

Bread available every day

Seasonal veg and mixed salad available every day

Cold water available every day

Fruit available every day

Veggie option

<b>Week 1</b>	25 April 22	10 Oct 22	27 Feb 23
	23 May 22	7 Nov 22	27 Mar 23
	20 June 22	5 Dec 22	
	15 Aug 22	2 Jan 23	
	12 Sept 22	30 Jan 23	
<b>Week 2</b>	2 May 22	17 Oct 22	6 Mar 23
	30 May 22	14 Nov 22	29 Mar 23
	27 June 22	12 Dec 22	
	22 Aug 22	9 Jan 23	
	19 Sept 22	6 Feb 23	
<b>Week 3</b>	9 May 22	21 Nov 22	
	6 June 22	19 Dec 22	
	29 Aug 22	16 Jan 23	
	26 Sept 22	13 Mar 23	
	24 Oct 22		
<b>Week 4</b>	16 May 22	28 Nov 22	
	13 June 22	21 Dec 22	
	5 Sept 22	23 Jan 23	
	3 Oct 22	20 Feb 23	
	31 Oct 22	20 Mar 23	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Monday - Taste of Mexico</b>	<p>Lentil soup (V) Freshly baked bread</p> <p>Bubble coated salmon with baby potatoes, green beans and sweetcorn</p> <p>Macaroni cheese with peas, sweetcorn and crusty bread (V)</p> <p>Baked potato with a choice of fillings</p> <p>Ice cream and fruit</p>	<p>Sweet potato soup (V)</p> <p>Home Comforts – Butcher’s pork sausage with mashed potatoes, peas and beans</p> <p>Quorn Cumberland sausage with mashed potatoes, beans and peas (V)</p> <p>Baked potato with a choice of fillings</p> <p>Beetroot brownie and custard</p>	<p>Vegetable soup (V) Freshly baked bread</p> <p>Chicken Kiev with sautéed potatoes and carrots</p> <p>Rainbow pasta in a tomato and vegetable sauce with fresh broccoli and cauliflower (V)</p> <p>Baked potato with a choice of fillings</p> <p>Yogurt and fruit</p>	<p>Packed Lunch</p> <p>Filled rolls/sandwiches</p> <p>Jelly or yogurt pot</p> <p>Fresh fruit</p> <p>Shortbread</p>	
<b>Monday - Taste of America</b>	<p>Carrot soup (V) Freshly baked bread</p> <p>Crunchy cod goujons with chips, peas and carrots</p> <p>Mild three bean chilli served in a soft taco with vegan cheese, homemade tomato salsa and salad (V)</p> <p>Baked potato with a choice of fillings</p> <p>Ice cream and fruit</p>	<p>Sweet potato soup (V)</p> <p>Scotch Lamb kofta in a mild spicy tomato sauce with rainbow rice</p> <p>Plant based kofta in a mild spicy tomato sauce with rainbow rice (V)</p> <p>Baked potato with a choice of fillings</p> <p>Beetroot brownie and custard</p>	<p>Vegetable soup (V) Freshly baked bread</p> <p>Cook’s chicken breast curry with chickpeas, wholegrain rice and a cucumber dip</p> <p>Cheese and tomato pizza with potato wedges and homemade coleslaw (V)</p> <p>Baked potato with a choice of fillings</p> <p>Yogurt and fruit</p>	<p>Packed Lunch</p> <p>Filled rolls/sandwiches</p> <p>Jelly or yogurt pot</p> <p>Fresh fruit</p> <p>Cheese portion</p>	
<b>Monday - Taste of India</b>	<p>Carrot soup (V) Freshly baked bread</p> <p>Chicken meatballs in a tomato sauce with wholegrain rice, peas and sweetcorn</p> <p>Veggie balls in a tomato sauce with wholegrain rice, peas and carrots (V)</p> <p>Baked potato with a choice of fillings</p> <p>Ice cream and fruit</p>	<p>Sweet potato soup (V)</p> <p>Home Comforts – Scotch beef mince in gravy with mashed potatoes, fresh cabbage and carrots</p> <p>Vegetable nuggets with mashed potatoes, beans and peas (V)</p> <p>Baked potato with a choice of fillings</p> <p>Beetroot brownie and custard</p>	<p>Vegetable soup (V) Freshly baked bread</p> <p>Salmon fish finger with chips, peas and sweetcorn</p> <p>Macaroni cheese with peas, sweetcorn and crusty bread (V)</p> <p>Baked potato with a choice of fillings</p> <p>Yogurt and fruit</p>	<p>Packed Lunch</p> <p>Filled rolls/sandwiches</p> <p>Jelly or yogurt pot</p> <p>Fresh fruit</p> <p>Shortbread</p>	
<b>Monday - Taste of Italy</b>	<p>Vegetable soup (V) Freshly baked bread</p> <p>Bubble coated crispy fish with baby potatoes, peas and beans</p> <p>Plant based sausage swirl with baby potatoes, peas and beans (V)</p> <p>Baked potato with a choice of fillings</p> <p>Ice cream and fruit</p>	<p>Scotch broth soup (V)</p> <p>Simon Howie beef burger in a wholemeal roll with chips and peas</p> <p>Cheese and vegetable quiche with seasonal vegetables (V)</p> <p>Baked potato with a choice of fillings</p> <p>Beetroot brownie and custard</p>	<p>Carrot soup (V) Freshly baked bread</p> <p>BBQ glazed chicken breast with vegetable rice</p> <p>Pasta Arrabbiata with garlic bites (V) and crunchy salad</p> <p>Baked potato with a choice of fillings</p> <p>Yogurt and fruit</p>	<p>Packed Lunch</p> <p>Filled rolls/sandwiches</p> <p>Jelly or yogurt pot</p> <p>Fresh fruit</p> <p>Cheese portion</p>	

(V) Vegetarian dish (V) Vegan dish

**City of Edinburgh Council** works with **Food for Life Scotland** to improve school meals and help ensure a brighter future for Edinburgh’s young people. We believe there are few things more important than helping children eat well because it allows them to grow well and learn well.

**FREE FROM** CONTROVERSIAL ADDITIVES

**AT LEAST 75%** OF MEALS ARE FRESHLY PREPARED

**EVERY EGG IS A FREE RANGE EGG**

**SUSTAINABLE**

WE NEVER USE FISH ON THE MARINE CONSERVATION SOCIETY “FISH TO AVOID” LIST

**FARM ASSURED MEAT**

**SEASONAL** MENUS ARE DESIGNED TO USE SCOTTISH SEASONAL INGREDIENTS

**All Edinburgh school meals** have held the bronze Catering Mark award since January 2015

To find out more about Food for Life Scotland, visit the website

[www.foodforlifescotland.org](http://www.foodforlifescotland.org)