

Special dietary requirements will be catered for – please contact your child's school or local kitchen supervisor.
As part of HMIE school inspection, catering is audited as part of looking at "the whole school approach".

School meal menus are analysed against Scottish Government food and nutritional guidelines.

Facilities Management is an in-house provider of school meals to West Lothian Council.

Comments are always welcomed. Comment cards are available from your school office.

For further information please visit:
www.scotland.gov.uk/topics/Health/health/19133/17581

You can check if your child is eligible for free school meals by contacting your child's school or telephone the Education Department on **01506 776003**.

Should you wish to comment or discuss any matters relating to the menus, please contact Elizabeth Wark on **01506 777534**.



SCHOOL MENU



OCTOBER 09 - APRIL 10

West Lothian Council delivers

westlothian.gov.uk



FLAPJACK COOKIE RECIPE

Ingredients

- 260 g rolled oats
- 90 g caster sugar
- 175 g margarine
- 130 g plain flour
- 1/2 tsp bicarbonate of soda
- 90 g syrup

Method

1. Melt margarine and syrup then add to dry ingredients
2. Bring mixture together
3. One ice cream scoop makes 2 cookies
4. Cook till gooey!

Approximately 20 cookies

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Week 1: 26.10.09, 16.11.09, 07.12.09, 11.01.10, 01.02.10, 22.02.10, 15.03.10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
TRAY 1	Chicken Dansak Served with Traffic Light Rice Flapjack Cookie	Cheesy Pasta Mixed Salad Garlic Bread Banana Gingerbread	Roast Chicken in Gravy Mixed Vegetables Roast Potatoes Jelly and Fruit	Homemade Soup Cheese and Tomato Pizza Mixed Salad Chips
TRAY 2	Homemade Soup Sausage Casserole Broccoli and Cauliflower Mix Sauté Potatoes	Haggis Turnip Mashed Potatoes Fresh Fruit Cup	Homemade Meatballs in Tomato Sauce Served with Pasta Fruit Crumble Custard	Lemon Chicken Greenbeans Served with Rice Caramel Flan Custard

Tray 3=packed lunch

Week 2: 02.11.09, 23.11.09, 14.12.09, 18.01.10, 08.02.10, 01.03.10, 22.03.10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
TRAY 1	Breaded Scampi Served with Peas Oven Baked Wedges Iced Carrot Cake Custard	Roast Beef served with Yorkshire Pudding Fresh Cabbage Boiled Potatoes Empire Biscuits	Oven baked Sausage Beans Baby Jacket Potatoes Fruit Jelly	Homemade Soup Savoury Mince Turnip Mashed Potatoes
TRAY 2	Macaroni Cheese Mixed Salad French Bread Iced Fruit Smoothie	Homemade Soup Hot Dog served in a Finger Roll Mini Corn on Cob French Fries	Tomato Pasta Served with Garlic Bread Pear and Ginger Sponge Custard	Cheese and Tomato Pizza Sweetcorn and Baby Carrots Mini Waffles Apple Pie Custard

Tray 3=packed lunch

Week 3: 09.11.09, 30.11.09, 21.12.09, 25.01.10, 15.02.10, 08.03.09, 29.03.10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
TRAY 1	Chicken Curry Served with Savoury Rice Fromage Frais with Mini Oat Biscuit	Steak Pie Baton Carrots Baby Boiled Potatoes Fruity Flapjack Custard	Roast Pork served with Apple Sauce Mixed Vegetables Mashed Potatoes Fruit Yoghurt	Pasta Bolognese Served with Greenbeans Individual Raspberry Yoghurt Cake
TRAY 2	Baked Potato Served with Cheese and Beans Fruit Scone with Jam	Salmon Fishcake Peas and Sweetcorn Sauté Potatoes Ice Fruit Smoothie	Melon and Pineapple Cocktail Burger in a Bun Beans Mini Waffles	Homemade Soup Breaded Haddock Baton Carrots Baby Jacket Potatoes

A packed lunch service is available to all pupils on Fridays.

Monday to Friday

Packed lunch, made up from the following:

Filled Roll or Sandwich

Fresh Fruit

Dried Fruit/Fresh Vegetables/
Cheese and Biscuits/Yoghurt

Homebaking/Packet of biscuits on a Friday

Drink

DRINK SELECTION

Aqua Juice

– Fruit Juice blended with mineral water

Semi-Skimmed Milk

– Plain and Flavoured

Fruit Juice

– Apple and Orange

Bottled Water



Water Wednesday:

Every school meal will be served with mineral water