

greatvalue

See how much more your money buys with a school meal

£1.65 = Main Meal + Fresh Soup or Daily Dessert

£1.25 = Main Meal or Baked Potato or Packed Lunch

£1.00 = Sandwich / Roll or Salad Box or Taster Pot

£0.40 = Fresh Soup or Daily Dessert or Yoghurt

£0.30 = Fresh Fruit or Home Baking or Bottled Water

£0.20 = Fruit Juice or Veggie Pots or Milk

menu options, every four weeks

Fresh for 2009/2010

Week One

Choices/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	CARROT AND LENTIL	LEEK AND POTATO	SCOTCH BROTH	LENTIL	CHICKEN AND RICE
Main Meal Option 1	SPAGHETTI BOLOGNESE WITH GARLIC BREAD	CHICKEN CURRY WITH RICE	CLASSIC FISH AND CHIPS	ROAST BEEF WITH YORKSHIRE PUDDING AND MASHED POTATO	PORK SAUSAGE AND CREAMY MASH
Main Meal Option 2	SPECIAL FRIED RICE	APPLE, PORK AND POTATO BAKE	LAMB HOT POT	MEAT FEAST PIZZA OR MARGHERITA PIZZA	FRESH MACKEREL FISH CAKES
Main Meal Option 3	MIXED BEAN STIR FRY WITH GARLIC BREAD	MACARONI CHEESE	VEGETABLE FILLED YORKSHIRE PUDDING	QUORN TIKKA MASALA WITH PITTA BREAD	TOMATO AND BASIL PASTA
Vegetables or Salad	MINI COBS MIXED SALAD	GREEN BEANS MIXED SALAD	COLESLAW/PEAS MIXED SALAD	SEASONAL VEG (CARROTS) MIXED SALAD	SEASONAL VEG (CABBAGE) MIXED SALAD
Dessert	CHOCOLATE AND PEAR SPONGE WITH CUSTARD	BANOFFEE PIE	ICE CREAM AND FRUIT OR JELLY AND FRUIT	APPLE CRUMBLE OR RHUBARB CRUMBLE WITH CUSTARD	GINGERBREAD WITH CUSTARD

Week Two

Choices/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	CARROT AND POTATO	MINESTRONE	PEA AND HAM	COOK'S CHOICE	CREAM OF CHICKEN
Main Meal Option 1	HAGGIS WITH BOILED NEW POTATOES	SPICY CHICKEN DRUMSTICKS WITH POTATO WEDGES	STEAK CASSEROLE WITH MASHED POTATO	CLASSIC FISH AND CHIPS	MINCE AND POTATOES
Main Meal Option 2	MACARONI CHEESE	ORIENTAL PORK WITH RICE	PASTA CARBONARA WITH GARLIC BREAD	TURKEY KOFTAS WITH PITTA BREAD	CHICKEN TIKKA WITH RICE
Main Meal Option 3	BUTTERNUT, CAULIFLOWER AND CHICKPEA CURRY WITH RICE	CHEESY BEAN BAKED POTATO	VEGETABLE FILLED YORKSHIRE PUDDING	VEGETARIAN WRAP	LEEK AND BUTTER BEAN CRUMBLE WITH BOILED NEW POTATOES
Vegetables or Salad	TURNIP MIXED SALAD	SWEETCORN MIXED SALAD	PEAS/SEASONAL VEG (CARROTS) MIXED SALAD	SEASONAL VEG (BROCCOLI) MIXED SALAD	MIXED VEGETABLES MIXED SALAD
Dessert	CHOCOLATE AND VANILLA MARBLE WITH CUSTARD	FRUITY CHOUX BUN	CARROT CAKE WITH CUSTARD	LEMON MERINGUE PIE WITH CUSTARD	STRAWBERRY MOUSSE

Available every day

Chilled water, fruit juice and semi skimmed, flavoured milk, fresh fruit and yogurts.

Try our Taster Pot

A 1/2 portion of any main meal, with a piece of fruit or a drink, plus a sweet bite.

Week Three

Choices/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	VEGETABLE SOUP	LENTIL	COCK-A-LEEKIE	CHICKEN NOODLE	CREAM OF BROCCOLI
Main Meal Option 1	SPICY CHICKEN FAJITAS WITH SALAD	STEAK PIE WITH MASHED POTATO	LASAGNE WITH GARLIC BREAD	CHICKEN ROGAN JOSH WITH RICE	CLASSIC FISH AND CHIPS
Main Meal Option 2	BEEF SAUSAGE CASSEROLE WITH BOILED NEW POTATOES	CHICKEN RISOTTO	SALMON EN CROUTE WITH BABY JACKET POTATOES	MINTY LAMB BURGERS	MACARONI CHEESE
Main Meal Option 3	BROCCOLI BAKE WITH POTATO WEDGES	STIR FRY VEGETABLE WITH NOODLES	QUORN CURRY WITH RICE	VEGETARIAN PIZZA	ROASTED MEDITERRANEAN COUSCOUS
Vegetables or Salad	CABBAGE/CAULIFLOWER MIXED SALAD	CARROTS MIXED SALAD	BROCCOLI MIXED SALAD	GREEN BEANS / COLESLAW MIXED SALAD	MUSHY PEAS / PEAS MIXED SALAD
Dessert	SPICY DUTCH CAKE WITH CUSTARD	SWISS ROLL WITH CUSTARD	APPLE CRUMBLE WITH CUSTARD	ICE CREAM WITH FRUIT OR CREAMED RICE WITH FRUIT	APPLE TART WITH CUSTARD

Week Four

Choices/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	COOK'S CHOICE	LENTIL	POTATO	CREAM OF VEGETABLE	TOMATO
Main Meal Option 1	CHICKEN SUPREME WITH RICE	CLASSIC FISH AND CHIPS	MACARONI CHEESE	MEATBALLS IN BARBEQUE SAUCE WITH PASTA	ROAST PORK WITH APPLE SAUCE AND MASHED POTATO
Main Meal Option 2	TERIYAKI PORK STIR FRY	BEEFBURGERS WITH SALAD	CAJUN CHICKEN DRUMSTICKS WITH POTATO WEDGES	SMOKED HADDOCK AND SWEET POTATO	CHILLI CON CARNE WITH RICE
Main Meal Option 3	ROASTED VEGETABLE QUICHE WITH BABY BOILED POTATOES	VEGETABLE STROGANOFF WITH RICE	SWEET AND SOUR VEGETABLES WITH RICE	SAVOURY RICE	LOADED CHEESE AND LEEK POTATO SKINS
Vegetables or Salad	PEAS / CARROTS MIXED SALAD	COLESLAW/CORN ON COB MIXED SALAD	MIXED VEGETABLES MIXED SALAD	BROCCOLI AND CAULIFLOWER DUO / MIXED SALAD	CABBAGE MIXED SALAD
Dessert	APPLE WHIRLYGIG WITH CUSTARD	ICE CREAM AND FRUIT OR CUSTARD AND FRUIT	CARAMEL TARTLET WITH CUSTARD	BAKEWELL TART WITH CUSTARD	STICKY TOFFEE PUDDING WITH CUSTARD

Freshly made packed lunches

Including two 1/4 sandwiches, a piece of fruit and homebaking with milk, fruit juice or water.

Fresh, Local, Seasonal and Organic produce used every day.

greatvariety

Lots of good food and drinks to choose from every day

Freshly made soups

Three main meals

Vegetarian options

Free water & bread

Fresh fruit & baking

Chilled drinks

Delicious desserts

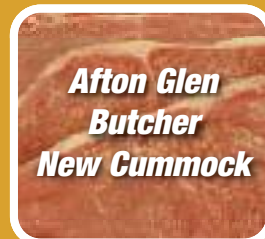
Fresh Local Seasonal and Organic produce every day



**AASpittal
Fruit & Veg
Auchinleck**



**Peironi Bros
Fishmonger
Girvan**



**Afton Glen
Butcher
New Cumnock**



**Corrie Mains
Free Range Eggs
Mauchline**



**Green City
Grocery Co-op
Glasgow**

**Clyde Organic
Organic Milk
Lanarkshire**



East Ayrshire
COUNCIL

A sustainable school meals service

Nutritious school food can reduce diet related health problems like obesity, cancer, heart disease and diabetes.

More locally produced school meals can stimulate a local market for farmers and producers in rural areas and strengthen local communities through a local food chain. It can produce environmental benefits through lower food miles and locally sourced meals increase children's awareness of food issues and can instil pride and ownership linking more closely with education and the curriculum delivered by teachers in school.

It makes sense to invest a little more in our school meals today to produce healthy educated consumers.

Tel: 01563 555710

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website:

www.eastayrshireschoolmeals.com

**A school meal.
It's the best deal.**



East Ayrshire
COUNCIL

**Fresh
for
2009/2010**

Love Primary School Meals

Menu

**A school meal.
It's the best deal.**

10 things to love about school meals.

1. The price

A good hot meal for £1.25 – with a great variety you can even get change from £1!

2. The choice

With 54 meal choices every month, you can always try something different.

3. The quality

No additives, no rubbish, just 100% great fresh food.

4. The service

It's busy and popular, and a customer is served every 5 seconds!

5. The friendliness

Kitchen staff are really helpful because we're here for you, that's our job!

6. The freshness

Local & organic food from the dairy, the bakery and the farm delivered fresh every day.

7. The convenience

You really don't have to go out in the rain. The best value and variety is in school - we know because we make sure of it.

8. The ethics

It makes sense - investing in the community works out better for local farmers, animal welfare and the environment.

9. The help for others

Every meal counts and every meal will make a difference to Save the Children.

10. The respect for your views

We ask and we listen because your opinions make the difference. 95% of pupils surveyed love school meals!