

AUGUST '17 - JULY '18

# LUNCH MENU

★ PRIMARY SCHOOL ★



Some primary schools have a cafeteria system and others have a pre-order system, the same selection of choices is available in both. Pre-order slips are provided in school. For further information please contact the catering staff at your child's school.

Every year we provide more than one million meals in schools, which are made freshly each day with a variety of healthy menus which meet the nutritional guidelines for the Schools (Health Promotion and Nutrition) (Scotland) Act 2007

## MEAL DEALS £2.10 2

Baked potato with filling

★ Side Salad

★ Fruit Pot

★ Bottled water or plain milk

Available Daily

A Selection of sandwiches, fresh breads, baked potatoes, salad pots, fruit pots, fresh fruit, yoghurt, cold drinks and Fair Trade Juice.

Sandwich or Roll

★ Yoghurt

★ Fruit pot

★ Bottled water or plain milk

## Free School Meals for P1-P3 pupils

Please speak to your school's catering supervisor if your child has any special dietary requirements, with alternative meals available on request. Allergens information is available from the catering staff and online at [www.south-ayrshire.gov.uk/schools/meals/allergent.pdf](http://www.south-ayrshire.gov.uk/schools/meals/allergent.pdf)

## Price List

Freshly prepared filled rolls and sandwiches	£1.20	Meal Deals or two course lunch includes vegetables/potatoes/ rice/sides	£2.10
Dessert	50p	Main Meal: includes vegetables/ potatoes/rice/sides	£1.60
Fruit Pots	35p	Hornemade Soup	50p
Fresh Fruit	from 15p	Baked Potato with filling	£1.60
Milk 189ml carton/cup	25p	Salad Box	£1.60
Flavoured Milk 189ml carton/cup	25p	Toasted Sandwiches	£1.20
Fresh fruit juice 85ml	35p		
Fairtrade fresh fruit juice 200ml	55p		

As part of a Scottish Government initiative all children in P1, 2, and 3 are entitled to a free school meal worth £2.10 per day.

Your child may be eligible for free school meals if you receive:

- Income Support
- Income-based Jobseekers Allowance
- Child Tax Credit, where household income is less than £16,105
- Child Tax Credit and Working Tax Credit, where household income is less than £6,420
- Universal Credit, where earned income is £610 or less per month.
- Any income related element of Employment and Support Allowance
- Support under part VI of the Immigration and Asylum Act 1999

For further information please visit [www.south-ayrshire.gov.uk/schools/meals/free-school-meals.aspx](http://www.south-ayrshire.gov.uk/schools/meals/free-school-meals.aspx)

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

14 Aug  
4 Sept  
25 Sept  
23 Oct  
13 Nov  
4 Dec  
8 Jan  
29 Jan  
19 Feb  
12 Mar  
16 April  
7 May  
28 May  
18 Jun

Week 1

**Starter**  
Homemade carrot and courgette soup (V)  
Crudité and dip (V)

**Mains**  
Macaroni cheese with potato croquettes and seasonal vegetables (V)  
Salmon fish fingers with potato croquettes and seasonal vegetables

**Dessert**  
Fresh fruit salad

**Starter**  
Homemade potato and leek soup (V)  
Crudité and dip (V)

**Mains**  
Steak pie with creamed potatoes and seasonal vegetables  
Breast of chicken fillet in a roll, side salad and coleslaw

**Dessert**  
Homemade healthy biscuit

**Starter**  
Homemade cream of seasonal vegetable soup (V)  
Breadsticks and dip (V)

**Mains**  
Chicken curry with boiled rice and seasonal vegetables  
Creamy tomato and vegetable pasta with baby boils and seasonal vegetables (V)

**Dessert**  
Fresh fruit salad

**Starter**  
Homemade lentil soup  
Crudité and dip (V)

**Mains**  
Italian mince with garlic bread and seasonal vegetables  
Stuffed red peppers, garlic bread and side salad (V)

**Dessert**  
Fruit crumble and custard

**Starter**  
Chef's choice of soup (V)  
Breadsticks and dip (V)

**Mains**  
Breaded fish, chipped potatoes and baked beans  
Pork sausage with baked beans and chipped potatoes

**Dessert**  
Fresh fruit kebab

21 Aug  
11 Sept  
2 Oct  
30 Oct  
20 Nov  
11 Dec  
15 Jan  
5 Feb  
26 Feb  
19 Mar  
23 April  
14 May  
4 June  
25 June

Week 2

**Starter**  
Homemade tomato and red pepper soup (V)  
Crudité and dip (V)

**Mains**  
Garmon steak and pineapple with roast potatoes and seasonal vegetables  
Cajun chicken pasta with roast potatoes and seasonal vegetables

**Dessert**  
Assortment of yoghurts

**Starter**  
Homemade lentil soup  
Breadsticks and dip (V)

**Mains**  
Spaghetto bolognese with garlic bread and seasonal vegetables  
Cheese pizza with potato croquettes and seasonal vegetables (V)

**Dessert**  
Fresh fruit salad

**Starter**  
Homemade carrot and potato soup (V)  
Crudité and dip (V)

**Mains**  
Macaroni cheese, with potato wedges and seasonal vegetables (V)  
Homemade fish cakes with potato wedges and seasonal vegetables

**Dessert**  
Iced sponge and custard

**Starter**  
Homemade vegetable soup (V)  
Breadsticks and dip (V)

**Mains**  
Sausage and vegetable casserole with creamed potatoes and seasonal vegetables  
Traditional haggis, creamed potatoes and turnip

**Dessert**  
Fresh fruit salad

**Starter**  
Chef's choice of soup  
Crudité and dip (V)

**Mains**  
Breaded fish, chipped potatoes and garden peas  
Beef burger roll with coleslaw and chipped potatoes

**Dessert**  
Jelly and fruit

28 Aug  
18 Sept  
9 Oct  
6 Nov  
27 Nov  
18 Dec  
22 Jan  
12 Feb  
3 Mar  
26 Mar  
30 April  
21 May  
11 June

Week 3

**Starter**  
Homemade potato soup (V)  
Crudité and dip (V)

**Mains**  
Roast turkey with creamed potatoes and seasonal vegetables  
Vegetarian meatballs, spaghetti with garlic bread (V)

**Dessert**  
Fresh fruit salad

**Starter**  
Homemade cream of sweet pepper and parsnip soup (V)  
Breadsticks and dip (V)

**Mains**  
Savoury mince with creamed potatoes and seasonal vegetables  
Tuna pasta bake, side salad and coleslaw

**Dessert**  
Swiss roll and custard

**Starter**  
Homemade lentil soup  
Crudité and dip (V)

**Mains**  
Chicken supreme, boiled rice and seasonal vegetables  
Vegetable fajita in tortilla wrap with tomato salsa and roast potatoes (V)

**Dessert**  
Fresh fruit kebab

**Starter**  
Homemade vegetable and rice soup (V)  
Breadsticks and dip (V)

**Mains**  
Creamy vegetable pasta, potato croquettes and seasonal vegetables (V)  
Pork link in a hot dog style roll, potato croquettes and seasonal vegetables

**Dessert**  
Ice cream and fruit

**Starter**  
Chef's choice of soup (V)  
Crudité and dip (V)

**Mains**  
Breaded Fish, chipped potatoes and garden peas  
Cheese Panini, chipped potatoes and coleslaw (V)

**Dessert**  
Fresh fruit salad