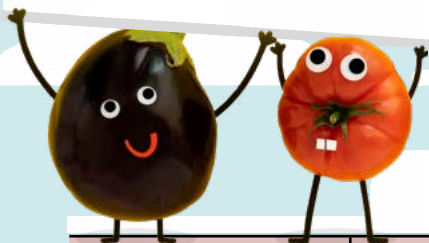


Week 1

PRIMARY MENU

sustainable thriving achieving
East Dunbartonshire Council
www.eastdunbarton.gov.uk



	Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	Tomato soup	Lentil soup	Leek and potato soup	Carrot and coriander soup	Lentil soup
RED MEAL	Chicken grills, baby boils, corn on the cob and sugar snaps	Hotdog with oven baked wedges and veg sticks	Creamy pesto pasta with salad	Mexican style chilli con carne with homemade tortilla chips	Fish and chips with beans and peas
GREEN MEAL	Quorn dippers, baby boils, corn on the cob and sugar snaps	Cheese pizza with oven baked wedges and veg sticks	Quorn bangers in onion gravy with mash and veg	Mac and cheese, homemade garlic bread and salad	Vegan sausage roll with chips, beans and peas
BLUE MEAL – LUNCH BAG STYLE	Soup, raisins, vegetable sticks and ham or cheese sandwich	Soup, yoghurt, vegetable sticks with chicken or cheese Roll	Soup, frozen frube, vegetable sticks and ham or tuna sandwich	Soup, raisins, vegetable sticks and chicken or cheese roll	Soup, frozen frube, vegetable sticks with tuna or cheese sandwich
PURPLE MEAL	Baked potato with salad – topping choice – tuna mayo or beans	Baked potato with salad – topping choice – beans or coleslaw	Baked potato with salad – topping choice – cheese savoury or beans	Baked potato with salad – topping choice – tuna mayo or beans	Baked potato with salad – topping choice – beans or coleslaw
SWEET	Raisins	Yoghurt	Frozen frube	Raisins	Frozen frube

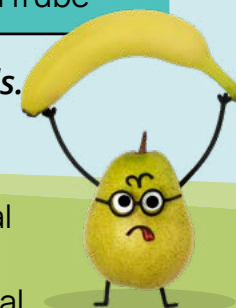
£2.75

The 3-week menu cycle meets the revised Scottish Nutrition Guidance for Food and Drink in Schools. Every meal serves a portion of fruit and two portions of vegetables. Bread is available daily.

Red or Green Meal - Soup and sweet, main meal, milk or water and unlimited salad included with this meal

Blue Meal - Soup and sweet, milk or water, crunchy veg bag and unlimited salad included with this meal

Purple Meal - Soup and sweet, filled baked potato, milk or water and unlimited salad included with this meal



Week 2

PRIMARY MENU

Monday

Tuesday

Wednesday

Thursday

Friday

SOUP	Tomato soup (bread optional)	Lentil soup (bread optional)	Leek and potato soup (bread optional)	Carrot and coriander soup (bread optional)	Lentil soup (bread optional)
RED MEAL	Beef meatball sub with sautéed potatoes	Chicken burger oven baked wedges, coleslaw and veg sticks	Tuna pasta salad	Chicken popcorn, potato cubes and vegetable sticks	Salmon Bites, potato cubes, vegetable sticks
GREEN MEAL	Quorn mince in gravy with sautéed potatoes	Sweet potato and lentil curry with rice	Cheese pizza with oven baked wedges and veg sticks	Quorn Dippers, potato cubes, vegetable sticks	Vegan Sausage Roll with Chips, beans and peas
BLUE MEAL – LUNCH BAG STYLE	Soup, raisins, vegetable sticks and ham or cheese sandwich	Soup, yoghurt, vegetable sticks with chicken or cheese Roll	Soup, frozen frube, vegetable sticks and ham or tuna sandwich	Soup, raisins, vegetable sticks and chicken or cheese roll	Soup, frozen frube, vegetable sticks with tuna or cheese sandwich
PURPLE MEAL	Baked potato with salad – topping choice -tuna mayo or beans	Baked potato with salad – topping choice - beans or coleslaw	Baked potato with salad – topping choice - cheese savoury or beans	Baked potato with salad – topping choice -tuna mayo or beans	Baked potato with salad – topping choice - beans or coleslaw
SWEET	Raisins	Yoghurt	Frozen frube	Raisins	Frozen frube

£2.75

The 3-week menu cycle meets the revised Scottish Nutrition Guidance for Food and Drink in Schools. Every meal serves a portion of fruit and two portions of vegetables. Bread is available daily.

Red or Green Meal - Soup and sweet, main meal, milk or water and unlimited salad included with this meal

Blue Meal – Soup and sweet, milk or water, crunchy veg bag and unlimited salad included with this meal

Purple Meal – Soup and sweet, filled baked potato, milk or water and unlimited salad included with this meal

Week 3

PRIMARY MENU

Monday

Tuesday

Wednesday

Thursday

Friday

SOUP	Tomato soup (bread optional)	Lentil soup (bread optional)	Leek and potato soup (bread optional)	Carrot and coriander soup (bread optional)	Lentil soup (bread optional)
RED MEAL	Chicken curry with savoury rice and salad	Sausage, mash, onion gravy and seasonal veg	Free range folded omelette, diced potatoes and salad	Beef lasagne with homemade garlic bread and salad	Fish and chips, beans and peas
GREEN MEAL	Quorn burger with savoury rice and salad	Cheese pizza with oven baked wedges and veg sticks	Pasta Neapolitan, homemade garlic bread and salad	Roasted cauliflower and chickpea korma rice	Vegan sausage roll with chips, beans and peas
BLUE MEAL – LUNCH BAG STYLE	Soup, raisins, vegetable sticks with tuna or cheese sandwich	Soup, yoghurt, vegetable sticks, chicken or cheese roll	Soup, frozen frube, vegetable sticks and ham or cheese sandwich	Soup, raisins and vegetable sticks with tuna or cheese roll	Soup, frozen frube, vegetable sticks with chicken or cheese sandwich
PURPLE MEAL	Baked potato with salad – topping choice -tuna mayo or beans	Baked potato with salad – topping choice - beans or coleslaw	Baked potato with salad – topping choice - cheese savoury or beans	Baked potato with salad – topping choice -tuna mayo or beans	Baked potato with salad – topping choice - beans or coleslaw
SWEET	Raisins	Yoghurt	Frozen frube	Raisins	Frozen frube

£2.75

The 3-week menu cycle meets the revised Scottish Nutrition Guidance for Food and Drink in Schools. Every meal serves a portion of fruit and two portions of vegetables. Bread is available daily.

Red or Green Meal - Soup and sweet, main meal, milk or water and unlimited salad included with this meal
Blue Meal – Soup and sweet, milk or water, crunchy veg bag and unlimited salad included with this meal
Purple Meal – Soup and sweet, filled baked potato, milk or water and unlimited salad included with this meal