

Menu cycle

WEEK 1 DATES

Weeks starting:

- 24 August
- 14 September
- 5 October
- 2 and 23 November
- 14 December
- 11 January
- 1 February
- 1 and 22 March
- 26 April
- 17 May
- 7 and 28 June

WEEK 2 DATES

Weeks starting:

- 31 August
- 21 September
- 12 October
- 9 and 30 November
- 21 December
- 18 January
- 8 February
- 8 and 29 March
- 3 and 24 May
- 14 June

WEEK 3 DATES

Weeks starting:

- 7 and 28 September
- 26 October
- 16 November
- 7 December
- 4 and 25 January
- 22 February
- 15 March
- 19 April
- 10 and 31 May
- 21 June

2009/10 term dates

AUTUMN TERM

- Wednesday 19 August 2009 – pupils start
- Monday 21 September 2009 – autumn holiday, schools closed
- Tuesday 22 September 2009 – all start
- Friday 16 October 2009 – mid-term, all break
- Tuesday 27 October 2009 – pupils start
- Tuesday 22 December 2009 – term ends

SPRING TERM

- Wednesday 6 January 2010 – pupils start
- Friday 12 February 2010 – mid-term, all break
- Monday 22 February 2010 – all start
- Thursday 1 April 2010 – term ends

SUMMER TERM

- Tuesday 20 April 2010 – all start
- Monday 3 May 2010 – May Day, schools closed
- Monday 17 May 2010 – Victoria Day, schools closed
- Thursday 20 May 2010 – pupils start
- Thursday 1 July 2010 – term ends

Free School Meals

Your child may be eligible for free school meals if you receive one of the following:

- Child Tax Credit (and your annual income is less than £16,040)
- Income Support
- Income-based Jobseeker's Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- Income-Related Employment and Support Allowance
- maximum Child Tax Credit and maximum Working Tax Credit (income below £6,420).

Please ask your child's school for an application form or contact the School Grants, Awards and Placements.

Tel: 0131 469 3471
e-mail: school.grants@edinburgh.gov.uk

Give them a healthy start

We all want our children to do their best at school and healthy food really can make a difference. It gives us energy and research shows it can also improve our concentration and mood.

We also want to provide healthy food in school that our pupils like.

So, we've planned our menus using feedback from pupils and catering staff, as well as making sure they follow national healthy eating guidelines. This means that this year's lunch menus include 'favourite dishes' and meet the Government's healthy eating guidelines – the Schools Health Promotion and Nutrition (Scotland) Act (2007).

What this means:

- healthy meal choices
- at least two portions of fruit and vegetables every lunchtime
- less deep fried food – no more than three items every week
- oily fish – at least once every three weeks
- extra bread is always available
- fresh water every lunchtime.

Great value

School meals are great value for money. We have managed to freeze last year's prices – so it still only costs £1.75 for two courses – either soup and a main, or main and a pudding plus vegetables, salad and bread. A packed lunch option is also available each day.

Special diets and allergies

Please let your school know if your child has any special dietary needs.

Further information

Web: www.edinburgh.gov.uk/foodinschools
e-mail: foodinschools@edinburgh.gov.uk



HAPPY TO TRANSLATE

ترجمہ کے لئے حاضر آماندہر সঙ্গে انুবাদ করব

يسعدنا توفير الترجمة MOZEMY PRZETŁUMACZYĆ 很樂意翻譯

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MENUS 2009/10

• EDINBURGH •
THE CITY OF EDINBURGH COUNCIL

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Breaded salmon nuggets <i>or</i> Macaroni cheese New potatoes, peas Chocolate crispy with custard <i>or</i> Mixed fruit cup Salad bowl, brown bread	Tomato and lentil soup served with bread Chicken and vegetable curry with rice and mixed vegetables <i>or</i> Quorn burger in a low salt bun with coleslaw salad Fresh fruit platter Salad bowl, white roll	Beef Bolognese with spaghetti and sweetcorn <i>or</i> Baked potato with cheese and beans Fresh raspberry sponge with custard <i>or</i> Seasonal fruit Salad bowl, wholemeal roll	Sweet potato soup served with crusty bread Turkey with gravy with low fat roast potatoes and broccoli <i>or</i> Vegetable lasagne with garlic bread and salad Fresh fruit jelly Salad bowl, crusty bread	PACKED LUNCH DAY
	PACKED LUNCH Tuna mayonnaise on brown bread <i>or</i> Cheese salad with best of both bread Crispy cake, fromage frais seasonal fruit and milk/milkshake	PACKED LUNCH Ham cheese and tomato on a brown roll <i>or</i> Egg mayonnaise on a wholemeal wrap Banana chips, yoghurt, fresh fruit and orange juice	PACKED LUNCH Chicken mayonnaise on a low salt bun <i>or</i> Salad and coleslaw on brown bread Blondie, cheese portion, seasonal fruit and milk/milkshake	PACKED LUNCH Ham salad on brown bread <i>or</i> Savoury cheese on brown bread Fruit jelly, demerara shortbread, melon wedge and orange juice	
WEEK 2	Lentil soup with wholemeal bread Sweet and sour chicken served with a wrap/rice and sweetcorn <i>or</i> Boston bean hotpot with pure potato wedges and sweetcorn Fruit platter Salad bowl, wholemeal bread	Beef moussaka with mixed vegetables <i>or</i> Pizza with baby jacket potatoes and salad Carrot cake with custard <i>or</i> Seasonal fruit Salad bowl, crusty brown bread	Carrot soup with brown bread Wholemeal breaded salmon <i>or</i> Cheese and broccoli pasta Low fat roast potatoes, carrot and swede batons Yoghurt and fruit dippers Salad bowl, best of both bread	Gammon <i>or</i> Savoury Quorn mince Baby boiled potatoes, whole green beans Apple crumble with custard <i>or</i> Assorted melon wedges Salad bowl, flat-bread	PACKED LUNCH DAY
	PACKED LUNCH Roast pork on brown bread (apple sauce option) <i>or</i> Cheese and tomato on best of both bread Raisin and oat cookie, fromage frais, seasonal fruit and orange juice	PACKED LUNCH Tuna mayonnaise on brown bread <i>or</i> Salad and coleslaw in a pitta bread Carrot cake, cheese portion, red grape and kiwi fruit, milk/milkshake	PACKED LUNCH Turkey salad on wholemeal baguette <i>or</i> Cheese salad on brown bread Flapjack, yoghurt, seasonal fruit, orange juice	PACKED LUNCH Coronation chicken in a pitta bread <i>or</i> Egg mayonnaise on brown bread Plain/toffee muffin, fruity bites, melon wedge and milk/milkshake	
WEEK 3	Breaded haddock <i>or</i> Pizza Chips and baked beans Iced chocolate sponge with custard <i>or</i> Fresh fruit salad Salad bowl, brown bun	Tomato and rice soup with crusty bread Pork meatballs in tomato sauce with penne pasta and peas/sweetcorn <i>or</i> Quorn hot dog on wholemeal finger roll with sweetcorn and coleslaw Fromage frais and fruit dippers Salad bowl, crusty bread	Chicken jambalaya with rice and broccoli <i>or</i> Baked potato with Quorn bolognese, cheese and salad Caramel flan with custard <i>or</i> Pineapple and kiwi fruit Salad bowl, white roll	Yellow split pea soup with brown baguette Oven baked pork sausages <i>or</i> Tomato pasta Potato layer and peas Fruit platter Salad bowl, wholemeal baguette	PACKED LUNCH DAY
	PACKED LUNCH Turkey and cucumber on brown bread <i>or</i> Savoury cheese on best of both bread Coconut moment, yoghurt, seasonal fruit milk/milkshake	PACKED LUNCH Tuna mayonnaise on brown bread <i>or</i> Sliced egg and cucumber on brown bread Chocolate muffin, cheddar finger, green grapes, orange juice	PACKED LUNCH Chicken mayonnaise and tomato on a wrap <i>or</i> Cheese slice on brown bread Caramel biscuit, fromage frais, seasonal fruit, milk/milkshake	PACKED LUNCH Roast beef on brown bread <i>or</i> Egg mayonnaise on brown bread Cheese scone, raisins, fresh fruit salad, orange juice	