

# SECONDARY SCHOOL MAIN LUNCH MENU 2024/25

Soups, Fruit & Salad Available Daily



## Allergen Information

We don't use nuts, peanuts or sesame seeds in dishes and try to source products that don't contain them, however some ingredients may contain traces if produced where they're present. Please follow the guidance at your discretion. Allergen info: [www.midlothian.gov.uk/secondary-lunch](http://www.midlothian.gov.uk/secondary-lunch)



## Check out our other tasty ranges:

[www.midlothian.gov.uk/morning-break](http://www.midlothian.gov.uk/morning-break)  
[www.midlothian.gov.uk/hot-snacks](http://www.midlothian.gov.uk/hot-snacks)  
[www.midlothian.gov.uk/grab-go](http://www.midlothian.gov.uk/grab-go)



## Smarter Choice\*

Main Deal of the Day £2.40

Soup + Main from Weekly Lunch Menu + Milk

\* Follows Scottish Schools Nutritional Standards.

15/4/24, 6/5/24, 27/5/24, 17/6/24, 19/8/24, 9/9/24, 30/9/24, 28/10/24, 18/11/24, 9/12/24, 13/1/25, 3/2/25, 3/3/25, 24/3/25

Week 1	Monday	Tuesday	Wednesday	Thursday
<b>Mains</b>	Chicken Tikka Massala with Rice & Mixed Vegetables	Cod Fillet Fish Fingers with Seasoned Wedges, Peas & Sweetcorn	Pasta Bolognese with Garlic Bread* & Mixed Salad	Sweet Chilli Chicken Noodles with Seasoned Wedges, Peas & Sweetcorn
<b>Mains (V)</b>	Broccoli Pasta Bake with Crusty Bread* & Peas	Tomato Pasta with Garlic Bread*, Peas & Sweetcorn	Bean Burger* with Chips & Baked Beans	Fajita Veggie Wrap with Coleslaw

22/4/2024, 13/5/24, 3/6/24, 24/6/24, 26/8/24, 16/9/24, 7/10/24, 4/11/24, 25/11/24, 16/12/24, 20/1/25, 17/2/25, 10/3/25, 31/3/25

Week 2	Monday	Tuesday	Wednesday	Thursday
<b>Mains</b>	Chicken Fajita with Seasoned Wedges & Mixed Vegetables	Salmon & Sweet Potato Fishcake with Mashed Potatoes & Peas	Chicken Burger* with Chips & Mixed Salad	Chicken Meatballs in Tomato Sauce with Pasta, Peas & Sweetcorn
<b>Mains (V)</b>	Tomato Pasta with Crusty Bread* & Mixed Vegetables	Macaroni Cheese with Mixed Salad	Sweet Chilli Quorn Wrap with Seasoned Wedges & Mixed Salad	Vegetable Lasagne with Garlic Bread* & Mixed Salad

29/4/2024, 20/5/24, 10/6/24, 12/8/24, 02/9/24, 23/9/24, 21/10/24, 11/11/24, 2/12/24, 6/1/25, 27/1/25, 24/2/25, 17/3/25

Week 3	Monday	Tuesday	Wednesday	Thursday
<b>Mains</b>	Chicken Curry with Rice, Broccoli & Cauliflower	Cod Fillet Fish Fingers with Chips, Peas & Sweetcorn	Steak Pie with Baby Boiled Potatoes & Mixed Vegetables	Chicken Savoury Rice with Sweetcorn
<b>Mains (V)</b>	Macaroni Cheese with Crusty Bread* & Carrots	Quorn Burger in a Bun* with Seasoned Wedges, Coleslaw & Sweetcorn Cobettes	Tomato Pasta with Garlic Bread* & Mixed Vegetables	Broccoli Pasta Bake with Peas & Sweetcorn

(V) Vegetarian. \*May contain sesame seeds. Menu has been nutritionally analysed in line with Scottish Nutritional Standards for Food & Drink in Schools.

# SECONDARY SCHOOL MORNING BREAKS PRICES



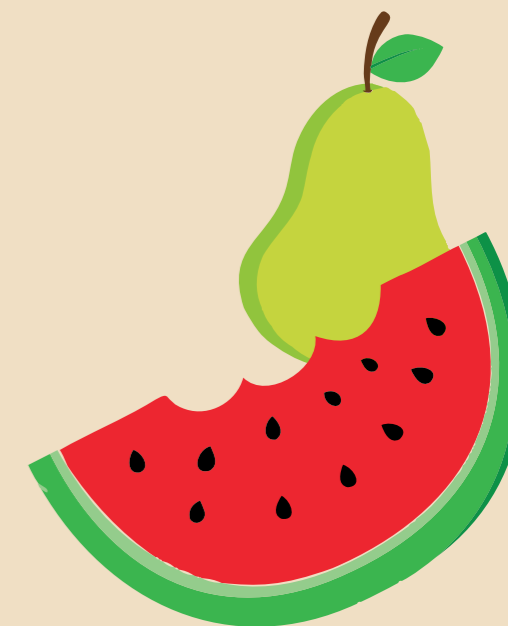
## Allergen Information

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[www.midlothian.gov.uk/secondary-lunch](http://www.midlothian.gov.uk/secondary-lunch)

## Nutritional Standards

The menu options below meet the **Scottish Nutritional Standards for Food & Drink in Schools**



## Good Food on the Move

Product	Pupils
Toast with spread	£0.25
Hot Baguette with spread	£0.85
All Day Breakfast Tub (chicken sausages, folded omelettes, baked beans, tomatoes)	£1.35
Cheese & Crackers	£0.50
Chicken Sausage (on a roll)	£1.35
Chicken Sausage & Egg Roll	£1.70
Chicken Sausage & Turkey Bacon Roll	£1.70
Cheese / Egg Muffin	£1.05
Cheese & Egg Muffin	£1.35
Egg & Sausage Muffin	£1.70
Quorn Patty / Quorn Sausages on a Roll	£1.35
Turkey Bacon & Egg Roll / Muffin	£1.70
Turkey Bacon Roll	£1.35
Ketchup	£0.20
Lower-fat spread	£0.15

Product	Pupils
Nachos	£1.05
80g Fruit Pots (apple, pear, orange, banana)	£0.40
Veggie Pots	£0.40
Bagels	£0.90
All fillings for salad, sandwiches, baguettes, wraps, paninis, toasties, hoagies	£0.85
Homebaking	£0.70
Yoghurt	£0.70
Plain Water 330ml	£0.65
Diet Coke / Fanta Orange Zero / Sprite No Sugar	£0.85
Milk	£0.60
Viva No Added Sugar 200ml Flavoured Milk	£0.80
Tea/Coffee (small/large)	£0.55 / £0.80
Flavoured Water 330ml / 500ml	£0.85 / £1.05

# SECONDARY HOT SNACK PRICES

## Main Meal Deal

Soup + Main + Fruit  
+ Milk or Plain Water  
**£2.40**



## Soup Meal Deal

Soup + Bread +  
Veg/Salad + Fruit  
+ Plain Water  
**£1.60**

## Meal Deal Option 1

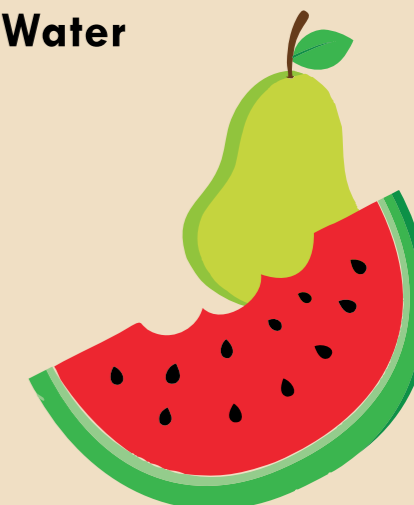
Baguette/Wrap/Sandwich/  
Panini/Baked Potato with  
Filling + Soup or Yoghurt or  
Homebaking + Veg/Salad  
+ Fruit + Plain Water  
**£2.40**

## Meal Deal Option 2

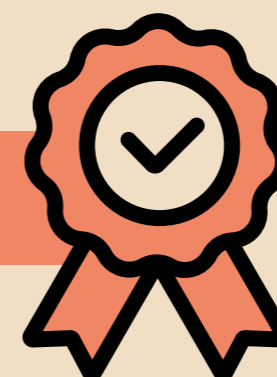
Hot Dog/Vegan Dippers/  
Quorn Burgers/Pizzini/  
Pizza + Soup or Yoghurt or  
Homebaking + Veg/Salad  
+ Fruit + Plain Water  
**£2.40**

## Meal Deal Option 3

Any Hot Snack + Soup  
or Yoghurt or Homebaking  
+ Veg/Salad + Fruit  
+ Plain Water  
**£2.40**



**Good Food on the Move**



Product	Pupils
Chicken Rollover Hot Dog	£1.70
BBQ Chicken Fillet Burger Roll	£1.70
Sweet Chilli Chicken Burger Roll	£1.70
Cajun Chicken Noodle Pot / Quorn Fajita Noodle Pot	£1.25
BBQ Chicken Goujon Wrap / BBQ Chicken Meatball Wrap	£1.70
Sweet Chilli Chicken Meatball Wrap	£1.70
Tomato Chicken Meatball Wrap	£1.70
BBQ Chicken / BBQ Chicken Meatball Pasta	£1.25
BBQ Chicken Meatball Hoagie	£1.70
Quorn Sausage, Bean & Cheese Bake	£1.05
Stone-baked Cheesy Garlic / Garlic / Cheese & Tomato Pizza	£1.05
Cosmo Cheese & Tomato Pizzini	£1.25

Product	Pupils
Homebaking	£1.70
Yoghurt	£1.70
80g Fruit Pots (apple, pear, orange, banana)	£0.40
Veggie Pots	£0.40
Plain Water 330ml	£0.65
Diet Coke / Fanta Orange Zero / Sprite No Sugar	£0.85
Milk	£0.60
Viva No Added Sugar 200ml Flavoured Milk	£0.80
Tea/Coffee (small/large)	£0.55 / £0.80
Flavoured Water 330ml / 500ml	£0.85 / £1.05

# SECONDARY GRAB 'N' GO PRICES

## Main Meal Deal

Soup + Main + Fruit  
+ Milk or Plain Water  
**£2.40**

## Soup Meal Deal

Soup + Bread +  
Veg/Salad + Fruit  
+ Plain Water  
**£1.60**

## Meal Deal Option 1

Baguette/Wrap/Sandwich/  
Panini/Baked Potato with  
Filling + Soup or Yoghurt or  
Homebaking + Veg/Salad  
+ Fruit + Plain Water  
**£2.40**

## Meal Deal Option 2

Hot Dog/Vegan Dippers/  
Quorn Burgers/Pizzini/  
Pizza + Soup or Yoghurt or  
Homebaking + Veg/Salad  
+ Fruit + Plain Water  
**£2.40**

## Meal Deal Option 3

Any Hot Snack + Soup  
or Yoghurt or Homebaking  
+ Veg/Salad + Fruit  
+ Plain Water  
**£2.40**



Good Food on the Move



Product	Pupils
Sandwiches	£1.45
Salad Bowls	£0.75
Paninis / Baguettes	£1.70
Jacket Potato	£1.05
Jack Potato (with filling)	£1.60
Pizza / Pizzini	£1.25
Chicken Rollover Hot Dog	£1.70
Quorn Vegan Dippers	£1.45
Quorn Burgers (in a bun with ketchup)	£1.45

Product	Pupils
Homebaking	£1.70
Yoghurt	£1.70
80g Fruit Pots (apple, pear, orange, banana) / Veggie Pots	£0.40
Plain Water 330ml	£0.65
Diet Coke / Fanta Orange Zero / Sprite No Sugar	£0.85
Milk	£0.60
Viva No Added Sugar 200ml Flavoured Milk	£0.80
Tea/Coffee (small/large)	£0.55 / £0.80
Flavoured Water 330ml / 500ml	£0.85 / £1.05