

# Special Diets

**Medically Prescribed Diets:** Our focus is to meet a pupil's needs in terms of the 14 main allergens and ethnic/religious requirements.

If you have any concerns about your child's dietary needs, please contact your school who will be happy to discuss your requirements with you and the school Catering Team.

If your child needs a medically restricted diet please inform your child's school. Your request will be passed to our Catering Team who will then contact you to identify your child's exact dietary requirements. **We require information regarding medical diets from your doctor or another medical authority.**

The Catering Team have now achieved the 'Food for Life Served Here' bronze standard award, which means that our menus are certified as being freshly prepared, healthy and sustainably sourced.



is a family healthy lifestyle programme being delivered in partnership between **NHS Lothian** and **Xcite @ West Lothian Leisure**. It offers support to help your child get active, eat well and achieve a healthier weight. Contact: **Tracy McAlpine**, Health Referral/Get Going Coordinator, **01506 237950** [tmcalpine@westlothianleisure.com](mailto:tmcalpine@westlothianleisure.com)



**Facilities Management** are the internal providers of meals in West Lothian Council schools.

We want to hear from you, good or bad, as your comments and feedback help us to improve our service. You can email us at [fmservices@westlothian.gov.uk](mailto:fmservices@westlothian.gov.uk).

As part of Education Scotland Schools Inspections, catering is audited as part of "the whole school approach". School meals are analysed against Scottish Government food and nutritional guidelines.

**For further information please visit:**  
<http://www.gov.scot/Topics/Education/Schools/HLivi/schoolmeals>

## Did you know . . .

All Primary 1 - 3 pupils are entitled to lunch free of charge !

You can now select menu options and make payment online for school meals  
[www.westlothian.gov.uk/online-school-payments](http://www.westlothian.gov.uk/online-school-payments)



## April - October 2019



| Week 1  |   |   | Week 2  |   |   | Week 3  |  |   |
|---|---|---|---|---|---|---|--|---|
| Tray 1  | Tray 2  | Packed Lunch  | Tray 1  | Tray 2  | Packed Lunch  | Tray 1  | Tray 2   | Packed Lunch  |
| <b>Monday</b>   |   |   | <b>Monday</b>   |   |   | <b>Monday</b>   |  |   |
| <b>Soup of the Day</b><br><b>Fish Finger Sub</b><br>Chips<br>Mayonnaise Portion<br>Seasonal Vegetables<br><b>Choice of Dessert</b>          | <b>Soup of the Day</b><br><b>Macaroni Cheese (v)</b><br>French Bread<br>Seasonal Vegetables<br><b>Choice of Dessert</b>               | <b>Soup of the Day</b><br><b>Sandwich</b><br>Ham<br>Egg Mayonnaise<br>Salad<br>Fresh Fruit<br><b>Choice of Dessert</b>                              | <b>Soup of the Day</b><br><b>Breaded Haddock</b><br>Mashed Potato<br>Seasonal Vegetables<br><b>Choice of Dessert</b>                                    | <b>Soup of the Day</b><br><b>Baked Potato (v)</b><br>Cheese<br>Egg Mayonnaise<br>Seasonal Vegetables<br><b>Choice of Dessert</b>                | <b>Soup of the Day</b><br><b>Sandwich</b><br>Ham<br>Egg Mayonnaise<br>Salad<br>Fresh Fruit<br><b>Choice of Dessert</b>                    | <b>Soup of the Day</b><br><b>Salmon Fillet Nibbles</b><br>Mashed Potato<br>Seasonal Vegetables<br><b>Choice of Dessert</b>    | <b>Soup of the Day</b><br><b>Bolognese Pasta (v)</b><br>Garlic & Herb Bread<br>Seasonal Vegetables<br><b>Choice of Dessert</b>     | <b>Soup of the Day</b><br><b>Sandwich</b><br>Ham<br>Egg Mayonnaise<br>Salad<br>Fresh Fruit<br><b>Choice of Dessert</b>                              |
| <b>Tuesday</b>  |   |   | <b>Tuesday</b>  |   |   | <b>Tuesday</b>  |  |   |
| <b>Melon Boat</b><br><b>Sausage in Onion Gravy</b><br>Mashed Potato<br>Yorkshire Pudding<br>Seasonal Vegetables<br><b>Choice of Dessert</b> | <b>Melon Boat</b><br><b>Jacket Potato (v)</b><br>Tuna Mayonnaise<br>Cheddar Cheese<br>Seasonal Vegetables<br><b>Choice of Dessert</b> | <b>Melon Boat</b><br><b>Roll</b><br>Cheese Slice<br>Egg Mayonnaise<br>Carrot Batons<br>Fresh Fruit<br><b>Choice of Dessert</b>                      | <b>Pineapple Cup</b><br><b>Chicken Meatballs in Tomato Sauce</b><br>Spaghetti<br>Garlic & Herb Bread<br>Seasonal Vegetables<br><b>Choice of Dessert</b> | <b>Pineapple Cup</b><br><b>Burger in a Bun (v)</b><br>Chips<br>Mayonnaise Portion<br>Seasonal Vegetables<br><b>Choice of Dessert</b>            | <b>Pineapple Cup</b><br><b>Roll</b><br>Egg Mayonnaise<br>Cheese Slice<br>Carrot Batons<br>Fresh Fruit<br><b>Choice of Dessert</b>         | <b>Melon &amp; Grape Salad</b><br><b>Chicken Fajitas</b><br>Tortilla Wrap<br>Seasonal Vegetables<br><b>Choice of Dessert</b>  | <b>Melon &amp; Grape Salad</b><br><b>Cheese &amp; Tomato Pizza (v)</b><br>Chips<br>Seasonal Vegetables<br><b>Choice of Dessert</b> | <b>Melon &amp; Grape Salad</b><br><b>Roll</b><br>Cheese Slice<br>Egg Mayonnaise<br>Carrot Batons<br>Fresh Fruit<br><b>Choice of Dessert</b>         |
| <b>Wednesday</b>  |   |   | <b>Wednesday</b>  |   |   | <b>Wednesday</b>  |  |   |
| <b>Soup of the Day</b><br><b>Chicken Curry</b><br>Long Grain Rice<br>Naan Bread<br>Seasonal Vegetables<br><b>Choice of Dessert</b>          | <b>Soup of the Day</b><br><b>Sausage Roly Poly (v)</b><br>Potato Wedges<br>Seasonal Vegetables<br><b>Choice of Dessert</b>            | <b>Soup of the Day</b><br><b>Sandwich</b><br>Tuna Mayonnaise<br>Ham<br>Cucumber Sticks<br>Fresh Fruit<br><b>Choice of Dessert</b>                   | <b>Soup of the Day</b><br><b>Cooked Gammon &amp; Pineapple</b><br>Baby Boiled Potatoes<br>Seasonal Vegetables<br><b>Choice of Dessert</b>               | <b>Soup of the Day</b><br><b>Cheese &amp; Tomato Pizza (v)</b><br>Summer Pasta Salad<br>Seasonal Vegetables<br><b>Choice of Dessert</b>         | <b>Soup of the Day</b><br><b>Sandwich</b><br>Tuna Mayonnaise<br>Ham<br>Cucumber Sticks<br>Fresh Fruit<br><b>Choice of Dessert</b>         | <b>Soup of the Day</b><br><b>Burger in a Bun</b><br>Potato Wedges<br>Seasonal Vegetables<br><b>Choice of Dessert</b>          | <b>Soup of the Day</b><br><b>Baked Potato (v)</b><br>Coronation Quorn<br>Cheese<br>Seasonal Vegetables<br><b>Choice of Dessert</b> | <b>Soup of the Day</b><br><b>Sandwich</b><br>Tuna Mayonnaise<br>Ham<br>Cucumber Sticks<br>Fresh Fruit<br><b>Choice of Dessert</b>                   |
| <b>Thursday</b>   |   |   | <b>Thursday</b>   |   |   | <b>Thursday</b>   |  |   |
| <b>Fresh Fruit Salad</b><br><b>Savoury Mince</b><br>Baby Jacket Potatoes<br>Seasonal Vegetables<br><b>Choice of Dessert</b>                 | <b>Fresh Fruit Salad</b><br><b>Mediterranean Pasta (v)</b><br>Garlic & Herb Bread<br>Seasonal Vegetables<br><b>Choice of Dessert</b>  | <b>Fresh Fruit Salad</b><br><b>Tortilla Wrap</b><br>Tuna Mayonnaise<br>Cheddar Cheese<br>Cherry Tomatoes<br>Fresh Fruit<br><b>Choice of Dessert</b> | <b>Watermelon Slice</b><br><b>Spicy Beef Mince &amp; Taco</b><br>Boiled Rice<br>Seasonal Vegetables<br><b>Choice of Dessert</b>                         | <b>Watermelon Slice</b><br><b>Hot Dog &amp; Roll (v)</b><br>Sauté Potatoes<br>Tomato Ketchup<br>Seasonal Vegetables<br><b>Choice of Dessert</b> | <b>Watermelon Slice</b><br><b>Wrap</b><br>Cheddar Cheese<br>Tuna Mayonnaise<br>Cherry Tomatoes<br>Fresh Fruit<br><b>Choice of Dessert</b> | <b>Fresh Fruit Salad</b><br><b>Beef Curry</b><br>Boiled Rice<br>Naan Bread<br>Seasonal vegetables<br><b>Choice of Dessert</b> | <b>Fresh Fruit Salad</b><br><b>Cheesy Pasta (v)</b><br>Baby Boiled Potatoes<br>Seasonal Vegetables<br><b>Choice of Dessert</b>     | <b>Fresh Fruit Salad</b><br><b>Tortilla Wrap</b><br>Cheddar Cheese<br>Tuna Mayonnaise<br>Cherry Tomatoes<br>Fresh Fruit<br><b>Choice of Dessert</b> |

**Fresh drinking water, fruit and bread will also be on offer each day. On Fridays, packed lunch will include raisins, fruit, yogurt and water.**



**Menu dates for April to October 2019**

| April |       | May |               | June |              | July |               | August |               | September |              | October |             |   |             |
|-------|-------|-----|---------------|------|--------------|------|---------------|--------|---------------|-----------|--------------|---------|-------------|---|-------------|
| M     | 22 29 | M   | 6 13 20 27    | M    | 3 10 17 24   | M    | 1 8 15 22 29  | M      | 5 12 19 26    | M         | 2 9 16 23 30 | M       | 7 14 21 28  | M | 4 11 18 25  |
| T     | 23 30 | T   | 7 14 21 28    | T    | 4 11 18 25   | T    | 2 9 16 23 30  | T      | 6 13 20 27    | T         | 3 10 17 24   | T       | 10 17 24 31 | T | 8 15 22 29  |
| W     | 24    | W   | 1 8 15 22 29  | W    | 5 12 19 26   | W    | 3 10 17 24 31 | W      | 7 14 21 28    | W         | 4 11 18 25   | W       | 11 18 25    | W | 9 16 23 30  |
| T     | 25    | T   | 2 9 16 23 30  | T    | 6 13 20 27   | T    | 4 11 18 25    | T      | 1 8 15 22 29  | T         | 5 12 19 26   | T       | 12 19 26    | T | 10 17 24 31 |
| F     | 26    | F   | 3 10 17 24 31 | F    | 7 14 21 28   | F    | 5 12 19 26    | F      | 2 9 16 23 30  | F         | 6 13 20 27   | F       | 13 20 27    | F | 11 18 25    |
| S     | 27    | S   | 4 11 18 25    | S    | 1 8 15 22 29 | S    | 6 13 20 27    | S      | 3 10 17 24 31 | S         | 7 14 21 28   | S       | 14 21 28    | S | 12 19 26    |
| S     | 28    | S   | 5 12 19 26    | S    | 2 9 16 23 30 | S    | 7 14 21 28    | S      | 4 11 18 25 1  | S         | 8 15 22 29   | S       | 15 22 29    | S | 13 20 27    |