

Autumn/Winter lunch menu

Welcome to our Autumn/Winter menu. This menu will run from after the October break until the Easter holidays.

Our menus have been awarded the Soil Associations Bronze Food for Life catering mark as well as continuing to comply with the Schools (Health promotion and nutrition) (Scotland) Act 2007. Menus are freshly prepared and where possible produce is sourced from local producers so you can be sure healthy choices are on offer at lunch times.

Thank you to everyone who contacted us about school meals, your comments are welcome and help us continue to improve the service.

Autumn term dates

Tuesday 25 October 2016 – All start

Thursday 22 December 2016 – Term ends

Winter term dates

Tuesday 10 January 2017 – All start

Friday 10 February 2017 – Mid-term break

Monday 20 February 2017 – All resume

Friday 31 March 2017 – Term ends

The Easter break incorporates the following holidays:

Good Friday – Friday 14 April 2017

Easter Monday – Monday 17 April 2017

Theme menus

Theme menus give pupils an opportunity to try new foods and participate with special events during the year. The following theme lunches will be taking place in the coming sessions.

- Halloween – 1 November
- Christmas – w/c 5 Dec (TBA with school)

Further information will be available in your school closer to these dates.

Menu and prices

The cost of a primary school meal is £2.05 from August 2016.

For this price your child can have a two course meal – either soup and a hot main meal, or a hot main and a pudding plus vegetables/salad and bread. A drink is also provided with the meal.

Special diets and allergies

Please let your school know if your child has any special dietary needs.

Free school meals for P1 to P3

As part of a Scottish Government initiative, all pupils in primary 1 to primary 3 are now entitled to a free school meal (from January 2015).

Free school meals

Your child may be eligible for free school meals if you receive one of the following:

- Income Support
- Income based job seekers allowance
- Income-Related Employment and Support Allowance
- Support under Part VI of the immigration and Asylum Act 1999
- Child Tax Credit, but not working tax credit (and your annual income is less than £16,105)
- Child Tax Credit and Working Tax Credit with an annual Income of less than £6,420.

Please ask your child's school for an application form or contact the Council's schools grants, awards and placements team.

email: school.grants@edinburgh.gov.uk

Tel: **0131 469 3471**

Further information

www.edinburgh.gov.uk/foodinschools

foodinschools@edinburgh.gov.uk



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week 1

24 October 2016

14 November 2016

5 December 2016

9 January 2017

30 January 2017

27 February 2017

20 March 2017

Starter
Homemade soup V

Mains
Salmon fish fingers with new potatoes
Cheesy pasta with crusty bread V
Baked potato with a choice of fillings V

Dessert
Fresh fruit selection

Drinks
Water or milk

Mains
Chicken meatballs
in tomato sauce with pasta
Quorn sausage casserole with potatoes V
Baked potato with a choice of fillings V

Dessert
Chocolate sponge cake with custard

Fresh fruit selection

Drinks
Water or milk

Starter
Homemade soup V

Mains
Vegetable pasta with garlic bread V
Pizza with chips V
Baked potato with a choice of fillings V

Dessert
Fresh fruit platter

Drinks
Water or milk

Mains
Beef steak pie with mashed potatoes
Vegetable fajitas with potato wedges V
Baked potato with a choice of fillings V

Dessert
Home baking selection (Muffins)

Fresh fruit selection

Drinks
Water or milk

Packed lunch V
Filled rolls/sandwiches
Yoghurt
Fresh fruit
Water

Week 2

31 October 2016

21 November 2016

12 December 2016

16 January 2017

6 February 2017

6 March 2017

27 March 2017

Mains
Breaded fish with boiled potato

Quorn pasta bolognaise V
Baked potato with a choice of fillings V

Dessert
Fruit crumble with custard

Fresh fruit selection

Drinks
Water or milk

Starter
Homemade soup V

Chicken and vegetable casserole
with sliced potato top

Falafel with sweet chilli sauce,
cous cous and pitta bread V
Baked potato with a choice of fillings V

Dessert
Yoghurt selection and fruit dippers

Drinks
Water or milk

Mains
Pork steak with roast potato
Veggie korma with rice V
Baked potato with a choice of fillings V

Dessert
Banana loaf with custard

Fresh fruit selection

Drinks
Water or milk

Starter
Homemade soup V

Mains
Chicken and ham pasta with garlic bread

Pizza with chips V

Baked potato with a choice of fillings V

Dessert
Fresh fruit platter

Drinks
Water or milk

Packed lunch V
Filled rolls/sandwiches
Yoghurt
Fresh fruit
Water

Week 3

7 November 2016

28 November 2016

19 December 2016

23 January 2017

20 February 2017

13 March 2017

Starter
Homemade soup V

Mains
Fish bites with chips
Vege' burger in a bun with chips V
Baked potato with a choice of fillings V

Dessert
Yoghurt selection

Drinks
Water or milk

Mains
Neapolitan pasta with garlic bread V
Pizza with potato wedges V
Baked potato with a choice of fillings V

Dessert
Lemon sponge with custard

Fresh fruit selection

Drinks
Water or milk

Starter
Homemade soup V

Mains
Minced beef, Yorkshire pudding with potatoes
Macaroni cheese with crusty bread V
Baked potato with a choice of fillings V

Dessert
Fresh fruit salad

Drinks
Water or milk

Mains
Pork sausages with
mashed potato and beans
Quorn chilli with rice V
Baked potato with a choice of fillings V

Dessert
Carrot cake

Fresh fruit platter

Drinks
Water or milk

Packed lunch V
Filled rolls/sandwiches
Yoghurt
Fresh fruit
Water

Bread
available
every day

Seasonal veg
and mixed salad
available
every day

Cold water
available
every day

Fruit
available
every day

Veggie option