







Week 1			Week 2			Week 3		
Tray 1	Tray 2	Dessert	Tray 1	Tray 2	Dessert	Tray 1	Tray 2	Dessert
Monday			Monday			Monday		
Breaded Fish Chips Seasonal vegetables 	Cheesy Pasta French stick Seasonal vegetables (v)	<i>Choice of:</i> Fresh fruit Fromage frais Jelly	Sweet & Sour Chicken Boiled rice Stir fry vegetables Quorn Pieces (v)	Fish Nibbles Chips Seasonal vegetables	<i>Choice of:</i> Fruit yogurt Fruit Ice cream 	Pasta Bolognaise Garlic bread Seasonal vegetables Quorn Mince (v)	Chicken and Sweet Potato Curry Boiled rice Seasonal vegetables	<i>Choice of:</i> Fromage frais Sliced melon Ice cream
Tuesday			Tuesday			Tuesday		
Lentil Soup Beef Lasagne Seasonal vegetables Garlic bread Quorn Lasagne (v)	Lentil Soup Baked Potato Cheddar cheese or Tuna mayo Seasonal salad	<i>Choice of:</i> Yogurt Fresh fruit pot Raspberry smoothie	Vegetable Soup Homemade Meatballs in Gravy Boiled potatoes Seasonal vegetables	Vegetable Soup Cheese Panini Seasonal salad (v)	<i>Choice of:</i> Fruit yogurt Jelly Melon slice	Lentil Soup Cheese & Tomato Pizza Potato wedges Tomato salsa (v) 	Lentil Soup Baked Potato Tuna mayo or cheese Seasonal salad	<i>Choice of:</i> Fruit yogurt Fruit Strawberry whip
Wednesday			Wednesday			Wednesday		
Burger in a Bun Seasonal salad Tomato sauce Portion wedges Vegetarian Burger (v)	Chicken Noodle Bowl Stir fried vegetables Mango chutney	<i>Choice of:</i> Fromage frais Fruit Strawberry whip 	Gammon & Pineapple Boiled new potatoes Seasonal vegetables	Macaroni Cheese French bread Seasonal vegetables (v)	<i>Choice of:</i> Strawberry whip Fruit yogurt Fruit pot 	Chicken Wrap Seasonal salad Sauté potatoes Mayonnaise portion Vegetarian Burger (v)	Fish Crumble Seasonal vegetables Mashed potato 	<i>Choice of:</i> Fromage frais Jelly Fruit
Thursday			Thursday			Thursday		
Leek & Potato Soup Baked Sausages Baked beans Mashed potatoes	Leek & Potato Soup Cheese & Tomato Pizza Traffic light pasta Salad (v)	<i>Choice of:</i> Yogurt Fruit cocktail Vanilla ice cream	Lentil Soup Hot Dog Hot dog roll Plain wedges Coleslaw Vegetarian (v)	Lentil Soup Baked Potato Cheese & beans Seasonal salad	<i>Choice of:</i> Fruit Fromage frais Raspberry smoothie	Split Pea Soup Steak Bake Baked beans Waffles Cheese & Onion Bake (v)	Split Pea Soup Roast Chicken & Gravy Boiled potatoes Yorkshire pudding Seasonal vegetables	<i>Choice of:</i> Fruit yogurt Fruit Raspberry smoothie

Menu dates for April to October 2018

Week 1 Week 2 Week 3 Holidays

April		May		June		July		August		September		October	
M 2	9 16 23 30	M 7 14 21 28	M 4 11 18 25	M 2 9 16 23	M 30 6 13 20 27	M 3 10 17 24	M 1 8 15 22 29	M 30 6 13 20 27	M 3 10 17 24	M 1 8 15 22 29	M 1 8 15 22 29	M 1 8 15 22 29	M 1 8 15 22 29
T 3	10 17 24	T 8 15 22 29	T 5 12 19 26	T 3 10 17 24	T 31 7 14 21 28	T 4 11 18 25	T 5 12 19 26	T 4 11 18 25	T 4 11 18 25	T 4 11 18 25	T 4 11 18 25	T 2 9 16 23 30	T 2 9 16 23 30
W 4	11 18 25	W 2 9 16 23 30	W 6 13 20 27	W 4 11 18 25	W 1 8 15 22 29	W 5 12 19 26	W 5 12 19 26	W 5 12 19 26	W 5 12 19 26	W 5 12 19 26	W 3 10 17 24	W 3 10 17 24	W 3 10 17 24
T 5	12 19 26	T 3 10 17 24 31	T 7 14 21 28	T 5 12 19 26	T 2 9 16 23 30	T 6 13 20 27	T 6 13 20 27	T 6 13 20 27	T 6 13 20 27	T 6 13 20 27	T 4 11 18 25	T 4 11 18 25	T 4 11 18 25
F 6	13 20 27	F 4 11 18 25	F 1 8 15 22 29	F 6 13 20 27	F 3 10 17 24 31	F 7 14 21 28	F 7 14 21 28	F 3 10 17 24 31	F 7 14 21 28	F 7 14 21 28	F 5 12 19 26	F 5 12 19 26	F 5 12 19 26
S 7	14 21 28	S 5 12 19 26	S 2 9 16 23 30	S 7 14 21 28	S 4 11 18 25	S 8 15 22 29	S 8 15 22 29	S 4 11 18 25	S 1 8 15 22 29	S 1 8 15 22 29	S 6 13 20 27	S 6 13 20 27	S 6 13 20 27
S 8	15 22 29	S 6 13 20 27	S 3 10 17 24	S 1 8 15 22 29	S 5 12 19 26	S 9 16 23 30	S 9 16 23 30	S 5 12 19 26	S 2 9 16 23 30	S 2 9 16 23 30	S 7 14 21 28	S 7 14 21 28	S 7 14 21 28

In addition fresh drinking water, fruit and bread will be on offer each day.



Packed lunches



Week 1	Week 2	Week 3
Monday		
Sandwich Ham Egg Mayonnaise	Sandwich Ham Egg Mayonnaise	Sandwich Ham Egg Mayonnaise
Tuesday		
Soft White Roll Cheddar Cheese Slice Egg Mayonnaise	Soft White Roll Cheddar Cheese Slice Egg Mayonnaise	Soft White Roll Cheddar Cheese Slice Egg Mayonnaise
Wednesday		
Sandwich Ham Tuna Mayonnaise	Tortilla Wrap Ham Tuna Mayonnaise	Sandwich Ham Tuna Mayonnaise
Thursday		
Tortilla Wrap Cheddar Cheese Tuna Mayonnaise	Soft White Roll Cheddar Cheese Slice Tuna Mayonnaise	Tortilla Wrap Cheddar Cheese Tuna Mayonnaise
Friday		
Choice of Tuna Cheese Ham	Choice of Tuna Cheese Ham	Choice of Tuna Cheese Ham

Includes fruit and yogurt plus a choice of milk or water. On Fridays - raisins, fruit and water.



Did you know . . .

You can now select menu options and make payment online for school meals
www.westlothian.gov.uk/online-school-payments



All Primary 1 - 3 pupils are entitled to lunch free of charge !

For special dietary requirements contact school cook supervisor or email FMServices@westlothian.gov.uk



Facilities Management is the internal provider of meals in West Lothian Council schools.

We want to hear from you, good or bad, as your comments and feedback help us to improve our service. You can email us at fmservices@westlothian.gov.uk or complete a comments card which is available from the school office.

As part of Education Scotland school inspection, catering is audited as part of 'the whole school approach'. School meals are analysed against Scottish Government food and nutritional guidelines. For further information please visit: <http://www.gov.scot/Topics/Education/Schools/HLivi/schoolmeals>



April - October 2018

