

**WEEK ONE** *Wednesday is meat free day*

Monday	Tuesday	Wednesday	Thursday	Friday
Farmhouse Lentil Soup	Chunky vegetable soup (V)	Yellow split pea soup (V)	Chicken and rice Soup	Tomato soup (V)
Traditional haggis, neeps and tatties	Scottish steak pie with new potatoes	Classic breaded fish and chips	Roast beef and yorkshire puddings with baby potatoes	Chicken curry with brown rice
Creamy macaroni (V) cheese & garlic bread	Cheese Toastie (V)	Baked Potato with coleslaw (V)	Veggie Pizza (V)	Spicy Noodles (V)
Tuna pasta salad bowl	Mediterranean chicken with brown rice	Vegetarian sausage and tomato pasta (V)	Spaghetti meatballs with bbq sauce	Butchers choice beef links with mash and onion gravy
Turnip Tomato & cucumber salad	Mixed vegetables Crunchy vegetable salad	Garden peas Pickled beetroot Coleslaw	Broccoli & cauliflower Crunchy vegetable salad	Cabbage Mixed salad Crunchy vegetable salad
Baked potato/ sandwich (V)/baguette with filling of the day	Baked potato (V)/ sandwich/baguette with filling of the day	Baked potato/ Sandwich(V)/baguette with filling of the day	Baked potato (V)/ sandwich/baguette with filling of the day	Baked potato/ sandwich (V)/baguette with filling of the day
Fresh fruit or yoghurt  Chocolate pear sponge with custard	Fresh fruit or yoghurt  Fruit crumble with custard	Fresh fruit or yoghurt  Jelly whip with seasonal fruit	Fresh fruit or yoghurt  Strawberry tart or seasonal fruit tartlets	Fresh fruit or yoghurt  Rice pudding or Ice cream & fruit

*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, free bread and a selection of home baking are available daily. 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** *Tuesday is meat free day*

Monday	Tuesday	Wednesday	Thursday	Friday
Carrot and potato soup (V)	<b>Seasonal vegetable soup (V)</b>	Scotch broth (V)	Farmhouse lentil soup	Mushroom soup (V)
<b>Traditional mince with creamy mashed potato</b>	<b>Classic breaded fish and chips</b>	<b>Italian lasagne with garlic bread</b>	<b>Beefburger in a bun with wedges</b>	<b>Chicken curry with brown rice</b>
<b>Beans on toast (V)</b>	<b>Spicy Indian potatoes (V)</b>	<b>Cheese panini &amp; salad (V)</b>	<b>Sweet potato and lentil curry (V)</b>	<b>Creamy macaroni cheese (V) with garlic bread</b>
<b>Chicken chow mein</b>	<b>Pasta with tomato and basil sauce (V)</b>	<b>Salmon fish cakes with baby potatoes</b>	<b>Chicken fajitas with wedges</b>	<b>Baked Potato with cheese (V)</b>
<b>Sliced carrots Tomato &amp; cucumber salad</b>	<b>Sweetcorn Pickled beetroot</b>	<b>Garden peas Mixed vegetables Mixed salad</b>	<b>Broccoli Tomato &amp; cucumber salad</b>	<b>Green beans Mixed salad Crunchy vegetable salad</b>
<b>Baked potato/ Sandwich(V)/baguette with filling of the day</b>	<b>Baked potato/ Sandwich(V)/baguette with filling of the day</b>	<b>Baked potato (V)/ Sandwich/baguette with filling of the day</b>	<b>Baked potato/ Sandwich (V)/baguette with filling of the day</b>	<b>Baked potato/ Sandwich (V)/baguette with filling of the day</b>
<b>Fresh fruit or yoghurt  Scones with jam and cream</b>	<b>Fresh fruit or yoghurt  Carrot cake and custard</b>	<b>Fresh fruit or yoghurt  Jelly and seasonal fruit</b>	<b>Fresh fruit or yoghurt  Special brownies</b>	<b>Fresh fruit or yoghurt  Berry cheesecake muffin</b>

*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. A selection of home baking is available everyday.*

**WEEK THREE** *Thursday is meat free day*

Monday	Tuesday	Wednesday	Thursday	Friday
Minestrone soup	Chicken noodle soup	Tomato and lentil soup (V)	Cream of broccoli and cauliflower soup (V)	Farmhouse lentil soup
Butchers Choice pork links with mashed potato	Traditional Scottish mince pie with mashed potato	Chicken strips with savoury rice	Homemade fish goujon's with chips	Special burger and bun with wedges
Baked Potato and Beans (V)	Hot cheese wrap with bbq sauce (V)	Mozzarella sticks with mini corn	Seasonal vegetable noodles (V)	Cheese and tomato pizza
Chilli Beef Wrap	Chicken korma with brown rice	Beef hot pot	Seasonal quiche with salad	Chicken and bacon pasta
Turnip Pickled beetroot Tomato & cucumber salad	Mixed vegetables Country vegetable salad Mixed salad	Cauliflower & broccoli Mixed salad	Peas Tomato & cucumber salad	Sweetcorn & garden peas Mixed salad
Baked potato (V)/ Sandwich (V)/baguette with filling of the day	Baked potato (V)/ Sandwich/baguette with filling of the day	Baked potato (V)/ Sandwich (V)/baguette with filling of the day	Baked potato/ Sandwich(V)/baguette with filling of the day	Baked potato (V)/ Sandwich (V)/baguette with filling of the day
Fresh fruit or yoghurt  Apple Strudel with custard	Fresh fruit or yoghurt  Caramel tartlets with custard	Fresh fruit or yoghurt  Seasonal cheesecake	Fresh fruit or yoghurt  Chocolate fudge cake with pouring cream	Fresh fruit or yoghurt  Ice cream/creamed rice and fruit

*We use fresh organic and fresh local produce when in season, supporting our local suppliers. Contact your Catering Manager if your child has any special dietary requirements or allergies. A selection of home baking is available everyday.*

## East Ayrshire School Surveys

Feedback is important to us and we would like to know what you think of the School Meals, services we provide. Completing these questionnaires will help us to understand and improve the services we provide.

Paper copies of these surveys will be available to complete on upcoming parents nights or you can alternatively complete the survey online by visiting – [www.eac.eu/schoolmealsurvey](http://www.eac.eu/schoolmealsurvey)

Previous year's Survey results	
Satisfaction Level	%
Overall satisfaction level for the School Meal Service	97.6
Menu variety	93.27
Look of food	91.35
Taste of food	94.84
Portion size	93.44
Speed of service	93.09
Appearance and helpfulness of catering staff	97.28
Cleanliness of kitchen and dining area	91.48
Dining room furniture and decoration	89.69

Parents had asked for a way to pay for school meals online and we are pleased to announce that this is now in the process of being rolled out, parents will be advised by their child's school when this becomes available in their school. Further information about online payments and the latest updates can be found at [www.eac.eu/onlinepayments](http://www.eac.eu/onlinepayments).

If you have any questions about any of the services we provide feel free to contact us at – [fpmenquiries@east-ayrshire.gov.uk](mailto:fpmenquiries@east-ayrshire.gov.uk) or by phone on **01563 555710**.

## **A SCHOOL MEAL – THE BEST DEAL**

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

The three 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 would 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.

### **Cashless and pre-ordering**

Please note we use red, blue & green coloured bands for the main meal choices for the primaries. The menu is colour coded to assist with our new cashless system and pre-ordering service we operate in our schools.

### **Contact**

#### **Facilities and Property Management**

Greenholm Street, Kilmarnock, KA1 4DJ

**Tel** 01563 555710

**Email** [FPMenquiries@east-ayrshire.gov.uk](mailto:FPMenquiries@east-ayrshire.gov.uk)

## PRIMARY PRICE LIST

Standard two course meal	£2.05
Main meal	£1.50
Baked potato/snack meal	£1.50
Packed lunch	£2.05
Baguettes / wraps	£1.50
Sandwiches /rolls	£1.50
Salad bowl	£1.35
Side salad	£0.35
Soup	£0.55
Dessert	£0.55
Home baking from	£0.20
Rowan Glen yoghurt	£0.45
Milk	£0.15
Flavoured milk	£0.15
Calypso cuplets	£0.20
Aqua juice	£0.30
Fresh fruit from	£0.35
Crisps lights (break time only)	£0.50
Popcorn	£0.20

## MENU START DATES

School meal menus are on a three week rotation, this is divided into three areas that each commence on a separate week. Week commencing **28/08/17** the following areas are, please note menu cycle will carry on continuously even during school holidays.

**Week One** Cumnock, Auchinleck and Doon area

**Week Two** Kilmarnock area

**Week Three** Stewarton and Loudoun area



## RECIPES

### Cream of mushroom soup

20 portions

300-400g mushrooms sliced  
100g celery chopped  
250g white onions, chopped  
200g leeks, chopped  
3 litre milk  
1 litre vegetable or chicken stock  
50g plain flour  
50g flora or margarine

Soften the vegetables in a pot with a little margarine without over browning. Heat the milk, do not boil and add a little flour to absorb the margarine and stir well. Add half the stock slowly and stir well then gradually begin adding the milk, not all the milk or stock may be required, use as necessary. Leave on low heat and simmer for about 20 minutes. Blend down soup if required and adjust seasoning.

### Mediterranean chicken

Makes 2 - 3 portions

1 tbsp vegetable oil  
½ red pepper, diced  
½ white onion, diced  
Dry mixed herbs  
200ml vegetable stock  
400g (1 tin) chopped tomatoes  
2 chicken fillets  
Tomato paste to thicken

Dice chicken and pan fry. Warm the stock. In a separate pan heat the oil and sweat the onion, pepper and garlic, add the chopped tomatoes and vegetable stock and simmer for 15 minutes. Check consistency, add mixed herbs to taste, check seasoning and blend until smooth. Add to the chicken

### Berry cheesecake muffins

15 portions

180g mash potato  
180g white self raising flour  
80g wholemeal self raising flour  
1/2 tsp salt  
2 tsp baking powder  
2 tbsp skimmed milk  
3 eggs  
120 ml rapeseed oil  
2tbsp honey  
2 tsp vanilla extract  
180g pack frozen berries (raspberries, blackberries or blueberries)  
90g pack low fat cream cheese

Preheat your oven to 180C/Gas Mark 4.

Cook potatoes and mash well and leave to cool. Combine the flour, salt and baking powder. Beat together your milk, eggs, rapeseed oil, honey and vanilla extract. Once cool gradually whisk the liquid ingredients into mash. Carefully fold the wet mash mixture into the dry ingredients.

Spoon a tsp of the cake batter into the bottom of 30 7cm bun cases. Top each one with a berry and a tsp of low fat cream cheese. Fill the cases with the remaining mixture and bake for 22 minutes or until lightly golden and well risen.

