

We are delighted to present you with our new primary school meal menus, which offer a superb range of healthy and nutritious foods. School meals are an important part of the daily activity within schools – as well as developing young people's tastes and interest in food for the future, school meals provide opportunities for children to socialise with their friends.

We will also be running monthly theme days throughout the year and each school will advertise the theme in advance.

Every Primary 1 to Primary 3 pupil is entitled to a free school meal. There are numerous benefits to school meals. Not only do they encourage healthy eating in children from a young age, but they also involve the social aspect of eating together in the dining hall. Using locally sourced, fresh, seasonal food has a positive impact not just on children's health, but also on jobs and the local economy.

Overall, we aim to provide a total experience for children by providing healthy, high quality food and drinks, teaching pupils about health and diet as part of the curriculum and creating a positive ethos for healthy eating in our schools.

The cost of a two course meal is **£2.05**. If you have any questions please do not hesitate to call us on the number below.

**We have some employment opportunities in Catering, Cleaning and School Crossing Patrol.**

If you are interested please visit: [www.myjobscotland.gov.uk/northyshire](http://www.myjobscotland.gov.uk/northyshire)

North Ayrshire Council has yet again retained the Gold Food for Life Catering Mark for every one of our 49 primary schools. The award, given by the Soil Association, provides a guarantee that our food is fresh, seasonal and better for animal welfare. The Catering Mark means you can be sure that:

- Our meals are freshly prepared, with seasonal ingredients
- Our eggs are from cage-free hens and meat is from animals farmed to British Welfare Standards
- We don't serve any endangered fish
- Our menu is free from undesirable additives and GM ingredients
- At least 15 percent of our ingredients are organic including some vegetables, dry goods and milk

Our priority is to use local produce where we can, and we try our best to champion our local food producers. Find out more about the Food For Life programme at: [www.soilassociation.org/foodforlifescotland](http://www.soilassociation.org/foodforlifescotland). We use the same ingredients for our early years menus.

*Don't just take our word for it on how good our school meals are. North Ayrshire Council's Catering Team has been recognised for excellence by winning the 2016 Scottish Catering Team of the Year award.*

YUMMY!!

North Ayrshire

Primary School

Lunch menu

ENJOY!!

2019/20



North Ayrshire Council  
Comhairle Siorrachd Àir a Tuath

**WEEK ONE:**

11/11/2019 02/12/2019 13/01/2020 03/02/2020 24/02/2020 16/03/2020  
27/04/2020 18/05/2020 08/06/2020

**MONDAY**

**Starter** Home-made Lentil Soup  
**Option 1** Scottish Steak Mince and Potatoes  
**Option 2** Baked Potato and Baked Beans  
**Option 3** Cheese Toastie  
**Option 4** Tuna Mayonnaise Sandwich  
**Vegetable** Freshly Sliced Carrots  
**Sweet** Ice Cream and Fruit

**TUESDAY**

**Starter** Home-made Potato and Leek Soup  
**Option 1** Tomato & Basil Pasta  
**Option 2** Home-made Margherita Pizza and Home-made Potato Wedges  
**Option 3** Baked Beans on Toast  
**Option 4** Egg Mayonnaise Sandwich  
**Vegetable** Sweetcorn  
**Sweet** Selection of Healthy Home-baking

**WEDNESDAY**

**Starter** Home-made Minestrone Soup  
**Option 1** Home-made Chicken or Quorn Curry served with Boiled Rice  
**Option 2** Home-made Fish Goujons and Baby Potatoes  
**Option 3** Baked Potato of the Day  
**Option 4** Egg Mayonnaise Sandwich  
**Vegetable** Fresh Mixed Vegetables  
**Sweet** Fruity Wednesday

**THURSDAY**

**Starter** Home-made Lentil Soup  
**Option 1** Home-made Macaroni Cheese served with Garlic Bread  
**Option 2** Haggis and Mashed Tatties  
**Option 3** Chicken Wrap of the Day  
**Option 4** Tuna Mayonnaise Sandwich  
**Vegetable** Mashed Turnip  
**Sweet** Chocolate Cake and Custard

**FRIDAY**

**Starter** Home-made Cream of Chicken and Sweetcorn Soup  
**Option 1** Freshly Breaded Haddock and Chips  
**Option 2** Choice of Sweet Chilli or BBQ Chicken Burger  
**Option 3** Cheese Panini  
**Option 4** Egg Mayonnaise Sandwich  
**Vegetable** Garden Peas  
**Sweet** Fruity Friday

**WEEK TWO:**

28/10/2019 18/11/2019 09/12/2019 20/01/2020 10/02/2020 02/03/2020  
23/03/2020 04/05/2020 25/05/2020 15/06/2020

**MONDAY**

**Starter** Home-made Chicken and Rice Soup  
**Option 1** Pork Sausages and Mashed Potatoes  
**Option 2** Baked Potato and Tuna Mayonnaise  
**Option 3** Cheese Baguette  
**Option 4** Egg Mayonnaise Sandwich  
**Vegetable** Sweetcorn & Garden Peas  
**Sweet** Fruit Crumble and Custard

**TUESDAY**

**Starter** Home-made Tomato and Basil Soup  
**Option 1** Quorn Goujons and Home-made Potato Wedges and Dip  
**Option 2** Home-made Macaroni Cheese and Home-made Garlic Bread  
**Option 3** Baked Beans on Toast  
**Option 4** Egg Mayonnaise Sandwich  
**Vegetable** Broccoli  
**Sweet** Selection of Healthy Home-baking

**WEDNESDAY**

**Starter** Home-made Lentil Soup  
**Option 1** Home-made Chicken Curry served with Boiled Rice  
**Option 2** Home-made Pizza of the Day  
**Option 3** Baked Potato of the Day  
**Option 4** Tuna Mayonnaise Sandwich  
**Vegetable** Mixed Salad  
**Sweet** Fruity Wednesday

**THURSDAY**

**Starter** Home-made Cream of Vegetable Soup  
**Option 1** Home-made Steak Pie and Mashed Potatoes  
**Option 2** Quorn Spaghetti Bolognese served with Home-made Tomato Bread  
**Option 3** Chicken Wrap of the Day  
**Option 4** Tuna Mayonnaise Sandwich  
**Vegetable** Freshly Sliced Carrots  
**Sweet** Vanilla Sponge and Custard

**FRIDAY**

**Starter** Home-made Lentil Soup  
**Option 1** Freshly Breaded Haddock and Chips  
**Option 2** Chicken Burger in a Bun  
**Option 3** Cheese Toastie  
**Option 4** Egg Mayonnaise Sandwich  
**Vegetable** Garden Peas  
**Sweet** Fruity Friday

**WEEK THREE:**

04/11/19 25/11/2019 16/12/2019 06/01/2020 27/01/2020 17/02/2020  
09/03/2020 30/03/2020 20/04/2020 11/05/2020 01/06/2020 22/06/2020

**MONDAY**

**Starter** Home-made Lentil Soup  
**Option 1** Pork Meatballs served in a Sub Roll with Home-made Tomato sauce  
**Option 2** Salmon Fish Fingers and Baby Boiled Potatoes  
**Option 3** Cheese Toastie  
**Option 4** Egg Mayonnaise Sandwich  
**Vegetable** Peas, Fresh Carrots and Sweetcorn  
**Sweet** Caramel Tart and Custard

**TUESDAY**

**Starter** Home-made Vegetable Soup  
**Option 1** Home-made Macaroni Cheese and Home-made Garlic Bread  
**Option 2** Minced Quorn Chilli and Boiled Rice  
**Option 3** Baked Beans on Toast  
**Option 4** Egg Mayonnaise Sandwich  
**Vegetable** Fresh Mixed Salad  
**Sweet** Selection of Healthy Home-baking

**WEDNESDAY**

**Starter** Home-made Lentil Soup  
**Option 1** Home-made Chicken Goujons and a Home-made Dip and Potato Wedges  
**Option 2** Quorn Pasta Bolognese & Garlic Bread  
**Option 3** Baked Potato of the day  
**Option 4** Tuna Mayonnaise Sandwich  
**Vegetable** Broccoli and Cauliflower  
**Sweet** Fruity Wednesday

**THURSDAY**

**Starter** Home-made Potato and Leek Soup  
**Option 1** Home-made Chicken Curry served with Boiled Rice  
**Option 2** Baked Potato and Grated Cheese  
**Option 3** Chicken Wrap of the Day  
**Option 4** Tuna Mayonnaise Sandwich  
**Vegetable** Sweetcorn  
**Sweet** Lemon Sponge and Custard

**FRIDAY**

**Starter** Home-made Chicken Noodle Soup  
**Option 1** Freshly Breaded Haddock and Chips  
**Option 2** Fresh Beef Burger served in a Burger Bun  
**Option 3** Cheese Baguette  
**Option 4** Egg Mayonnaise Sandwich  
**Vegetable** Garden Peas  
**Sweet** Fruity Friday