

WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Farmhouse lentil soup	Chunky vegetable soup	Yellow split pea soup	Chicken and rice soup	Cook's Choice
Traditional haggis, neeps and tatties	Scottish steak pie with new potatoes	Classic breaded fish and chips	Roast of the day with gravy and baby potatoes	Chicken curry with brown rice
Creamy macaroni cheese with garlic bread	Chicken coconut and mango pilau	Margherita pizza	Italian mince pasta shells	Butchers Choice beef links with onion gravy and mashed potatoes
Garden peas Tomato and cucumber salad	Mixed vegetables Crunchy vegetable salad	Garden peas Pickled beetroot Coleslaw	Broccoli and cauliflower Crunchy vegetable salad	Cabbage Mixed salad Crunchy vegetable salad
Homemade chocolate pear sponge with custard	Homemade fruit crumble with custard	Jam and cream scones	Pineapple tart or seasonal fruit tart	Rice pudding and fruit or ice cream and fruit
Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Tuna pasta salad bowl	Cheese toasties	Spicy noodles	Vegetable balti	Baked potato with Cooks Choice filling

Milk, flavoured milk, water and fruit juice are always available. All main meals and snacks are served with a choice of either fresh seasonal vegetables or salad. There is a vegetarian and salad option available daily. Yoghurt, fresh fruit and free bread are available daily. Days marked in green are non meat days. Please note that vegetable choices can be changed according to the season and availability. More choices available at Academies, check the daily menu board.

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carrot and potato soup	Vegetable soup	Scotch broth	Farmhouse lentil soup	Leek and potato soup
Traditional mince with creamy mashed potato	Classic breaded fish and chips	Italian spaghetti bolognaise with garlic bread	Scottish steak casserole with baby potatoes	Traditional Indian chicken tikka with boiled brown rice
Chicken chow mein	Penne pasta with tomato and basil sauce	Roast pork and apple sauce with mashed potatoes	Chicken fajitas with herby wedges	Creamy macaroni cheese with garlic bread
Sliced carrots Tomato and cucumber salad	Broccoli Pickled beetroot	Peas Mixed vegetables Mixed salad	Broccoli Tomato and cucumber salad	Green beans Mixed salad Crunchy vegetable salad
Chocolate fudge tart	Carrot cake with custard	Apple or rhubarb tart with custard	Lemon sponge with custard	Cup cake Friday
Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Plated salad	Hot Indian rice	Cheese panini	Chickpea curry with brown rice	Baked potato with baked beans

Our milk is Scottish & organic. Our beef and pork are from Scottish farms. Our fish is sourced sustainably. Our eggs are free range and our chicken is certified Red Tractor halal.

WEEK THREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Minestrone soup	Chicken noodle soup	Leek and potato soup	Cauliflower and broccoli soup	Tomato soup
Butchers Choice pork links with mashed potato	Beef lasagne with garlic bread	Roast beef, Yorkshire pudding with mashed potato	Classic breaded fish and chips	Chicken goujons with dipping sauce and herby wedges
Thai squash pineapple curry with brown rice	Chicken korma with brown rice	Seasonal vegetable stroganoff	Creamy macaroni cheese with garlic bread	Chilli beef wrap
Turnip Pickled beetroot Tomato and cucumber salad	Mixed vegetables Country vegetable salad Mixed salad	Cauliflower and broccoli Mixed salad	Peas and carrots Tomato and cucumber salad	Sweetcorn and peas Mixed salad
Chocolate sponge with custard	Bakewell tart with custard	Ice cream & fruit Creamed rice & fruit	Root cake with custard	Caramel tartlets with custard
Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Cheese and gammon toastie	Beans on toast	Cooks choice fish Cakes and potato wedges	Stir fry vegetable noodles	Homemade cheese and tomato pizza with salad

We use fresh organic and fresh local produce when in season, supporting our local suppliers.

WEEK FOUR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Farmhouse lentil soup	Chicken and sweetcorn soup	Carrot and coriander soup	Tomato and red pepper soup	Chunky potato soup
Beef chow mein	Traditional Scottish mince pie with mashed potato	Salmon and broccoli tagliatelle	Pork meatballs with pasta twists or subway	Classic breaded fish and chips
Creamy macaroni cheese with herby wedges	Sweet and sour chicken with brown rice	Piri Piri pork and potatoes	Green Thai chicken curry with brown rice	Roasted vegetable and cheese pizza
Broccoli Tomato and cucumber	Turnip Crunchy Vegetable Salad	Garden peas and Sweetcorn Mixed salad	Mixed vegetables Crunchy vegetable salad	Pickled beetroot Mixed salad Coleslaw
Jam Swiss roll with custard	Trifle	Apple crisp with custard	Homemade sticky toffee pudding with custard	Meringues with fruit or ice cream
Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
Burger in a bun	Cheese and tomato panini	Baked potato with beans	Individual vegetarian quiche	Moroccan vegetable tagine with rice or couscous

Contact your Catering Manager if your child has any special dietary requirements or allergies.



East Ayrshire Council
Facilities and Property Management

A SCHOOL MEAL - THE BEST DEAL

East Ayrshire school meals provide healthy, tasty options for hungry young learners.

The four week menus are designed to offer children a variety of nutritious lunches that include familiar favourites, as well as tempting new tastes to try.

Meals are freshly cooked in schools each day, using seasonal, locally sourced ingredients.

We'd encourage young people to come and try our range of fresh seasonal soups, traditional family favourites, adventurous flavours from around the world, convenient packed lunch options and daily snacks - which include baked potatoes, sandwiches, paninis, toasties, fruit and salad pots.

Each school has its own arrangements to support pupils in making healthy food choices and to help them with the practicalities of lunchtime arrangements, in order to enjoy their meals.

Good for you, and for others

East Ayrshire Council backs valued local suppliers by sourcing fresh ingredients from them. Ours is the only local authority which has achieved and retained the Soil Association Food for Life accreditation at gold standard since 2008.

School meals continue to have a high profile nationally and East Ayrshire Council welcomes the Scottish Government's new guidance called Better Eating Better Learning: A new context for school food, which is aimed at encouraging the connections between what children eat with the impact on improving health, learning, the environment and the local economy.

Since January 2015 we have introduced free nutritionally balanced school meals for all primary one to three children across East Ayrshire.

Contact

Facilities and Property Management

Greenholm Street, Kilmarnock, KA1 4DJ

Tel 01563 555710

Email FacilitiesManagementOfficeStaff@east-ayrshire.gov.uk

PRIMARY PRICE LIST

Standard two course meal	£2.00
Main meal	£1.45
Baked potato/snack meal	£1.45
Packed lunch	£2.00
Baguettes / wraps	£1.45
Sandwiches /rolls	£1.30
Salad bowl	£1.35
Side salad	£0.35
Soup	£0.55
Dessert	£0.55
Home baking from	£0.35
Rowan Glen yoghurt	£0.45
Milk	£0.15
Flavoured milk	£0.15
Calypso cutlets	£0.20
Aqua juice	£0.30
Raisins	£0.15
Fresh fruit from	£0.35
Crisps lights (break time only)	£0.50

Family Service and P1-3

Standard two course meal with drink included	£2.00
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MENU START DATES

From Monday 24 August 2015...

Week One Cumnock and Auchinleck area

Week Two Kilmarnock area

Week Three Doon Valley

Week Four Stewarton and Loudoun



RECIPES

Vegetable pakora

1 kg Gram Flour
500g onions *CHOPPED*
1 kg assorted vegetables *CHOPPED*
Chilli powder 30g
Cumin 50g
Coriander bunch
Salt to taste
Water to mix

Mix all vegetables and spices together add flour.

Ensure all vegetables are coated with dry ingredients.

Add water to mix to form a dropping consistency (not too wet).

Cook one piece of vegetable pakora in fryer to test at 170°C. Adjust accordingly and cook until golden brown.

Jamaican jerk chicken

serves 5

5 chicken portions
6 spring onions
1 tsp chilli powder
2 tbsp soya sauce
2 tbsp lime juice
1 tbsp ground allspice
1 tbsp English mustard
½ tsp ground bay leaf
1 tsp ground cinnamon
2 garlic cloves crushed
½ tsp sugar
1 tsp dried thyme

Blend all dry ingredients.

Add to chicken and marinate the chicken for 24 hours. Keep covered in fridge, turn occasionally.

Bake in oven for approx. 45-50 minutes until tender and cooked through.

Lemon, ginger & blueberry muffins

makes 12 large muffins

250g self raising flour
125g caster sugar
100g vegetable or sunflower oil
150ml milk
1 medium egg
1 lemon juice and rind
1 punnet blueberries

For syrup

50g caster sugar
1 teaspoon ground ginger

Pre heat oven 190/170 gas 5. Put paper cases in muffin tins.

Put all dry ingredients in a bowl add oil, milk, zest of lemon egg and blueberries, mix together. Divide mixture into muffin cases. Bake for approx. 20-25 mins.

To make syrup put sugar, lemon juice, and ginger in a pan simmer for approx. 5 minutes or until liquid thickened, drizzle over muffins.

