

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	22/04/2024	



School Lunches!



Monday

- Lentil soup with bread
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- ✓ 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
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- Ice cream tub and selection of fresh fruit

Tuesday

- Vegetable soup with bread
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- ✓ 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
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- American pancake with blueberry compote and selection of fresh fruit

Wednesday

- Sweet potato & butternut squash soup with bread
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- ✓ 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
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- Fruit yoghurt and selection of fresh fruit

Thursday

- Tomato soup with bread
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- ✓ Vegetable chilli with long-grain rice, corn on the cob and side salad
- or
- Chilli con carne 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
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- Homemade chocolate sponge, custard and selection of fresh fruit

Friday

- Lentil soup with bread
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- ✓ 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
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- Mandarin and fresh melon cocktail 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