

Primary Menu • Week One

Menu available for the weeks beginning on the following dates:

| | | | |
|------------|------------|------------|------------|
| 14/08/2023 | 20/11/2023 | 12/02/2024 | 13/05/2024 |
| 28/08/2023 | 04/12/2023 | 26/02/2024 | 27/05/2024 |
| 11/09/2023 | 18/12/2023 | 11/03/2024 | 10/06/2024 |
| 25/09/2023 | 01/01/2024 | 25/03/2024 | 24/06/2024 |
| 23/10/2023 | 15/01/2024 | 15/04/2024 | |
| 06/11/2023 | 29/01/2024 | 29/04/2024 | |



School Lunches!



Monday

Vegetable soup
with bread

✔ Crispy quorn fajitas
with garden peas
and side salad

or

Traditional macaroni
cheese with garlic bread,
garden peas and
side salad

or

Plated garden salad
with cheese or
tuna mayonnaise

or

Filled wrap with cheese
or tuna mayonnaise,
side salad and crudités

Ice cream tub and
selection of fresh fruit

Tuesday

Lentil soup
with bread

✔

Vegan sausages served
with mashed potatoes,
gravy, sweetcorn and
side salad

or

Pork sausages served
with mashed potatoes,
gravy, sweetcorn and
side salad

or

Plated garden salad
with cheese or chicken
mayonnaise

or

Filled sandwich with
cheese or chicken
mayonnaise,
side salad and crudités

Fruit yoghurt and
selection of fresh fruit

Wednesday

Tomato soup
with bread

✔

Vegetable korma with
long-grain rice,
medley of vegetables
and side salad

or

Chicken korma with
long-grain rice,
medley of vegetables
and side salad

or

Plated garden salad with
cheese or sliced ham

or

Filled roll with
cheese or ham,
side salad and crudités

Homemade carrot sponge,
custard and selection of
fresh fruit

Thursday

Broccoli soup
with bread

✔

Baked potato
with a choice of
baked beans or cheese
and side salad

or

Homemade steak pie
with sliced green beans,
carrots and new potatoes

or

Plated garden salad with
cheese or turkey
mayonnaise

or

Filled sandwich with
cheese or turkey,
side salad and crudités

Strawberry jelly,
fresh fruit salad and
selection of fresh fruit

Friday

Carrot & coriander soup
with bread

✔

Mediterranean
vegetable fritata
with chips, garden peas
and side salad

or

Crispy cod fillet
with chips, garden peas
and side salad

or

Plated garden salad
with cheese or egg
mayonnaise

or

Filled roll with cheese or
egg mayonnaise,
side salad and crudités

Chocolate & beetroot
muffin and selection of
fresh fruit

For information on allergens and nutritional content please visit www.fife.gov.uk/primaryschoolmeals

✔ = Vegetarian option. All soups are vegetarian



Primary Menu • Week Two

Menu available for the weeks beginning on the following dates:

| | | | |
|------------|------------|------------|------------|
| 21/08/2023 | 13/11/2023 | 05/02/2024 | 06/05/2024 |
| 04/09/2023 | 27/11/2023 | 19/02/2024 | 20/05/2024 |
| 18/09/2023 | 11/12/2023 | 04/03/2024 | 03/06/2024 |
| 02/10/2023 | 08/01/2024 | 18/03/2024 | 17/06/2024 |
| 30/10/2023 | 22/01/2024 | | |



School Lunches!



Monday

Lentil soup with bread

✔ Baked potato with a choice of baked beans or cheese and side salad

or

Italian chicken meatballs with penne pasta, medley of vegetables and side salad

or

Plated garden salad with cheese or tuna mayonnaise

or

Filled wrap with cheese or tuna mayonnaise, side salad and crudités

Ice cream tub and selection of fresh fruit

Tuesday

Vegetable soup with bread

✔ Cheese & tomato pizza with savoury rice, sweetcorn and side salad

or

BBQ style pulled pork with savoury rice, pitta bread, sweetcorn and side salad

or

Plated garden salad with cheese or chicken & sweetcorn mayonnaise

or

Filled sandwich with cheese or chicken & sweetcorn mayonnaise, side salad and crudités

American pancake with blueberry compote and selection of fresh fruit

Wednesday

Sweet potato & butternut squash soup with bread

✔ Roasted quorn fillet in gravy with yorkshire pudding, mashed potatoes, carrots and garden peas

or

Roast chicken in gravy with yorkshire pudding, mashed potatoes, carrots and garden peas

or

Plated garden salad with cheese or ham

or

Filled roll with cheese or sliced ham, side salad and crudités

Fruit yoghurt and selection of fresh fruit

Thursday

Tomato soup with bread

✔ Mexican vegetable taco wrap served with long-grain rice, corn on the cob and side salad

or

Mexican taco wrap served with long-grain rice, corn on the cob and side salad

or

Plated garden salad with cheese or egg mayonnaise

or

Filled sandwich with cheese or egg mayonnaise, side salad and crudités

Homemade chocolate sponge, custard and selection of fresh fruit

Friday

Lentil soup with bread

✔ Oriental vegetable stir-fry with egg noodles, garden peas and side salad

or

Salmon fish fingers with chips, garden peas and side salad

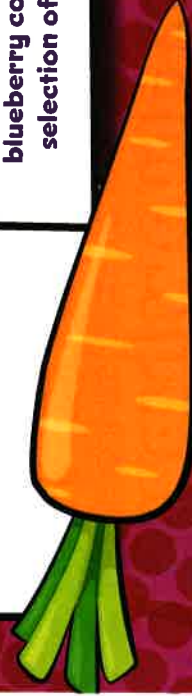
or

Plated garden salad with cheese or turkey

or

Filled roll with cheese or sliced turkey, side salad and crudités

Mandarin and fresh melon cocktail and selection of fresh fruit



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