

PRIMARY SCHOOL LUNCH MENU 2024 - 2025



Available Daily

- Milk or water
 - Fruit & salad
 - Soups with all meals
- All meals are freshly prepared.
We use free-range eggs and fish from sustainable sources.

Allergen Information

We don't use nuts, peanuts or sesame seeds in dishes and try to source products that don't contain them however some ingredients may contain traces if produced where they're present. Please follow the guidance at your discretion. Allergen info: www.midlothian.gov.uk/primary-menu

FREE school meals

All P1 – P5 pupils are entitled to free school meals. Meals cost £2.10 for P6 and P7. There is a packed lunch option on Fridays for primary children. This must be ordered in advance using our order form.

Special Dietary Requirements

If your child has a medically prescribed diet, the catering team will need confirmation from your doctor or another medical provider. Contact the Catering Supervisor via the school office to discuss.

15/4/24, 6/5/24, 27/5/24, 17/6/24, 19/8/24, 9/9/24, 30/9/24, 28/10/24, 18/11/24, 9/12/24, 13/1/25, 3/2/25, 3/3/25, 24/3/25

Week 1	Monday	Tuesday	Wednesday	Thursday
Main 1	Chicken Tikka Massala with Rice & Mixed Vegetables	Salmon Fish Fingers with Seasoned Wedges & Sweetcorn	Cottage Pie with Baked Beans	Homemade Tomato Pasta with Mixed Vegetables (ve)
Main 2	Baked Potato with Cheese & Mixed Salad (v)	Campfire Chilli with Rice & Sweetcorn (ve)	Quorn Dog Roll* with Seasoned Wedges & Mixed Salad (v)	Margherita Pizza with Chips & Mixed Vegetables (v)
Sandwiches	Chicken or Tuna Mayo Sandwich with Mixed Salad	Chicken or Egg Mayo (v) Sandwich with Mixed Salad	Tuna Mayo or Egg Mayo (v) Sandwich with Mixed Salad	Cheese or Egg Mayo Sandwich with Mixed Salad (v)
Dessert	Yoghurt with Apple (v)	Fruit Salad (ve)	Chocolate Brownie with Peaches (v)	Vanilla Ice Cream with Melon Slices (v)

22/4/2024, 13/5/24, 3/6/24, 24/6/24, 26/8/24, 16/9/24, 7/10/24, 4/11/24, 25/11/24, 16/12/24, 20/1/25, 17/2/25, 10/3/25, 31/3/25

Week 2	Monday	Tuesday	Wednesday	Thursday
Main 1	Sweet & Sour Chicken with Rice & Carrot & Swede Baton Mix	Bubble Salmon with Mashed Potatoes & Peas	Chicken Fillet in Gravy with Roast Potatoes & Vegetable Medley	Rainbow Curry with Rice & Peas (ve)
Main 2	Baked Potato with Baked Beans & Mixed Salad (ve)	Creamy Macaroni Cheese with Mixed Salad (v)	Quorn Delicious Dippers with Roast Potatoes & Baked Beans (ve)	Margherita Pizza with Seasoned Wedges & Peas (v)
Sandwiches	Tuna Mayo or Egg Mayo (v) Sandwich with Mixed Salad	Chicken or Egg Mayo (v) Sandwich with Mixed Salad	Chicken or Tuna Mayo Sandwich with Mixed Salad	Cheese or Egg Mayo Sandwich with Mixed Salad (v)
Dessert	Tiffin with Pear (v)	Fruit Salad (ve)	Yoghurt with Banana (v)	Strawberry Jelly with Berries (ve)

29/4/2024, 20/5/24, 10/6/24, 12/8/24, 02/9/24, 23/9/24, 21/10/24, 11/11/24, 2/12/24, 6/1/25, 27/1/25, 24/2/25, 17/3/25

Week 3	Monday	Tuesday	Wednesday	Thursday
Main 1	Chicken Meatballs in Tomato Sauce with Pasta & Carrots	Bubble Fish with Chips, Peas & Sweetcorn	Steak Pie with Mashed Potatoes & Mixed Vegetables	Cheesy Vegetable Crumble with Diced Potatoes, Broccoli & Cauliflower (v)
Main 2	Baked Potato with Cheese & Mixed Salad (v)	Homemade Tomato Pasta with Peas & Sweetcorn (ve)	Tomato Bolognese with Garlic Bread* & Mixed Vegetables (ve)	Margherita Pizza with Diced Potatoes, Broccoli & Cauliflower (v)
Sandwiches	Chicken Or Egg Mayo (v) Sandwich with Mixed Salad	Chicken or Tuna Mayo Sandwich with Mixed Salad	Chicken or Egg Mayo (v) Sandwich with Mixed Salad	Cheese or Egg Mayo Sandwich with Mixed Salad (v)
Dessert	Yoghurt with Apple (v)	Golden Syrup Flapjack with Berries (ve)	Fruit Salad (ve)	Vanilla Ice Cream with Peaches (v)

v: Suitable for vegetarians ve: Suitable for vegans *May contain sesame seeds