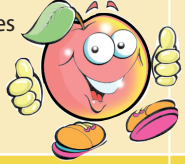





Week 1			Week 2			Week 3		
Tray 1	Tray 2	Dessert	Tray 1	Tray 2	Dessert	Tray 1	Tray 2	Dessert
Monday			Monday			Monday		
Ham Pasta Roma Sliced green beans Slice of French bread Quorn Pasta Roma (v)	Breaded Fish Sliced beetroot or tomato French fries	<i>Choice of:</i> Fruit cup Iced fruit Smoothie Strawberry muffin	Breaded Scampi Peas Waffles 	Lentil & Tomato Soup Healthy Choice burger Corn on cob Vegetarian Burger (v)	<i>Choice of:</i> Fruit Cup Yogurt/Fromage frais Mixed fruit crumble served with custard	Lentil & Vegetable Soup Haggis Mashed potato Diced turnip	Hot Dog Finger roll Side salad Wedges Vegetarian sausage (v)	<i>Choice of:</i> Piece of fruit Yogurt/Fromage frais Chocolate brownie
Tuesday			Tuesday			Tuesday		
Sausage Special Hotpot Broccoli Vegetarian Sausage Special (v)	Potato & Leek Soup  Pizza Sweetcorn Waffles	<i>Choice of:</i> Fresh fruit cocktail Yogurt/Fromage frais Alien crunch	Macaroni Cheese Sliced tomato Garlic bread	Sweet n Sour chicken Boiled rice Oriental mix Quorn Sweet n Sour (v)	<i>Choice of:</i> Melon slice Ice cream Lemon drizzle cake	Scotch Broth Salmon Nibbles Sweetcorn Baby boilers	Pasta Bolognese Sliced green beans Garlic bread Quorn Pasta Bolognese (v)	<i>Choice of:</i> Fruit cup Iced fruit Smoothie Fruit scone and Flora
Wednesday			Wednesday			Wednesday		
Savoury Mince Beef Vegetable medley Mashed potatoes	Lentil Soup Sausage Roll with Beans Vegetarian sausage roll with Beans (v)	<i>Choice of:</i> Fruit Cup Yogurt/Fromage frais Shortbread finger	Steak Pie Winter vegetables Baby jacket potatoes	BBQ Pulled Pork Green salad Wrap Quorn BBQ Wrap (v)	<i>Choice of:</i> Fresh fruit Fruit jelly Empire biscuit 	Honey Glazed Chicken Noodles Oriental mix Honey Glazed Quorn Pieces (v)	Kilted Sausage Baked beans Sauté potatoes 	<i>Choice of:</i> Fresh fruit pot Jelly and fruit cocktail, with flavoured mousse Iced flapjack
Thursday			Thursday			Thursday		
Chicken Dansak Traffic light rice Quorn Dansak (v) Traffic light rice	Baked Potato Tuna Sweetcorn mayo or Cheese Tomato and cucumber salad	<i>Choice of:</i> Fresh Fruit Salad Yogurt/Fromage frais Iced chocolate sponge	Sausage & Onion Stovies Crusty white bread Fresh broccoli Vegetarian Stovies (v)	Chicken Noodle Soup Cheese & Tomato Pizza Coleslaw Wedges	<i>Choice of:</i> Fruit cup Yogurt/Fromage frais Carrot cake	Roast Beef & Gravy Yorkshire pudding Baton carrots Boiled potatoes	Cheese & Tomato Pizza Hot Tomato Pasta Salad (v)	<i>Choice of:</i> Fruit cup Yogurt/Fromage frais Mandarin Cheesecake

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

October		November		December		January		February		March	
M	3 10 17 24 31	M	7 14 21 28	M	5 12 19 26	M	2 9 16 23 30	M	6 13 20 27	M	6 13 20 27
T	4 11 18 25	T	1 8 15 22 29	T	6 13 20 27	T	3 10 17 24 31	T	7 14 21 28	T	7 14 21 28
W	5 12 19 26	W	2 9 16 23 30	W	7 14 21 28	W	4 11 18 25	W	1 8 15 22	W	1 8 15 22 29
T	6 13 20 27	T	3 10 17 24	T	1 8 15 22 29	T	5 12 19 26	T	2 9 16 23	T	2 9 16 23 30
F	7 14 21 28	F	4 11 18 25	F	2 9 16 23 30	F	6 13 20 27	F	3 10 17 24	F	3 10 17 24 31
S	1 8 15 22 29	S	5 12 19 26	S	3 10 17 24 31	S	7 14 21 28	S	4 11 18 25	S	4 11 18 25
S	2 9 16 23 30	S	6 13 20 27	S	4 11 18 25 01	S	8 15 22 29	S	5 12 19 26	S	5 12 19 26

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



Packed Lunches

Week 1	Week 2	Week 3
Monday		
Ham roll Cheese roll	Tuna roll Cheese slice roll	Chicken roll Egg roll
Tuesday		
Chicken sandwich Egg mayo sandwich	Ham sandwich Egg sandwich	Tuna sandwich Cheese sandwich
Wednesday		
Tuna crunch wrap Cheese salad wrap	Chicken roll Cheese savoury roll	Ham roll Egg roll
Thursday		
Ham sandwich Egg sandwich	Ham wrap Egg wrap	Tuna mayo wrap Cheese & coleslaw wrap
Roll on Friday		
Ham roll Tuna roll Cheese roll	Chicken roll Tuna roll Cheese roll	Egg mayo roll Chicken roll Ham roll

Consists of yogurt/raisins, piece of fruit and home baking plus a choice of milk, aqua juice or 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 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 '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
October 2016
to **March 2017**



westlothian.gov.uk

