

EDINBURGH CATERING SERVICES
FOOD IN SCHOOLS – PRIMARY MENU April – October 2011

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H O T M E A L S	Lentil Soup served with Wholemeal Bread Breaded Haddock Fillet, Boiled Potatoes Peas & Sweetcorn or Boston Bean Hot Pot, Boiled Potatoes & Peas & Sweetcorn Seasonal Fruit	Sweet& Sour Chicken, Rice& Green Beans or Pizza, Baby Jacket Potatoes & Baked Beans Carrot Cake & Custard or Fresh Fruit Platter	Minced Beef , Mixed Vegetables & Creamed Potatoes or Cheesy Pasta, Broccoli & Roast Potatoes Strawberry Cheesecake or Assorted melon	Gammon (hot or cold) & Pineapple(optional), Boiled Potatoes & Carrot & Swede Batons Or Vegetarian Cottage Pie Carrot&Swede& Boiled Potatoes Apple Pie & Custard or Yoghurt & Fruit Dippers	
SALAD BOWL	Salad Bowl	Salad Bowl	Salad Bowl	Salad Bowl	

BREAD	Wholemeal Bread	Crusty Brown Bread	Best of Both Bread	Flat Bread	
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P A C K E D L U N C H E S	Chicken Roll on Wholemeal Bread or Cheese & Tomato on Best of Both Bread Raisin & Oat Cookie, Fromage Frais, Seasonal Fruit & Fruit Juice	Tuna Mayonnaise on Brown Bread or Vegetarian Sausage Salsa in a Pitta Bread Carrot Cake, Cheese Portion, Red Grape and Kiwi Fruit & Milk/Milkshake	Turkey Salad on Brown Bread Or Egg Mayonnaise on Brown Bread Flapjack, Yoghurt, Seasonal Fruit & Fruit Juice	Chicken Mayo on Wholemeal Baguette or Cheese Slice on Brown Bread Toffee Muffin, Fruity Bites, Melon Milk/Milkshake	Ham & Tomato in a low salt White Bun or Savoury Cheese on Brown Bread Jelly Pot/Fromage Frais Yoghurt Loaf Seasonal Fruit & Milk/Milkshake
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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H O T M E A L S	Breaded Chicken Bites, Baked Beans & Chips or Quorn Hot Dog on a Finger Roll , Baked Beans & Chips Jam & Coconut Sponge & Custard or Seasonal Fruit	Chicken Meatballs in a Tomato Sauce, Carrot Batons & Pasta Twists Baked Potato,with Cheese & Beans Fruit Mousse or Pineapple & Kiwi Fruit	Chicken Jambalaya, Rice & Sweetcorn or Pizza, Potato Wedges & Sweetcorn Caramel Flan & Custard Or Fruit Platter	Chicken Noodle Soup & Wholemeal Baguette Oven Baked Pork Sausages, Peas & Creamed Potato Or Cheese & Lentil Enchilada with Side Salad & Potato Salad Fromage Frais & Fruit Dippers	

SALAD BOWL	Salad Bowl	Salad Bowl	Salad Bowl	Salad Bowl	
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BREAD	Brown Bun	Crusty Bread	White Roll	Wholemeal Baguette	
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P A C K E D L U N C H E S	Sliced Ham on Brown Bread or Savoury Cheese on Best of Both Bread Muffin, Yoghurt, Seasonal Fruit & Milk/Milkshake	Sliced Chicken with Tomato in a Wrap or Sliced Egg & Cucumber on a Brown Bun Melting Moment Cheddar Finger, Green Grapes & Fruit Juice	Tuna Mayonnaise on Brown Bread or Cheese Slice on Brown Bread Caramel Biscuit, Fruit Pot Seasonal Fruit & Milk/Milkshake	Turkey on Brown Bread Or Egg Mayonnaise on a Brown Roll Lemon Cup Cake Fruity Bites, Fresh Fruit Salad & Fruit Juice	Waferrthin Ham & Salad on a Brown Roll Or Cheese & Tomato on Best of Both Bread Chocolate Cookie, Fromage Frais Seasonal Fruit & Milk/Milkshake
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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H O T M E A L S	Breaded Salmon Fillet, New Potatoes & Peas Or Macaroni Cheese, New Potatoes & Peas Chocolate Crispy & Custard or Seasonal Fruit	Yellow Split Pea Soup with Low Salt Bun Chicken Curry, Rice & Mixed Vegetables or Quorn Burger in a Low Salt Bun, Salad & Diced Potato with seasoning, Tomato Ketchup Fresh Fruit Platter	Beef Bolognaise, Penne Pasta & Sweetcorn or Pizza, Sweetcorn & Chips Iced Sponge & Custard or Jelly & Fruit	Turkey with Gravy, Roast Potatoes & Broccoli or Vegetarian Lasagne, Garlic Bread & Salad Lemon Meringue Pie or Fresh Fruit Cup	

SALAD BOWL	Salad Bowl	Salad Bowl	Salad Bowl	Salad Bowl	
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BREAD	Brown Bread	Low Salt Bun	Polar Bread	Garlic Bread	
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P A C K E D L U N C H E S	Tuna Mayonnaise on Medium Brown Bread or Cheese Salad on Best of Both Bread Crispy Cake, Fromage Frais, Seasonal Fruit & Milk/Milkshake	Ham, Cheese & Tomato on a Brown Low Salt Bun or Egg Mayonnaise in a Wrap Fruit Biscuit Yoghurt, Fresh Fruit & Fruit Juice	Chicken Mayo in a White Low Salt Bun or Falafel & Salsa in a Pitta Bread Chocolate Cup Cake Cheese Portion, Slice of Melon & Milk/Milkshake	Ham Salad on Best of Both Bread Or Savoury Cheese on Brown Bread Jelly Pot, Demerara Shortbread, Seasonal Fruit & Fruit Juice	Turkey Salad on Brown Bread or Sliced Egg on a Brown Bun Fruit Yoghurt, Banana Loaf, Seasonal Fruit & Milk/Milkshake
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