

AUGUST '17 - JULY '18

# LUNCH MENU

★ PRIMARY SCHOOL ★



Some primary schools have a cafeteria system and others have a pre-order system, the same selection of choices is available in both. Pre-order slips are provided in school. For further information please contact the catering staff at your child's school.

Every year we provide more than one million meals in schools, which are made freshly each day with a variety of healthy ingredients which meet the nutritional guidelines for the Schools (Health, Promotion and Nutrition) (Scotland) Act 2007

## MEAL DEALS £2.10 2

- ★ Sandwich or Roll
- ★ Yoghurt
- ★ Fruit pot
- ★ Bottled water or plain milk

- ★ Baked potato with filling
- ★ Side Salad
- ★ Fruit Pot
- ★ Bottled water or plain milk

**Available Daily**  
A Selection of sandwiches, fresh breads, baked potatoes, salad pots, fruit pots, fresh fruit, yoghurt, cold drinks and Fair Trade juice.

## Price List

Meal Deals or two course lunch includes vegetables/potatoes/ rice/sides .....	<b>£2.10</b>
Main Meal: includes vegetables/ potatoes/rice/sides.....	<b>£1.60</b>
Homemade Soup .....	<b>50p</b>
Baked Potato with filling	<b>£1.60</b>
Salad Box.....	<b>£1.60</b>
Toasted Sandwiches .....	<b>£1.20</b>

Freshly prepared filled rolls and sandwiches .....	<b>£1.20</b>
Dessert.....	<b>50p</b>
Fruit Pots.....	<b>35p</b>
Fresh Fruit.....	from <b>15p</b>
Milk 189ml carton/cup .....	<b>25p</b>
Flavoured Milk 189ml carton/cup .....	<b>25p</b>
Fresh fruit juice 85ml.....	<b>35p</b>
Fairtrade fresh fruit juice 200ml.....	<b>55p</b>

## Free School Meals for P1-P3 pupils

As part of a Scottish Government Initiative all children in P1, 2, and 3 are entitled to a free school meal worth **£2.10 per day.**

Your child may be eligible for free school meals if you receive:

- Income Support
- Income-based Jobseekers Allowance
- Child Tax Credit, where household income is less than £16,105
- Child Tax Credit and Working Tax Credit, where household income is less than £6,420
- Universal Credit, where earned income is £610 or less per month.
- Any income related element of Employment and Support Allowance
- Support under part VI of the Immigration and Asylum Act 1999

For further information please visit [www.south-ayrshire.gov.uk/schools/meals/free-school-meals.aspx](http://www.south-ayrshire.gov.uk/schools/meals/free-school-meals.aspx)

Please speak to your school's catering supervisor if your child has any special dietary requirements, with alternative meals available on request. Allergens information is available from the catering staff and online at: [www.south-ayrshire.gov.uk/schools/meals/allergens.pdf](http://www.south-ayrshire.gov.uk/schools/meals/allergens.pdf)



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Week 1**  
 14 Aug  
 4 Sept  
 25 Sept  
 23 Oct  
 13 Nov  
 4 Dec  
 8 Jan  
 29 Jan  
 19 Feb  
 12 Mar  
 16 April  
 7 May  
 28 May  
 18 Jun

**Starter**  
 Homemade carrot and courgette soup (V)  
 Crudites and dip (V)  
**Mains**  
 Macaroni cheese with potato croquettes and seasonal vegetables (V)  
 Salmon fish fingers with potato croquettes and seasonal vegetables  
**Dessert**  
 Fresh fruit salad

**Starter**  
 Homemade potato and leek soup (V)  
 Crudites and dip (V)  
**Mains**  
 Steak pie with creamed potatoes and seasonal vegetables  
 Breast of chicken fillet in a roll, side salad and coleslaw  
**Dessert**  
 Homemade healthy biscuit

**Starter**  
 Homemade cream of seasonal vegetable soup (V)  
 Breadsticks and dip (V)  
**Mains**  
 Chicken curry with boiled rice and seasonal vegetables  
 Creamy tomato and vegetable pasta with baby bolts and seasonal vegetables (V)  
**Dessert**  
 Fresh fruit salad

**Starter**  
 Homemade lentil soup  
 Crudites and dip (V)  
**Mains**  
 Italian mince with garlic bread and seasonal vegetables  
 Stuffed red peppers, garlic bread and side salad (V)  
**Dessert**  
 Fruit crumble and custard

**Starter**  
 Chef's choice of soup (V)  
 Breadsticks and dip (V)  
**Mains**  
 Breaded fish, chipped potatoes and baked beans  
 Pork sausage with baked beans and chipped potatoes  
**Dessert**  
 Fresh fruit kebab

**Week 2**  
 21 Aug  
 11 Sept  
 2 Oct  
 30 Oct  
 20 Nov  
 11 Dec  
 15 Jan  
 5 Feb  
 26 Feb  
 19 Mar  
 23 April  
 14 May  
 4 June  
 25 June

**Starter**  
 Homemade tomato and red pepper soup (V)  
 Crudites and dip (V)  
**Mains**  
 Gammon steak and pineapple with roast potatoes and seasonal vegetables  
 Cajun chicken pasta with roast potatoes and seasonal vegetables  
**Dessert**  
 Assortment of yoghurts

**Starter**  
 Homemade lentil soup  
 Breadsticks and dip (V)  
**Mains**  
 Spaghetti bolognese with garlic bread and seasonal vegetables  
 Cheese pizza with potato croquettes and seasonal vegetables (V)  
**Dessert**  
 Fresh fruit salad

**Starter**  
 Homemade carrot and potato soup (V)  
 Crudites and dip (V)  
**Mains**  
 Macaroni cheese, with potato wedges and seasonal vegetables (V)  
 Homemade fish cakes with potato wedges and seasonal vegetables  
**Dessert**  
 Iced sponge and custard

**Starter**  
 Homemade vegetable soup (V)  
 Breadsticks and dip (V)  
**Mains**  
 Sausage and vegetable casserole with creamed potatoes and seasonal vegetables  
 Traditional haggis, creamed potatoes and turnip  
**Dessert**  
 Fresh fruit salad

**Starter**  
 Chef's choice of soup  
 Crudites and dip (V)  
**Mains**  
 Breaded fish, chipped potatoes and garden peas  
 Beef burger roll with coleslaw and chipped potatoes  
**Dessert**  
 Jelly and fruit

**Week 3**  
 28 Aug  
 18 Sept  
 9 Oct  
 6 Nov  
 27 Nov  
 18 Dec  
 22 Jan  
 12 Feb  
 5 Mar  
 26 Mar  
 30 April  
 21 May  
 11 June

**Starter**  
 Homemade potato soup (V)  
 Crudites and dip (V)  
**Mains**  
 Roast turkey with creamed potatoes and seasonal vegetables  
 Vegetarian meatballs, spaghetti with garlic bread (V)  
**Dessert**  
 Fresh fruit salad

**Starter**  
 Homemade cream of sweet pepper and parsnip soup (V)  
 Breadsticks and dip (V)  
**Mains**  
 Savoury mince with creamed potatoes and seasonal vegetables  
 Tuna pasta-bake, side salad and coleslaw  
**Dessert**  
 Swiss roll and custard

**Starter**  
 Homemade lentil soup  
 Crudites and dip (V)  
**Mains**  
 Chicken supreme, boiled rice and seasonal vegetables  
 Vegetable fajita in tortilla wrap with tomato salsa and roast potatoes (V)  
**Dessert**  
 Fresh fruit kebab

**Starter**  
 Homemade vegetable and rice soup (V)  
 Breadsticks and dip (V)  
**Mains**  
 Creamy vegetable pasta, potato croquettes and seasonal vegetables (V)  
 Pork link in a hot dog style roll, potato croquettes and seasonal vegetables  
**Dessert**  
 Ice cream and fruit

**Starter**  
 Chef's choice of soup (V)  
 Crudites and dip (V)  
**Mains**  
 Breaded Fish, chipped potatoes and garden peas  
 Cheese Panini, chipped potatoes and coleslaw (V)  
**Dessert**  
 Fresh fruit salad

Unlimited side-salads with all meals