

Free school meals for all primary 1 to 3 pupils

Dear Parent/Guardian

Since 5 January 2015, all children in primaries 1 to 3 are entitled to a free school meal. This is a great opportunity for children to sit down with their classmates and enjoy a nutritionally balanced two course meal sourced from local suppliers.

In 2008 East Ayrshire Council ran a pilot scheme for free school meals which was a great success, with 85% of primary 1 to 3 pupils having lunch with us. This kind of success has convinced the Scottish Government that free school meals should be offered to all pupils in primaries 1 to 3 in Scotland.

Having a school meal will enable your child to enjoy the social interaction of eating in an environment where they can try different foods every day, and it can also help to increase their concentration for their afternoon classes.

Staff will be in the dining halls every day to help and encourage your child, ensuring they have an enjoyable dining experience.

What's on the menu?

- Every day there will be three choices on offer.
- Homemade soup and bread will be available one day a week and a dessert, yoghurt or fruit will be offered four days a week. A drink of either milk, water or diluting juice will be available daily.
- A vegetarian option will also be available every day.
- If your child has specific dietary requirements, please let us know so that we can accommodate these.

If you have any questions, please contact us by e-mailing onsiteservices@east-ayrshire.gov.uk or by phoning 01563 555710.

We look forward to seeing your child.

Monday	Tuesday	Wednesday	Thursday	Friday
East Ayrshire School Meals 2015/16 – Week 1				
Haggis, neeps and tatties	Scottish steak pie with new potatoes	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 with pasta shells	Beef links with onion gravy and mashed potatoes
Tuna pasta salad bowl	Cheese toasties	Spicy noodles	Vegetable balti	Baked potato with cooks choice filling
East Ayrshire School Meals 2015/16 – Week 2				
Traditional mince and creamy mashed potatoes	Classic breaded fish with chips	Italian spaghetti bolognese with garlic bread	Scottish steak casserole with baby potatoes	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
Plated salad	Hot Indian rice	Cheese panini	Chickpea curry with brown rice	Baked potato with baked beans
East Ayrshire School Meals 2015/16 – Week 3				
Butcher's choice pork links with mashed potato	Beef lasagne with garlic bread	Roast beef, Yorkshire pudding with mashed potato	Classic breaded fish with chips	Chicken goujons with dipping sauce and herby wedges
Thai squash and pineapple curry with brown rice	Chicken korma with brown rice	Seasonal vegetable stroganoff	Creamy macaroni cheese with garlic bread	Chilli beef wrap
Cheese and gammon toastie	Beans on toast	Fish cakes with potato wedges	Stir fry vegetable noodles	Cheese and tomato pizza with salad
East Ayrshire School Meals 2015/16 – Week 4				
Beef chow mein	Scottish mince pie with mashed potato	Salmon and broccoli tagliatelle	Pork meatballs with pasta twists or subway	Breaded fish and chips
Creamy macaroni cheese with herby wedges	Sweet and sour chicken with brown rice	Piri Piri pork and potatoes	Chicken Thai green curry with brown rice	Roasted vegetable and cheese pizza
Burger in a bun	Cheese and tomato panini	Baked potato with beans	Individual vegetarian quiche	Vegetable tagine with rice or cous cous