

Nutritional Information for Primary School Menu - April 2023 to October 2023

Week1	Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week1	Monday	STARTER OR DESSERT	NR LENTIL SOUP	8.4	2.8
Week1	Monday	STARTER OR DESSERT	NR FROMAGE FRAIS	9.2	6
Week1	Monday	STARTER OR DESSERT	NR BREAD ROLL 2 IN 1	46	11
Week1	Monday	Meal 1	NR BREADED HADDOCK	19	11.7
Week1	Monday	Meal 1	NR MCCAINS 7/16 CHIPS	19	1.8
Week1	Monday	Meal 1	NR PEAS WESTLOTHIAN	11.3	6.9
Week1	Monday	Meal 2	NR VEGGIE 6" SAUSAGE ROLL	27	8.2
Week1	Monday	Meal 2	NR HEALTHY CHOICE BEANS	11.4	4.9
Week1	Monday	Meal 2	NR MASHED POTATO SD	16.1	1.7
Week1	Monday	Meal 3	NR CUCUMBER AND PINEAPPLE SALAD	6.4	0.5
Week1	Monday	Meal 3	NR SLICED CHICKEN	2	19
Week1	Monday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Week1	Monday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Week1	Monday	FRUIT CHOICE	NR BANANA	15.3	0.8
Week1	Monday	DRINK	Water	0	0
Week1	Monday	DRINK	Milk	4.7	3.4
Week1	Tuesday	STARTER OR DESSERT	NR CUCUMBER STICKS	1.5	0.7
Week1	Tuesday	STARTER OR DESSERT	NR CUSTARD	8.5	0.1
Week1	Tuesday	STARTER OR DESSERT	NR PEACH MELBA CAKE	38.4	4.2
Week1	Tuesday	STARTER OR DESSERT	NR BABYBEL CHEESE	0	23
Week1	Tuesday	Meal 1	NR BROCCOLI AND CAULIFLOWER MIX	3.1	1.9
Week1	Tuesday	Meal 1	NR YORKSHIRE PUDDING 2 IN	34.8	7.2
Week1	Tuesday	Meal 1	NR BOILED POTATOES	19.1	2.2
Week1	Tuesday	Meal 1	NR ROAST CHICKEN	2	22.2
Week1	Tuesday	Meal 2	NR GREEN SALAD	1.9	0.8
Week1	Tuesday	Meal 2	NR BRAKES BAKED POTATOES(20)	31.7	3.9
Week1	Tuesday	Meal 2	NR QUORN MAYO	3	9.5
Week1	Tuesday	Meal 3	NR GREEN SALAD	1.9	0.8
Week1	Tuesday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Week1	Tuesday	Meal 3	NR TOMATO TORTILLA WRAP	48.4	8.7
Week1	Tuesday	Meal 3	NR QMS HAM 2021	0.3	23.9
Week1	Tuesday	FRUIT CHOICE	NR SATSUMA	6	0.6
Week1	Tuesday	DRINK	Water	0	0
Week1	Tuesday	DRINK	Milk	4.7	3.4
Week1	Wednesday	STARTER OR DESSERT	NR TOMATO RED PEPPER SOUP	3.5	0.7
Week1	Wednesday	STARTER OR DESSERT	NR MCDUGALLS JELLY CRYSTALS	15	0.5
Week1	Wednesday	STARTER OR DESSERT	NR BREADSTICKS	69	9
Week1	Wednesday	Meal 1	NR PITTA BREAD WHOLEMEAL	48.7	9.6
Week1	Wednesday	Meal 1	NR CHICKEN TIKKA STRIPS	3.1	22
Week1	Wednesday	Meal 1	NR BASIC MIXED SALAD	2.9	0.8
Week1	Wednesday	Meal 1	NR COLESLAW	5.5	1.7
Week1	Wednesday	Meal 2	NR TOMATO FRESH	3	0.5
Week1	Wednesday	Meal 2	NR HOMEMADE CHEESEY PASTA	26.6	7.5
Week1	Wednesday	Meal 2	NR BREAD ROLL 2 IN 1	46	11
Week1	Wednesday	Meal 3	NR EGG MAYONNAISE	1.8	9.1
Week1	Wednesday	Meal 3	NR SLICED CHICKEN	2	19
Week1	Wednesday	Meal 3	NR BASIC MIXED SALAD	2.9	0.8
Week1	Wednesday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Week1	Wednesday	FRUIT CHOICE	NR GRAPES	15.2	0.7
Week1	Wednesday	DRINK	Milk	4.7	3.4
Week1	Wednesday	DRINK	Water	0	0
Week1	Thursday	STARTER OR DESSERT	NR COOLDELIGHT VANILLA	25	0
Week1	Thursday	STARTER OR DESSERT	NR VEGETABLE SAMOSA	23.5	3.7
Week1	Thursday	STARTER OR DESSERT	NR SPICY ONION	32	3.1

Week1	Thursday	Meal 1	NR BEEF HOTPOT	4.9	6
Week1	Thursday	Meal 1	NR CARROT/TURNIP BATONS	5.5	0
Week1	Thursday	Meal 1	NR MASHED POTATO SD	16.1	1.7
Week1	Thursday	Meal 2	NR RICE	30.9	2.6
Week1	Thursday	Meal 2	NR VEGETABLE DHANSAK ()	11.4	4.6
Week1	Thursday	Meal 2	NR CHAPATI	46	8.9
Week1	Thursday	Meal 2	NR GREEN BEANS	2.9	1.8
Week1	Thursday	Meal 3	NR GRATED CARROT SALAD	16.6	1.1
Week1	Thursday	Meal 3	NR FINGER ROLL	46	9
Week1	Thursday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Week1	Thursday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Week1	Thursday	FRUIT CHOICE	NR HONEYDEW MELON	4.3	0.3
Week1	Thursday	DRINK	Milk	4.7	3.4
Week1	Thursday	DRINK	Water	0	0
Week1	Friday	Meal 3	NR BANANA	15.3	0.8
Week1	Friday	Meal 3	NR CUCUMBER STICKS	1.5	0.7
Week1	Friday	Meal 3	NR APPLE	9.9	0.3
Week1	Friday	Meal 3	NR CHEESE SANDWICH	28.9	13.3
Week1	Friday	Meal 3	NR TUNA MAYO SANDWICH	25.9	12.1
Week1	Friday	Meal 3	NR HAM SANDWICH	27.8	10.8
Week1	Friday	Meal 3	NR CARROTS	4.7	0.4
Week1	Friday	FRUIT CHOICE	NR FLAPJACK	52.2	6
Week1	Friday	DRINK	Water	0	0
Week 2	Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 2	Monday	STARTER OR DESSERT	NR LENTIL SOUP	8.4	2.8
Week 2	Monday	STARTER OR DESSERT	NR FROMAGE FRAIS	9.2	6
Week 2	Monday	STARTER OR DESSERT	NR BREAD ROLL 2 IN 1	46	11
Week 2	Monday	MEAL 1	NR BRAKES CHICKEN LINK SAUSAGE 38 G	4.8	18.6
Week 2	Monday	MEAL 1	NR MASHED POTATO SD	16.1	1.7
Week 2	Monday	MEAL 1	NR CABBAGE	2.2	1
Week 2	Monday	MEAL 1	NR GRAVY	4.3	0.2
Week 2	Monday	MEAL 2	NR TACO SHELLS	6	7
Week 2	Monday	MEAL 2	NR CHEDDAR CHEESE	0.1	25.1
Week 2	Monday	MEAL 2	NR VEGETABLE CHILLI	9.8	3.2
Week 2	Monday	MEAL 2	NR CARROT APPLE AND SULTANA SALAD	14.4	0.8
Week 2	Monday	MEAL 3	NR SLICED CHICKEN	2	19
Week 2	Monday	MEAL 3	NR TUNA MAYONNAISE	1.6	17.8
Week 2	Monday	MEAL 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 2	Monday	MEAL 3	NR CARROT APPLE AND SULTANA SALAD	14.4	0.8
Week 2	Monday	FRUIT CHOICE	NR BANANA	15.3	0.8
Week 2	Monday	DRINK	Water	0	0
Week 2	Monday	DRINK	Milk	4.7	3.4
Week 2	Tuesday	STARTER OR DESSERT	NR CHOCOLATE AND CINNAMON SHORTBREAD	52.4	6.3
Week 2	Tuesday	STARTER OR DESSERT	NR BRAKES VEGGIE MINI SPRING ROLL	30	4.1
Week 2	Tuesday	STARTER OR DESSERT	NR SWEET CHILLI DIPPING SAUCE	33	0.5
Week 2	Tuesday	MEAL 1	NR BROCCOLI AND CAULIFLOWER MIX	3.1	1.9
Week 2	Tuesday	MEAL 1	NR ROAST BEEF	0	31
Week 2	Tuesday	MEAL 1	NR GRAVY	4.3	0.2
Week 2	Tuesday	MEAL 1	NR 3" YORKSHIRE PUDDING	35	8.7
Week 2	Tuesday	MEAL 1	NR BABY BOILED POTATOES	14.9	1.8
Week 2	Tuesday	MEAL 2	NR THAI VEGGIE NOODLES	23.5	4.1
Week 2	Tuesday	MEAL 2	NR ROASTED VEGETABLE MEDLEY	5.9	1.2
Week 2	Tuesday	MEAL 3	NR QMS HAM	0.3	23.9
Week 2	Tuesday	MEAL 3	NR CHEDDAR CHEESE	0.1	25.1

Week 2	Tuesday	MEAL 3	NR BASIC MIXED SALAD	2.9	0.8
Week 2	Tuesday	MEAL 3	NR TOMATO TORTILLA WRAP	48.4	8.7
Week 2	Tuesday	FRUIT CHOICE	NR SATSUMA	6	0.6
Week 2	Tuesday	DRINK	Water	0	0
Week 2	Tuesday	DRINK	Milk	4.7	3.4
Week 2	Wednesday	STARTER OR DESSERT	NR CREAM TOMATO SOUP	7.2	0.9
Week 2	Wednesday	STARTER OR DESSERT	NR STRAWBERRIE WL	6	0.8
Week 2	Wednesday	STARTER OR DESSERT	NR BREAD ROLL 2 IN 1	46	11
Week 2	Wednesday	MEAL 1	NR CHICKEN CURRY 1	3.7	15.2
Week 2	Wednesday	MEAL 1	NR GREEN BEANS	2.9	1.8
Week 2	Wednesday	MEAL 1	NR RICE	30.9	2.6
Week 2	Wednesday	MEAL 2	NR HEALTHY CHOICE BEANS	11.4	4.9
Week 2	Wednesday	MEAL 2	NR CHEDDAR CHEESE	0.1	25.1
Week 2	Wednesday	MEAL 2	NR BRAKES BAKED POTATOES(20)	31.7	3.9
Week 2	Wednesday	MEAL 2	NR TOMATO ONION AND BASIL SALAD	11.4	1.7
Week 2	Wednesday	MEAL 3	NR TOMATO ONION AND BASIL SALAD	11.4	1.7
Week 2	Wednesday	MEAL 3	NR SLICED CHICKEN	2	19
Week 2	Wednesday	MEAL 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 2	Wednesday	MEAL 3	NR EGG MAYONNAISE	1.8	9.1
Week 2	Wednesday	FRUIT CHOICE	NR GRAPES	15.2	0.7
Week 2	Wednesday	DRINK	Milk	4.7	3.4
Week 2	Wednesday	DRINK	Water	0	0
Week 2	Thursday	STARTER OR DESSERT	NR LAUGHING COW LIGHT	6	15
Week 2	Thursday	STARTER OR DESSERT	NR CHOCOLATE COOL DELIGHT	24	3.7
Week 2	Thursday	STARTER OR DESSERT	NR CREAM CRACKERS	67.7	10
Week 2	Thursday	MEAL 1	NR PEAS WESTLOTHIAN	11.3	6.9
Week 2	Thursday	MEAL 1	NR BOILED POTATOES	19.1	2.2
Week 2	Thursday	MEAL 1	NR HARRY RAMSDEN JUNIOR SALMON FILLET	13.8	12.7
Week 2	Thursday	MEAL 2	NR CHEESE TOMATO PIZZA	33.3	9.6
Week 2	Thursday	MEAL 2	NR TOMATO SAUCE SACHET	33.8	0.9
Week 2	Thursday	MEAL 2	NR MCCAINS 7/16 CHIPS	19	1.8
Week 2	Thursday	MEAL 2	NR SWEETCORN	26.6	2.9
Week 2	Thursday	MEAL 3	NR BASIC MIXED SALAD	2.9	0.8
Week 2	Thursday	MEAL 3	NR TUNA MAYONNAISE	1.6	17.8
Week 2	Thursday	MEAL 3	NR CHEDDAR CHEESE	0.1	25.1
Week 2	Thursday	MEAL 3	NR FINGER ROLL	46	9
Week 2	Thursday	FRUIT CHOICE	NR APPLE	9.9	0.3
Week 2	Thursday	DRINK	Water	0	0
Week 2	Thursday	DRINK	Milk	4.7	3.4
Week 2	Friday	MEAL 2	NR HAM SANDWICH	27.8	10.8
Week 2	Friday	MEAL 2	NR TUNA MAYO SANDWICH	25.9	12.1
Week 2	Friday	MEAL 2	NR CHEESE SANDWICH	28.9	13.3
Week 2	Friday	MEAL 3	NR CUCUMBER STICKS	1.5	0.7
Week 2	Friday	MEAL 3	NR CARROTS	4.7	0.4
Week 2	Friday	FRUIT CHOICE	NR BANANA W	23.2	1.2
Week 2	Friday	FRUIT CHOICE	NR APPLE	9.9	0.3
Week 2	Friday	FRUIT CHOICE	NR FLAPJACK	52.2	6
Week 2	Friday	DRINK	Water	0	0
Week 3	Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 3	Monday	STARTER OR DESSERT	NR BREAD ROLL 2 IN 1	46	11
Week 3	Monday	STARTER OR DESSERT	NR LEEK & POTATO SOUP	5.5	0.7
Week 3	Monday	STARTER OR DESSERT	NR YOGURT HEALTHY CHOICE	11	4.7
Week 3	Monday	Meal 1	NR MASHED POTATO SD	16.1	1.7
Week 3	Monday	Meal 1	NR PEAS WESTLOTHIAN	11.3	6.9

Week 3	Monday	Meal 1	NR GG FISH GOUJONS	19.7	12.1
Week 3	Monday	Meal 2	NR SWEETCORN COBETTES	9.5	3.6
Week 3	Monday	Meal 2	NR GARLIC AND HERB BREAD (32)	3.7	6.6
Week 3	Monday	Meal 2	NR PASTA BAKE	18.3	4.8
Week 3	Monday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Week 3	Monday	Meal 3	NR BASIC MIXED SALAD	2.9	0.8
Week 3	Monday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 3	Monday	Meal 3	NR SLICED CHICKEN	2	19
Week 3	Monday	FRUIT CHOICE	Pears	10	0.3
Week 3	Monday	DRINK	Water	0	0
Week 3	Monday	DRINK	Milk	4.7	3.4
Week 3	Tuesday	STARTER OR DESSERT	NR APPLE & BLUEBERRY SPONGE	37.6	3.9
Week 3	Tuesday	STARTER OR DESSERT	NR MINI CORN COB	9.5	3.6
Week 3	Tuesday	STARTER OR DESSERT	NR CUSTARD	8.5	0.1
Week 3	Tuesday	Meal 1	NR BABY BOILED POTATOES	14.9	1.8
Week 3	Tuesday	Meal 1	NR CARROTS	4.7	0.4
Week 3	Tuesday	Meal 1	NR MINCE	2.7	6.6
Week 3	Tuesday	Meal 2	NR CHEESE AND TOMATO PIZZA	33.3	9.6
Week 3	Tuesday	Meal 2	NR TOMATO SAUCE SACHET	33.8	0.9
Week 3	Tuesday	Meal 2	NR BRAKES POTATO WEDGES	22.6	2.4
Week 3	Tuesday	Meal 2	NR TOMATO ONION AND BASIL SALAD	11.4	1.7
Week 3	Tuesday	Meal 3	NR TOMATO ONION AND BASIL SALAD	11.4	1.7
Week 3	Tuesday	Meal 3	NR TOMATO TORTILLA WRAP	48.4	8.7
Week 3	Tuesday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Week 3	Tuesday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Week 3	Tuesday	FRUIT CHOICE	NR PLUM	9.6	0.6
Week 3	Tuesday	DRINK	Water	0	0
Week 3	Tuesday	DRINK	Milk	4.7	3.4
Week 3	Wednesday	STARTER OR DESSERT	NR BREAD ROLL 2 IN 1	46	11
Week 3	Wednesday	STARTER OR DESSERT	NR MCDUGALLS JELLY CRYSTALS	15	0.5
Week 3	Wednesday	STARTER OR DESSERT	NR SCOTCH BROTH	9.6	1.7
Week 3	Wednesday	Meal 1	NR SWEET CHILLI CHICKEN FILLET	3.3	21.5
Week 3	Wednesday	Meal 1	NR MANGETOUT	3.2	1.9
Week 3	Wednesday	Meal 1	NR GARLIC NOODLES	44.8	5.7
Week 3	Wednesday	Meal 2	NR COLESLAW	5.5	1.7
Week 3	Wednesday	Meal 2	NR MCCAINS 7/16 CHIPS	19	1.8
Week 3	Wednesday	Meal 2	NR HOTDOG ROLL	46	9
Week 3	Wednesday	Meal 2	NR QUORN FRANFURTER	4	13.5
Week 3	Wednesday	Meal 3	NR EGG MAYONNAISE	1.8	9.1
Week 3	Wednesday	Meal 3	NR SLICED CHICKEN	2	19
Week 3	Wednesday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 3	Wednesday	Meal 3	NR BASIC MIXED SALAD	2.9	0.8
Week 3	Wednesday	FRUIT CHOICE	NR NECTARINE	9.8	1
Week 3	Wednesday	DRINK	Water	0	0
Week 3	Wednesday	DRINK	Milk	4.7	3.4
Week 3	Thursday	STARTER OR DESSERT	NR TROPICAL FRUIT SALAD	9.7	0.5
Week 3	Thursday	STARTER OR DESSERT	NR GARLIC AND PARSLEY BITES	44	8.2
Week 3	Thursday	Meal 1	NR BOILED POTATOES	19.1	2.2
Week 3	Thursday	Meal 1	NR BROCOLLI	1.8	4.4
Week 3	Thursday	Meal 1	NR STEAK PIE	10.8	10.9
Week 3	Thursday	Meal 2	NR VEGETABLE SWEET & SOUR	10.2	1.3
Week 3	Thursday	Meal 2	NR BRAKES BAKED POTATOES(20)	31.7	3.9
Week 3	Thursday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Week 3	Thursday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Week 3	Thursday	Meal 3	NR GREEN SALAD	1.9	0.8
Week 3	Thursday	Meal 3	NR FINGER ROLL	46	9

Week 3	Thursday	FRUIT CHOICE	Banana	23.2	1.2
Week 3	Thursday	DRINK	Milk	4.7	3.4
Week 3	Thursday	DRINK	Water	0	0
Week 3	Friday	Meal 3	NR CUCUMBER STICKS	1.5	0.7
Week 3	Friday	Meal 3	NR APPLE	9.9	0.3
Week 3	Friday	Meal 3	NR CHEESE SANDWICH	28.9	13.3
Week 3	Friday	Meal 3	NR HAM SANDWICH	27.8	10.8
Week 3	Friday	Meal 3	NR CARROTS	4.7	0.4
Week 3	Friday	Meal 3	NR TUNA MAYO SANDWICH	25.9	12.1
Week 3	Friday	Meal 3	Banana	23.2	1.2
Week 3	Friday	FRUIT CHOICE	NR FLAPJACK	52.2	6
Week 3	Friday	DRINK	Water	0	0