

EDINBURGH CATERING SERVICES
FOOD IN SCHOOLS – PRIMARY MENU October 2011 – April 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, Boiled Potatoes Peas & Sweetcorn or Boston Bean Hot Pot, Boiled Potatoes & Peas & Sweetcorn Seasonal Fruit	Chicken Jambalaya, Rice & Carrots or Pizza, Baby Jacket Potatoes & Baked Beans Carrot Cake & Custard or Fresh Fruit Platter	Chicken Soup & Best Of Both Cottage Pie , Roast Potatoes & Mixed Veg or Cheesy Pasta, Roast Potatoes & Mixed Veg Seasonal Fruit	Gammon (hot or cold) & Pineapple(optional), Diced Potatoes & Carrot & Swede Batons Or Vegetarian Burger on a Low Salt Bun, Diced Potatoes & Salad Tomato Ketchup Fruit Crumble & 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 ChocolateCookie, Fromage Frais, Seasonal Fruit & Fruit Juice	Tuna Mayonnaise on Brown Bread or Vegetarian Sausage & Egg on a Baguette Carrot Cake, Cheese Portion, Red Grape and Kiwi Fruit & Milk/Milkshake	Turkey Salad on Brown Bread Or Cheese Slice on Brown Bread Tropical Sunshine Cup Cake, Yoghurt, Seasonal Fruit & Fruit Juice	Ham & Tomato on Wholemeal Baguette or Egg Mayonnaise on Brown Bread Toffee Muffin, Fruity Bites, Melon Milk/Milkshake	Tuna Mayonnaise on 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	Vegetable Soup & Crusty Bread Beef Meatballs in a Tomato Sauce, Pasta Twists & Sweetcorn Baked Potato,with Cheese & Beans Mandarin Cheesecake	Jumbo Fish Finger, Potato Wedges & Spaghetti Hoops or Pizza, Potato Wedges & Spaghetti Hoops Caramel Flan & Custard Or Fruit Platter	Tomato & Soup & Wholemeal Baguette Oven Baked Pork Sausages, Peas & Creamed Potato Or Vegetarian Lasagne, Garlic Bread & 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 Mozarella & Tomato on a Brown Bun Muffin, Yoghurt, Seasonal Fruit & Milk/Milkshake	Sliced Chicken with Tomato in a Wrap or Egg Mayonnaise & Cucumber on a White Baguette 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 Quorn, Sweetcorn & Mayonnaise on a Brown Roll Lemon Cup Cake Fruity Bites, Fresh Fruit Salad & Fruit Juice	Wafers Ham & Salad on a Brown Roll Or Cheese & Tomato on Best of Both Bread Shortbread, 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	Fish Goujons , New Potatoes & Peas Or Macaroni Cheese, New Potatoes & Peas Iced Sponge & Custard or Seasonal Fruit	Yellow Split Pea Soup with Low Salt Bun Chicken in a BBQ sauce, Rice & Carrots 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 Chocolate Crispie & Custard or Jelly & Fruit	Leek & Potato Soup & Wholemeal Bread Turkey with Gravy, Roast Potatoes & Broccoli or Quorn Meatballs in a Spicy Tomato Sauce, Pasta Twists & Broccoli Fresh Fruit	

SALAD BOWL	Salad Bowl	Salad Bowl	Salad Bowl	Salad Bowl	
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BREAD	Brown Bread	Low Salt Bun	Best of Both Bread	Wholemeal Baguette	
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P A C K E D L U N C H E S	Tuna Mayonnaise on Medium Brown Bread or Egg Mayonnaise on a Wrap Fairy Cake, Fromage Frais, Seasonal Fruit & Milk/Milkshake	Ham, Cheese & Tomato on a Brown Low Salt Bun or Cheese Salad on Best of Both Fruit Biscuit Yoghurt, Fresh Fruit & Fruit Juice	Chicken Mayo in a White Low Salt Bun or BBQ Quorn Sausage on Ciabatta Bread Chocolate Crispie, Cheese Portion, Grapes & Milk/Milkshake	Ham Salad on Best of Both Bread Or Savoury Cheese on Brown Bread Jelly Pot, Demerara Shortbread, Seasonal Fruit & Fruit Juice	Turkey on Brown Bread or Sliced Egg on a Brown Bun Fruit Yoghurt, Banana Loaf, Seasonal Fruit & Milk/Milkshake
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