

EDINBURGH CATERING SERVICES

FOOD IN SCHOOLS – PRIMARY SPRING/SUMMER MENU April 2012- October 2012

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H O T M E A L S	Lentil Soup served with Wholemeal Bread Breaded Haddock Fillet, Roast Potatoes Peas & Sweetcorn or Boston Bean Hot Pot, Roast Potatoes & Peas & Sweetcorn or Baked Potatoes with a choice of Fillings Seasonal Fruit	Chicken Curry, Rice & Carrots or Quorn Burger in a Low Salt Bun, Salad & Diced Potato with seasoning. Tomato Ketchup or Baked Potatoes with a choice of Fillings Homemade Biscuit Fresh Fruit Platter	Savoury Minced Beef or Beef Stew in a Yorkshire Pudding, Mixed Vegetables & Potatoes or Cheesy Pasta, Mixed Veg/ Salad & Crusty Bread or Baked Potatoes with a choice of Fillings Jelly & Fruit or Seasonal Fruit	Roast Pork Or Gammon, Baby New Potato & Cabbage or Pizza, Chips & Baked Beans Baked Potatoes with a choice of Fillings Chocolate Brownie & Custard or Yoghurt & Fruit Dippers	Cold Meat & Salad on a Brown Roll Or Cheese Filling on Best of Both Bread Egg Filling on Brown Bread Cup Cake/Muffin Fromage Frais/Jelly Pot/Yoghurt Seasonal Fruit & Milk/Milkshake
SALAD BOWL	Salad Bowl	Salad Bowl	Salad Bowl	Salad Bowl	

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H O T M E A L S	Chicken Bites, Baked Beans & Potato Wedges or Wallace & Gromit Pasta, Vegetables & Garlic Bread Baked Potatoes with a choice of Fillings Cheese, Crackers & Grapes or Seasonal Fruit	Beef Bolognese, Pasta & Sweetcorn or Quorn Hot Dog on a Finger Roll , Sweetcorn & Chips Baked Potatoes with a choice of Fillings Fruit Delight or Melon Slice	Fish Goujons, Peas & Saute Potatoes or Pizza, Peas & Saute Potatoes Baked Potatoes with a choice of Fillings Caramel Flan & Custard Or Fruit Platter	Tomato Soup & Crusty Bread Oven Baked Sausages, Baked Beans & Creamed Potato Or Vegetarian Lasagne, Crusty Bread & Salad Baked Potatoes with a choice of Fillings Fromage Frais & Fruit Dippers	Wafer Thin Ham Salad on Low Salt Brown Bread or Egg Filling on a Brown Bun Cheese Filling On a White Bun Fromage Frais/Fruit Yoghurt/Jelly Pot Chocolate Crispie Seasonal Fruit & Milk/Milkshake
SALAD BOWL	Salad Bowl	Salad Bowl	Salad Bowl	Salad Bowl	

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M E A L S	Salmon Bites, New Potatoes & Peas Or Macaroni Cheese, New Potatoes & Peas Baked Potatoes with a choice of Fillings Iced Sponge & Custard or Seasonal Fruit	Yellow Split Pea Soup & Bread Chicken Meatballs in Tomato Sauce, Boiled Rice & Carrots or Ploughmans Platter, Side Salads Baked Potatoes with a choice of Fillings Fresh Fruit Platter	Beef Lasagne, Salad & Crusty Bread Pizza, Saute Potatoes & Baked Beans Baked Potatoes with a choice of Fillings Fruit Cheesecake or Seasonal Fruit	Turkey with Gravy, Roast Potatoes & Broccoli or Wallace & Gromit Pasta, Vegetables & Garlic Bread Baked Potatoes with a choice of Fillings Ice Cream & Jelly or Fresh Fruit Salad	Tuna Mayonnaise in a low salt White Bun or Cheese Filling on Brown Bread Egg Filling on Brown Bun Jelly Pot/Fromage Frais/Yoghurt Cookie Seasonal Fruit & Milk/Milkshake
SALAD BOWL	Salad Bowl	Salad Bowl	Salad Bowl	Salad Bowl	