

EDINBURGH CATERING SERVICES
FOOD IN SCHOOLS – PRIMARY WINTER MENU October 2012- April 2013

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H O T M E A L S	Yellow Split Pea Soup & Bread Breaded Salmon Fillets, New Potatoes & Peas or Macaroni Cheese, New Potatoes & Peas or Baked Potatoes with a choice of Fillings Seasonal Fruit	Chicken Meatballs in a Tomato Sauce, Boiled Rice & Carrots or Vege' Lasagne , Crusty Bread & Salad or Baked Potatoes with a choice of Fillings Chocolate Crispy & Custard or Fromage Frais & Fruit Dippers	Leek & Sweet Potato Soup & Bread Chilli Wedge Bake, & Sweetcorn or Pizza, Saute Potatoes & Baked Beans or Baked Potatoes with a choice of Fillings Fresh Fruit Platter	Chicken in a Vegetable Gravy, Roast Potatoes & Green Beans or Wallace & Gromit Pasta, Vegetables & Garlic Bread or Baked Potatoes with a choice of Fillings Iced Sponge & Custard or Fresh Fruit Salad	Tuna Mayonnaise in a low salt White Bun or Cheese Filling on Brown Bread or 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	

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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H O T M E A L S	Breaded Haddock Fillet, Roast Potato, Peas & Sweetcorn or Savoury Vege' Slice, Roast Potato, Peas & Sweetcorn or Baked Potatoes with a choice of Fillings Fruit Crumble & Custard or Fresh Fruit Selection	Home-Made Lentil Soup & Bread Chicken Curry, Rice & Carrots or Quorn Burger in a Bun, Salad and Diced Potato with Seasoning or Baked Potatoes with a choice of Fillings Fruit Mousse	Savoury Minced Beef, Mixed Veg & Potato or Cheesy Pasta, Mixed Veg or Salad & Crusty Bread or Baked Potatoes with a choice of Fillings Chocolate Sponge & Custard or Seasonal Fruit	Chicken Noodle Soup Baked Gammon, Baby New Potatoes & Cabbage or Pizza, Chips & Baked Beans or Baked Potatoes with a choice of Fillings Fresh Fruit Platter	Cold Meat & Salad on a Brown Roll or Cheese Filling on Best of Both Bread or Egg Filling on Brown Bread Cup Cake/Muffin Fromage Frais/Jelly Pot/Yoghurt Seasonal Fruit & Milk or 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	Vegetable Soup and Crusty Bread Chicken Bites, Baked Beans & Potato Wedges or Quorn Curry, Rice and Veg or Baked Potatoes with a choice of Fillings Seasonal Fruit	Beef Bolognaise, Pasta & Vegetables or Vege Hotdog on a Finger roll, Vegetables and Chips or Baked Potatoes with a choice of Fillings Carrot Cake & Custard or Fresh Fruit	Potato Soup and Crusty Bread Jumbo Fish Finger, Peas and Saute Potatoes or Pizza, Peas and Saute Potatoes or Baked Potatoes with a choice of Fillings Fromage Frais & Fruit Dippers	Oven baked Sausages, Baked Beans & Creamed Potato or Vege Meatballs in Gravy served in a Yorkshire Pudding, Vegetables & Potatoes or Baked Potatoes with a choice of Fillings Caramel Flan and Custard or Seasonal Fruit	Wafer thin Ham Salad on Brown Bread or Egg Filling on Brown Bun or Cheese Filling on a White Bun Homebaking Fromage Frais/Fruit Yoghurt/Jelly Pot Seasonal Fruit Milk/Milkshake
SALAD BOWL	Salad Bowl	Salad Bowl	Salad Bowl	Salad Bowl	