





Week 1			Week 2			Week 3		
Tray 1	Tray 2	Dessert	Tray 1	Tray 2	Dessert	Tray 1	Tray 2	Dessert
Monday			Monday			Monday		
Chicken and Broccoli Bake Pasta twirls Sweetcorn Garlic bread	Tomato & Lentil Soup Burger in a Bun Tomato salsa Mini potato waffles Veggie Burger (v)	<i>Choice of:</i> Fruit Yogurt/Fromage frais Ice cream	Macaroni Cheese French stick Fresh carrots (v)	Chicken Chasseur Long grain rice Broccoli	<i>Choice of:</i> Fruit Custard cream biscuit Fromage frais	Pasta Bolognaise Garlic bread Sweetcorn Quorn Mince (v)	Chicken Burger Burger bun Basic mixed salad Mayonnaise Sauté potatoes	<i>Choice of:</i> Fresh fruit Fruit iced smoothie Empire biscuit
			Tuesday			Tuesday		
Lamb and Potato Hotpot Green beans	Vegetable Soup Baked Potato Cheese and beans Basic mixed salad (v)	<i>Choice of:</i> Fruit Yogurt/Fromage frais Flapjacks	Chilli Mince Jacket potato Sliced green beans Quorn Mince (v)	Breaded Fish Chips Peas	<i>Choice of:</i> Fruit cup Oatie biscuit Fruit jelly	Lentil Soup Baked Potato Cheese and beans Tomato and Cucumber salad (v)	Fish Fingers Peas Mashed potato	<i>Choice of:</i> Fresh fruit salad Jelly Chocolate iced sponge
			Wednesday			Wednesday		
Savoury Mince Beef Cabbage Mashed potatoes Quorn Mince (v)	Gammon and Pineapple Baby potatoes Broccoli/cauliflower	<i>Choice of:</i> Shortbread Fruit jelly Fromage frais	Steak Pie Turnip Boiled potatoes	Lentil Soup Hot Dog in a Roll Sauté potatoes Mixed salad Vegetarian Hot Dog (v)	<i>Choice of:</i> Melon Caramel flan Fromage frais	Chicken and Sweet Potato Curry Long grain rice Broccoli Mini naan bread	Cheddar Cheese Panini Basic mixed salad Potato Wedges (v)	<i>Choice of:</i> Strawberry tart Ice cream tub Fromage frais
			Thursday			Thursday		
Salmon Nest Carrot batons	Cheese and Tomato Pizza Potato wedges Coleslaw (v)	<i>Choice of:</i> Fruit Raspberry fruit ice smoothie Apple sponge and custard	Baked Sausages Mashed potatoes Baked beans	Split Pea Soup Cheese & Onion Quiche Sweetcorn Baby jacket potatoes (v)	<i>Choice of:</i> Fruit cup Fruit jelly Fruit ice smoothie	Roast Beef & Yorkshire Pudding Fresh carrots Baby jacket potatoes	Macaroni Slice of French bread Tomato (v)	<i>Choice of:</i> Melon boat Apple pie and custard Cheesecake
								

Menu dates for April to October 2017 ■ Week 1 ■ Week 2 ■ Week 3 ■ Holidays

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

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





Packed Lunches

Week 1

Week 2

Week 3

Monday

Sandwiches

Ham
Egg mayonnaise

Sandwiches

Ham
Egg mayonnaise

Tortilla Wrap

Sliced ham
Egg mayonnaise

Tuesday

Soft white roll

Cheese
Chicken

Soft white roll

Sliced chicken
Cheddar cheese

Sandwiches

Sliced chicken
Cheese

Wednesday

Sandwiches

Ham
Tuna mayonnaise

Tortilla Wrap

Tuna mayonnaise
Sliced ham

Soft white roll

Tuna & mayonnaise
Sliced ham

Thursday

Tortilla Wrap

Tuna mayonnaise
Sliced chicken

Soft white roll

Sliced chicken
Cheddar cheese

Sandwiches

Cheese
Sliced chicken

Roll on Friday

Soft white roll

Tuna
Cheese
Ham

Sandwiches

Cheese
Tuna
Ham

Sandwiches

Tuna
Cheese
Ham

Includes fruit, home baking and yogurt plus a choice of milk, water or aqua juice.



On Fridays - raisins, biscuit, fruit.

Get Going



is a family healthy lifestyle programme being delivered in partnership between

NHS Lothian and Xcite @ West Lothian Leisure.

It offers support to help your child get active, eat well and achieve a healthier weight.

Contact: **Tracy McAlpine**, Health Referral/
Get Going Coordinator, **01506 237950**
tmcalpine@westlothianleisure.com



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 call 01506 776663 or email FMServices@westlothian.gov.uk



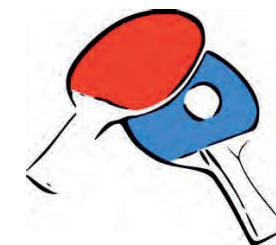
Facilities Management is the internal provider of meals in West Lothian Council schools.

We want to hear from you, good or bad, as your comments and feedback help us to improve our service. You can call us on 01506 776663, email 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>



from April - October, 2017



westlothian.gov.uk

