

Nutritional Information for Primary School Menu - January 2024 - June 2024

Week 1	Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 1	Monday	Starter/Dessert	NR MULLER MIX A YOGHURT	7	4.9
Week 1	Monday	Starter/Dessert	NR LENTIL SOUP	8.4	2.8
Week 1	Monday	Meal 1	NR HEALTHY CHOICE BEANS	11.4	4.9
Week 1	Monday	Meal 1	NR 6" JUMBO SAUSAGE ROLL	27	6.5
Week 1	Monday	Meal 1	NR MCCAINS 7/16 CHIPS	19	1.8
Week 1	Monday	Meal 2	NR TOMATO & MASCARPONE PASTA	26.6	4.1
Week 1	Monday	Meal 2	NR SWEETCORN	26.6	2.9
Week 1	Monday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Week 1	Monday	Meal 3	NR BASIC MIXED SALAD	2.9	0.8
Week 1	Monday	Meal 3	NR EGG MAYONNAISE	1.8	9.1
Week 1	Monday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 1	Monday	Fruit choice	NR APPLE	9.9	0.3
Week 1	Monday	Drink	Water	0	0
Week 1	Monday	Drink	Milk	4.7	3.4
Week 1	Tuesday	Starter/Dessert	NR SCOTCH BROTH	9.6	1.7
Week 1	Tuesday	Starter/Dessert	NR HONEYDEW MELON	4.3	0.3
Week 1	Tuesday	Meal 1	NR BREADED HADDOCK	19	11.7
Week 1	Tuesday	Meal 1	NR MCCAINS 7/16 CHIPS	19	1.8
Week 1	Tuesday	Meal 1	NR PEAS WESTLOTHIAN	11.3	6.9
Week 1	Tuesday	Meal 2	NR QUORN VEGAN MEATBALLS	10	0
Week 1	Tuesday	Meal 2	NR GRAVY	4.3	0.2
Week 1	Tuesday	Meal 2	NR MASHED POTATO SD	16.1	1.7
Week 1	Tuesday	Meal 2	NR CARROT/TURNIP BATONS	5.5	0
Week 1	Tuesday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 1	Tuesday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Week 1	Tuesday	Meal 3	NR BASIC MIXED SALAD	2.9	0.8
Week 1	Tuesday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Week 1	Tuesday	Fruit choice	NR BANANA W	23.2	1.2
Week 1	Tuesday	Drink	Water	0	0
Week 1	Tuesday	Drink	Milk	4.7	3.4
Week 1	Wednesday	Starter/Dessert	NR SHORTBREAD	54.7	3.5
Week 1	Wednesday	Starter/Dessert	NR BABYBEL CHEESE	0	23
Week 1	Wednesday	Starter/Dessert	NR CUCUMBER STICKS	1.5	0.7
Week 1	Wednesday	Meal 1	NR SHEPHERDS PIE	11	7.2
Week 1	Wednesday	Meal 1	NR CABBAGE	2.2	1
Week 1	Wednesday	Meal 2	NR BRAKES BAKED POTATOES(20)	31.7	3.9
Week 1	Wednesday	Meal 2	NR GREEN BEANS	2.9	1.8
Week 1	Wednesday	Meal 2	NR QUORN CHILLI	4.4	6.7
Week 1	Wednesday	Meal 3	NR TOMATO TORTILLA WRAP	48.4	8.7
Week 1	Wednesday	Meal 3	NR EGG MAYONNAISE	1.8	9.1
Week 1	Wednesday	Meal 3	NR QMS HAM	0.3	23.9
Week 1	Wednesday	Meal 3	NR BASIC MIXED SALAD	2.9	0.8
Week 1	Wednesday	Fruit choice	NR SATSUMA	6	0.6
Week 1	Wednesday	Drink	Water	0	0
Week 1	Wednesday	Drink	Milk	4.7	3.4
Week 1	Thursday	Starter/Dessert	NR APPLE SPONGE	40.1	4.5
Week 1	Thursday	Starter/Dessert	NR BROCOLLI SOUP	3	1
Week 1	Thursday	Starter/Dessert	NR CUSTARD	8.5	0.1
Week 1	Thursday	Meal 1	NR BRUSSELL SPROUTS	2.5	3.5
Week 1	Thursday	Meal 1	NR BABY BOILED POTATOES	14.9	1.8
Week 1	Thursday	Meal 1	NR GRAVY	4.3	0.2
Week 1	Thursday	Meal 1	NR ROAST CHICKEN	2	22.2
Week 1	Thursday	Meal 2	NR CURRY SAUCE	10	0.8
Week 1	Thursday	Meal 2	NR THAI VEGGIE NOODLES	23.5	4.1

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Week 1	Thursday	Meal 2	NR GARLIC AND HERB BREAD (32)	3.7	6.6
Week 1	Thursday	Meal 2	NR ROASTED VEGETABLE MEDLEY	5.9	1.2
Week 1	Thursday	Meal 3	NR BASIC MIXED SALAD	2.9	0.8
Week 1	Thursday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Week 1	Thursday	Meal 3	NR FINGER ROLL	46	9
Week 1	Thursday	Meal 3	NR SLICED CHICKEN	2	19
Week 1	Thursday	Fruit choice	NR PEAR FRESH	10	0.3
Week 1	Thursday	Drink	Water	0	0
Week 1	Thursday	Drink	Milk	4.7	3.4
Week 1	Friday	Fruit choice	NR CHEESE SANDWICH PP	27.9	14.9
Week 1	Friday	Fruit choice	NR HAM SANDWICH	26	12.4
Week 1	Friday	Fruit choice	NR TUNA MAYO SANDWICH	25.2	13.4
Week 1	Friday	Fruit choice	NR CARROTS	4.7	0.4
Week 1	Friday	Fruit choice	NR GINGERBREAD MAN	76	5.2
Week 1	Friday	Fruit choice	NR CUCUMBER STICKS	1.5	0.7
Week 1	Friday	Fruit choice	NR BANANA W	23.2	1.2
Week 1	Friday	Fruit choice	NR APPLE WL	11.8	0.4
Week 1	Friday	Drink	Water	0	0
Week 2	Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 2	Monday	Meal 1	NR CARROT LENTIL SOUP	10.1	3.2
Week 2	Monday	Meal 1	NR CUSTARD	8.5	0.1
Week 2	Monday	Meal 1	NR PEACH MELBA CAKE	45.2	5.3
Week 2	Monday	Meal 2	NR SALMON FISH FINGER	17	12
Week 2	Monday	Meal 2	NR BABY BOILED POTATOES	14.9	1.8
Week 2	Monday	Meal 2	NR PEAS WESTLOTHIAN	11.3	6.9
Week 2	Monday	Meal 3	NR HEALTHY CHOICE BEANS	11.4	4.9
Week 2	Monday	Meal 3	NR BRAKES BAKED POTATOES(20)	31.7	3.9
Week 2	Monday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Week 2	Monday	Meal 4	NR CHEDDAR CHEESE	0.1	25.1
Week 2	Monday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 2	Monday	Meal 4	NR SLICED CHICKEN	2	19
Week 2	Monday	Meal 4	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 2	Monday	Meal 5	NR SATSUMA	6	0.6
Week 2	Monday	Meal 6	Milk	4.7	3.4
Week 2	Monday	Meal 6	Water	0	0
Week 2	Tuesday	Meal 1	NR LAUGHING COW LIGHT	6	15
Week 2	Tuesday	Meal 1	NR FROMAGE FRAIS	9.2	6
Week 2	Tuesday	Meal 1	NR CREAM CRACKERS	67.7	10
Week 2	Tuesday	Meal 2	Cauliflower cheese	5.8	7.5
Week 2	Tuesday	Meal 2	NR BABY BOILED POTATOES	14.9	1.8
Week 2	Tuesday	Meal 2	NR GAMMON STEAK	1.2	18.6
Week 2	Tuesday	Meal 3	NR SWEETCORN	26.6	2.9
Week 2	Tuesday	Meal 3	NR PITTA BREAD WHOLEMEAL	48.7	9.6
Week 2	Tuesday	Meal 3	NR LOADED CURRY WEDGES	11.4	3.7
Week 2	Tuesday	Meal 4	NR TOMATO TORTILLA WRAP	48.4	8.7
Week 2	Tuesday	Meal 4	NR EGG MAYONNAISE	1.8	9.1
Week 2	Tuesday	Meal 4	NR TUNA MAYONNAISE	1.6	17.8
Week 2	Tuesday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 2	Tuesday	Meal 5	NR PEAR FRESH	10	0.3
Week 2	Tuesday	Meal 6	Milk	4.7	3.4
Week 2	Tuesday	Meal 6	Water	0	0
Week 2	Wednesday	Meal 1	NR TOMATO NOODLE SOUP	8.5	0.9
Week 2	Wednesday	Meal 1	NR GARLIC AND PARSLEY BITES	44	8.2
Week 2	Wednesday	Meal 1	NR BABYBEL CHEESE	0	23
Week 2	Wednesday	Meal 2	NR GRAVY	4.3	0.2

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Week 2	Wednesday	Meal 2	NR BOILED POTATOES	19.1	2.2
Week 2	Wednesday	Meal 2	NR BRAKES BABY CARROTS	6	0.7
Week 2	Wednesday	Meal 2	NR ROAST BEEF	0	31
Week 2	Wednesday	Meal 3	NR FRANKFURTER HOT DOG ROLL	27.3	11
Week 2	Wednesday	Meal 3	NR MCCAINS 7/16 CHIPS	19	1.8
Week 2	Wednesday	Meal 3	NR COLESLAW	5.5	1.7
Week 2	Wednesday	Meal 4	NR SLICED CHICKEN	2	19
Week 2	Wednesday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 2	Wednesday	Meal 4	NR TUNA MAYONNAISE	1.6	17.8
Week 2	Wednesday	Meal 4	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 2	Wednesday	Meal 5	NR GRAPES	15.2	0.7
Week 2	Wednesday	Meal 6	Milk	4.7	3.4
Week 2	Wednesday	Meal 6	Water	0	0
Week 2	Thursday	Meal 1	NR RASPBERRY CHOCOLATE SLICE	39.6	5.5
Week 2	Thursday	Meal 1	NR MULLER MIX A YOGHURT	7	4.9
Week 2	Thursday	Meal 2	NR MASHED POTATO SD	16.1	1.7
Week 2	Thursday	Meal 2	NR BRAKES CHICKEN LINK SAUSAGE 38 G	4.8	18.6
Week 2	Thursday	Meal 2	Spaghetti in tomato sauce	14.1	1.9
Week 2	Thursday	Meal 3	NR BROCOLLI	1.8	4.4
Week 2	Thursday	Meal 3	NR BEAN HOTPOT	9.9	4.5
Week 2	Thursday	Meal 3	NR GARLIC AND HERB BREAD (32)	3.7	6.6
Week 2	Thursday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 2	Thursday	Meal 4	NR CHEDDAR CHEESE	0.1	25.1
Week 2	Thursday	Meal 4	NR EGG MAYONNAISE	1.8	9.1
Week 2	Thursday	Meal 4	NR FINGER ROLL	46	9
Week 2	Thursday	Meal 5	NR BANANA W	23.2	1.2
Week 2	Thursday	Meal 6	Water	0	0
Week 2	Thursday	Meal 6	Milk	4.7	3.4
Week 2	Friday	Meal 4	NR CARROTS	4.7	0.4
Week 2	Friday	Meal 4	NR HAM SANDWICH	26	12.4
Week 2	Friday	Meal 4	NR TUNA MAYO SANDWICH	25.2	13.4
Week 2	Friday	Meal 4	NR CHEESE SANDWICH PP	27.9	14.9
Week 2	Friday	Meal 4	NR CUCUMBER STICKS	1.5	0.7
Week 2	Friday	Meal 4	NR FLAPJACK	52.2	6
Week 2	Friday	Meal 5	NR BANANA W	23.2	1.2
Week 2	Friday	Meal 5	NR APPLE WL	11.8	0.4
Week 2	Friday	Meal 6	Water	0	0
Week 3	Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 3	Monday	Meal 1	NR COOLDELIGHT VANILLA	25	0
Week 3	Monday	Meal 1	NR LEEK & POTATO SOUP	5.5	0.7
Week 3	Monday	Meal 2	NR MCCAINS 7/16 CHIPS	19	1.8
Week 3	Monday	Meal 2	NR tasty QMS Burger	2.8	16.3
Week 3	Monday	Meal 2	NR BASIC MIXED SALAD	2.9	0.8
Week 3	Monday	Meal 2	NR SESAME BURGER BUN	47.5	9.1
Week 3	Monday	Meal 3	NR CARROTS	4.7	0.4
Week 3	Monday	Meal 3	NR RICE	30.9	2.6
Week 3	Monday	Meal 3	NR SWEET AND SOUR SAUCE	23	0
Week 3	Monday	Meal 3	NR QUORN DIPPER	12	12
Week 3	Monday	Meal 4	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 3	Monday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 3	Monday	Meal 4	NR CHEDDAR CHEESE	0.1	25.1
Week 3	Monday	Meal 4	NR TUNA MAYONNAISE	1.6	17.8
Week 3	Monday	Meal 5	NR PEAR FRESH	10	0.3

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Week 3	Monday	Meal 6	Milk	4.7	3.4
Week 3	Monday	Meal 6	Water	0	0
Week 3	Tuesday	Meal 1	NR CUCUMBER STICKS	1.5	0.7
Week 3	Tuesday	Meal 1	NR LAUGHING COW LIGHT	6	15
Week 3	Tuesday	Meal 1	NR CREAM CRACKERS	67.7	10
Week 3	Tuesday	Meal 2	NR CARROTS	4.7	0.4
Week 3	Tuesday	Meal 2	NR LONG GRAIN RICE	30.7	2.4
Week 3	Tuesday	Meal 2	NR CHAPATI	46	8.9
Week 3	Tuesday	Meal 2	NR CHICKEN KORMA B	6.2	9.7
Week 3	Tuesday	Meal 3	NR BRAKES POTATO WEDGES	22.6	2.4
Week 3	Tuesday	Meal 3	NR CHEESE AND TOMATO PIZZA	33.3	9.6
Week 3	Tuesday	Meal 3	NR HEALTHY CHOICE BEANS	11.4	4.9
Week 3	Tuesday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 3	Tuesday	Meal 4	NR TOMATO TORTILLA WRAP	48.4	8.7
Week 3	Tuesday	Meal 4	NR EGG MAYONNAISE	1.8	9.1
Week 3	Tuesday	Meal 4	NR SLICED CHICKEN	2	19
Week 3	Tuesday	Meal 5	NR APPLE	9.9	0.3
Week 3	Tuesday	Meal 6	Water	0	0
Week 3	Tuesday	Meal 6	Milk	4.7	3.4
Week 3	Wednesday	Meal 1	NR LENTIL SOUP	8.4	2.8
Week 3	Wednesday	Meal 1	NR CUSTARD	8.5	0.1
Week 3	Wednesday	Meal 1	NR APPLE CRUMBLE	25.5	1.9
Week 3	Wednesday	Meal 2	NR STEAK PIE	10.8	10.9
Week 3	Wednesday	Meal 2	Turnip	2	0.6
Week 3	Wednesday	Meal 2	NR MASHED POTATO SD	16.1	1.7
Week 3	Wednesday	Meal 3	NR VEGETARIAN SPICY PASTA	18	4.6
Week 3	Wednesday	Meal 3	NR SWEETCORN COBETTES	9.5	3.6
Week 3	Wednesday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 3	Wednesday	Meal 4	NR TUNA MAYONNAISE	1.6	17.8
Week 3	Wednesday	Meal 4	NR KINGSMILL BREAD 50/50	41.9	9.4
Week 3	Wednesday	Meal 4	NR EGG MAYONNAISE	1.8	9.1
Week 3	Wednesday	Meal 5	NR SATSUMA	6	0.6
Week 3	Wednesday	Meal 6	Water	0	0
Week 3	Wednesday	Meal 6	Milk	4.7	3.4
Week 3	Thursday	Meal 1	NR CREAM TOMATO SOUP	7.2	0.9
Week 3	Thursday	Meal 1	NR MULLER MIX A YOGHURT	7	4.9
Week 3	Thursday	Meal 2	NR YORKSHIRE PUDDING 2 IN	34.8	7.2
Week 3	Thursday	Meal 2	NR CHICKEN CASSEROLE	2.4	8.6
Week 3	Thursday	Meal 2	NR BABY BOILED POTATOES	14.9	1.8
Week 3	Thursday	Meal 2	NR BABY CARROT/GREEN BEAN/BABY CORN MEDLEY	3.9	1.7
Week 3	Thursday	Meal 3	NR CHEESEY PASTA	29.9	10.6
Week 3	Thursday	Meal 3	NR PEAS WESTLOTHIAN	11.3	6.9
Week 3	Thursday	Meal 3	NR BABY BOILED POTATOES	14.9	1.8
Week 3	Thursday	Meal 4	NR BASIC MIXED SALAD	2.9	0.8
Week 3	Thursday	Meal 4	NR CHEDDAR CHEESE	0.1	25.1
Week 3	Thursday	Meal 4	NR SLICED CHICKEN	2	19
Week 3	Thursday	Meal 4	NR FINGER ROLL	46	9
Week 3	Thursday	Meal 5	NR BANANA	15.3	0.8
Week 3	Thursday	Meal 6	Water	0	0
Week 3	Thursday	Meal 6	Milk	4.7	3.4
Week 3	Friday	Meal 4	NR CHEESE SANDWICH PP	27.9	14.9
Week 3	Friday	Meal 4	NR HAM SANDWICH	26	12.4
Week 3	Friday	Meal 4	NR TUNA MAYO SANDWICH	25.2	13.4
Week 3	Friday	Meal 4	NR GINGERBREAD MAN	76	5.2
Week 3	Friday	Meal 4	NR CARROTS	4.7	0.4

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Week 3	Friday	Meal 4	NR CUCUMBER STICKS	1.5	0.7
Week 3	Friday	Meal 5	NR BANANA	15.3	0.8
Week 3	Friday	Meal 5	NR APPLE	9.9	0.3
Week 3	Friday	Meal 6	Water	0	0