl Mousse & Banana Slice Milk
Lunch	Macaroni Cheese V Garlic Bread Broccoli or Cheese or Turkey Filled Sandwich ~ Yoghurt Milk	Chicken or Vegan Sausage V in a roll Sweetcorn or Soup & Bread V ~ Fruit Platter or Yoghurt Milk	Chicken or Vegetable Korma V, Boiled Rice & Broccoli or Cheese or Ham Filled Sandwich ~ Melon Milk	Steak Pie Carrots & Potatoes or Soup & Bread V ~ Fresh Fruit Salad Ice Cream Tub Milk	Salmon Fish Fingers Croquettes /Beans or Cheese or Turkey Filled Sandwich ~ Chocolate & Beetroot Muffin with Raspberries Milk
Afternoon Tea	Cheese & Crackers Crudités ~ Watermelon Milk	Soup & Bread V ~ Fresh Fruit Salad & Ice cream tub Milk	Cheese or Ham Filled Sandwich ~ Strawberry Swirl Mousse & Banana Slice Milk	Baked Potato & Beans V ~ Yoghurt Milk	Cheese / Turkey Sandwich Salad ~ Chocolate & Beetroot Muffin with Raspberries Milk

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 03/10/2022 12/12/2022 20/02/2023 01/05/2023 26/06/2023



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Meal	Cheese or Turkey Sandwich ~ Yoghurt Milk	Chicken or Vegan Sausage & Beans ~ Yoghurt Milk	Quorn Dippers & Spaghetti Hoops ~ Watermelon Milk	Cheese or Chicken Sandwich ~ Strawberry Swirl Mousse & Banana Slice Milk	Cheese & Tomato Pizza Finger ~ Sweetcorn ~ Iced Sponge & Fruit Cocktail Milk
Lunch	Italian Chicken Meatballs Pasta / Broccoli or Soup & Bread ~ Yoghurt Milk	Beef or Vegan Burger in a Bun & Sweetcorn or Cheese or Egg Sandwich ~ Fruit Platter Milk	Chicken & Gravy Carrots/Potatoes or Cheese or Ham Filled Sandwich ~ Watermelon Milk	Steak Mince Potatoes & Cauliflower or Soup & Bread ~ Iced Sponge & Fruit Cocktail Milk	Salmon Fish Fingers Croquettes /Beans or Cheese or Turkey Roll ~ Fruit Platter Milk
Afternoon Tea	Cheese or Turkey Filled Sandwich ~ Watermelon Milk	Baked Potato & Beans ~ Yoghurt Milk	Crackers & Cheese Crudités ~ Oat & Apple cookie & Milk Shake Milk	Soup & Bread ~ Iced Sponge & Fruit Cocktail Milk	Cheese or Turkey Filled Roll ~ Fruit Platter Milk

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