

# Welcome Back

All P1-3 pupils are entitled to a free school lunch in all schools. The menu is designed to offer all pupils a nutritionally balanced lunch which includes some of their favourite dishes. To give P1-3 pupils a wider experience of tastes & foods we will put all items on the plate. Packed lunch option will be available to all pupils on a Friday - they can book this via classroom selection. During this menu cycle we will be changing items to start to bring the menus in line with the new Government nutritional regulations due to be implemented by August 2020.

**The meal cost for P4-7 pupils is £2.10 per meal**

Congratulations to the 7500 parents who are now paying for school meals & other school activities using ParentPay. To take the hassle out of paying for school lunches, just visit [www.midlothian.gov.uk/ParentPay](http://www.midlothian.gov.uk/ParentPay).

Don't worry if you can't find your registration letter, your school office will be happy to help & if needed will issue you with another letter. If your child has a medically prescribed diet we will do our best to accommodate, please contact the school to arrange a meeting with the Catering Supervisor.

**All our staff look forward to welcoming you!**



**Dates:**  
13.01.20 3.02.20  
02.03.20 23.03.20  
(v) Vegetarian

## Week 2

	Monday	Tuesday	Wednesday	Thursday
<b>Main Dish (1)</b>	Breaded Cod Goujon, chips & peas	Pasta Bolognese with carrots	Roast chicken, roast potatoes & cauliflower	Minced beef pie, mashed potatoes & turnip
<b>Main Dish (2)</b>	Omelette (v), chips & peas	Quorn Dippers (v), savoury rice & carrots	Baked Potato with Tuna or Coleslaw (v)	Cheese & Tomato Pizza (v) cauliflower & roast Potatoes
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
<b>Alternative Selection</b>	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert
<b>Desserts or Soup</b>	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Meringue with fresh fruit	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Fruit cup	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Carrot Cake	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Fruit & Oat Biscuit
<b>Drinks</b>	Milk Water Fruit Juice	Milk Water	Milk Water	Milk Water Fruit Juice

## Week 1

**Dates:**  
7.01.20\* 27.01.20  
24.02.20 16.03.20  
(v) Vegetarian \* Monday menu on Tuesday

	Monday	Tuesday	Wednesday	Thursday
<b>Main Dish (1)</b>	Macaroni Cheese (v), Potato wedges & Tomato salsa	Chicken tikka wrap with Savoury Rice	Sweet & Sour Chicken with Noodles & Sweetcorn	Roast beef, Yorkshire Pudding & Gravy, Broccoli & Roast Potatoes
<b>Main Dish (2)</b>	Salmon Fillet Nibbles, Potato wedges & Tomato salsa	Cheese & Onion Bridie (v), baby boil potatoes & peas	Baked Potato with Tuna or Coleslaw (v)	Cheese and Tomato Pizza, (v) Broccoli & Roast Potatoes
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
<b>Alternative Selection</b>	Soup/Crunchy Veg Bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy Veg Bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy Veg Bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy Veg Bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert
<b>Desserts or Soup</b>	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Fruit Muffins	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Scone or Pancake with Sunflower spread	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Ice Cream Roll with Mandarins	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Fruit Jelly
<b>Drinks</b>	Milk Water Fruit Juice	Milk Water	Milk Water	Milk Water Fruit Juice

## Week 3

**Dates:**  
20.01.20 17.02.20  
09.03.20 30.03.20  
(v) Vegetarian

	Monday	Tuesday	Wednesday	Thursday
<b>Main Dish (1)</b>	Haggis, Turnip and Potatoes (v available)	Chicken Casserole, baby boiled potatoes & baby carrots	Chilli Con Carne, Mixed vegetables & Rice	Salmon Fishcake, Roast potatoes & broccoli
<b>Main Dish (2)</b>	Quorn Hotdog (v), sweet potato fries & sweetcorn	Pasta with Tomato Sauce (v), baby carrots & Garlic Bread	Baked Potato with Beans or Cheese (v)	Cheese & Tomato Pizza (v), Roast potatoes & broccoli
	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily	Mixed Salad available daily
<b>Alternative Selection</b>	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert	Soup/Crunchy veg bag Sandwich and Roll Selection Fruit or Yoghurt or Dessert
<b>Desserts or Soup</b>	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Lemon sponge & custard	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Cheese & Biscuits	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Shortbread biscuit	Soup of the day (v) Yoghurt Selection Selection of Fresh Fruit Raspberry Ripple Mousse
<b>Drinks</b>	Milk Water Fruit Juice	Milk Water	Milk Water	Milk Water Fruit Juice

ALL OUR BEEF IS FROM SCOTTISH FARMS

WE GET VEGETABLES FROM LOTHIAN & BORDERS FARMS

OUR EGGS ARE FREE RANGE

ALL OUR MILK IS FROM SCOTTISH FARMS

OUR FISH IS FROM SUSTAINABLE SOURCES

OUR MEALS ARE FRESHLY PREPARED

