

Primary Menu • Week One

Menu available for the weeks beginning on the following dates:

14/08/2023	20/11/2023	12/02/2024	13/05/2024
28/08/2023	04/12/2023	26/02/2024	27/05/2024
11/09/2023	18/12/2023	11/03/2024	10/06/2024
25/09/2023	01/01/2024	25/03/2024	24/06/2024
23/10/2023	15/01/2024	15/04/2024	
06/11/2023	29/01/2024	29/04/2024	



School Lunches!



Monday

Vegetable soup
with bread

- ✓ Crispy quorn fajitas
with garden peas
and side salad
or

Traditional macaroni
cheese with garlic bread,
garden peas and
side salad
or

Plated garden salad
with cheese or
tuna mayonnaise
or

Filled wrap with cheese
or tuna mayonnaise,
side salad and crudité

Ice cream tub and
selection of fresh fruit

Tuesday

Lentil soup
with bread

- ✓ Vegan sausage
in a hotdog roll with
chips, sweetcorn and
side salad
or

Pork sausage
in a hotdog roll with
chips, sweetcorn and
side salad
or

Plated garden salad
with cheese or chicken
mayonnaise
or

Filled sandwich with
cheese or chicken
mayonnaise,
side salad and crudité

Fruit yoghurt and
selection of fresh fruit

Wednesday

Tomato soup
with bread

- ✓ Vegetable korma with
long-grain rice,
medley of vegetables
and side salad
or

Chicken korma with
long-grain rice,
medley of vegetables
and side salad
or

Plated garden salad with
cheese or sliced ham
or

Filled roll with
cheese or ham,
side salad and crudité

Homemade carrot sponge,
custard and selection of
fresh fruit

Thursday

Broccoli soup
with bread

- ✓ Baked potato
with a choice of
baked beans or cheese
and side salad
or

Homemade steak pie
with sliced green beans,
carrots and new potatoes
or

Plated garden salad with
cheese or turkey
or

Filled sandwich with
cheese or turkey,
side salad and crudité

Strawberry jelly,
fresh fruit salad and
selection of fresh fruit

Friday

Carrot & coriander soup
with bread

- ✓ Mediterranean
vegetable frittata
with chips, garden peas
and side salad
or

Crispy cod fillet
with chips, garden peas
and side salad
or

Plated garden salad
with cheese or egg
mayonnaise
or

Filled roll with cheese or
egg mayonnaise,
side salad and crudité

Chocolate & beetroot
muffin and selection of
fresh fruit

For information on allergens and nutritional content please visit www.fife.gov.uk/primaryschoolmeals

✓ = Vegetarian option. All soups are vegetarian



Primary Menu • Week Two

Menu available for the weeks beginning on the following dates:

21/08/2023	13/11/2023	05/02/2024	06/05/2024
04/09/2023	27/11/2023	19/02/2024	20/05/2024
18/09/2023	11/12/2023	04/03/2024	03/06/2024
02/10/2023	08/01/2024	18/03/2024	17/06/2024
30/10/2023	22/01/2024	22/04/2024	



School Lunches!



Monday

Lentil soup
with bread

✓ Baked potato with a
choice of baked beans or
cheese and side salad

or

Italian chicken meatballs
with penne pasta, medley
of vegetables and side
salad

or

Plated garden salad
with cheese or
tuna mayonnaise

or

Filled wrap with cheese
or tuna mayonnaise,
side salad and crudité

Ice cream tub and
selection of fresh fruit

Tuesday

Vegetable soup
with bread

✓ Cheese & tomato pizza
with savoury rice,
sweetcorn and side salad

or

BBQ style pulled pork
with savoury rice, pitta
bread, sweetcorn and
side salad

or

Plated garden salad
with cheese or chicken &
sweetcorn mayonnaise

or

Filled sandwich with
cheese or chicken &
sweetcorn mayonnaise,
side salad and crudité

American pancake with
blueberry compote and
selection of fresh fruit

Wednesday

Sweet potato & butternut
squash soup with bread

✓ Roasted quorn fillet in
gravy with yorkshire
pudding, mashed potatoes,
carrots and garden peas

or

Roast chicken in gravy
with yorkshire pudding,
mashed potatoes, carrots
and garden peas

or

Plated garden salad with
cheese or ham

or

Filled roll with cheese or
sliced ham, side salad and
crudité

Fruit yoghurt and
selection of fresh fruit

Thursday

Tomato soup
with bread

✓ Vegetable chilli
with long-grain rice,
corn on the cob
and side salad

or

Chilli con carne
with long-grain rice,
corn on the cob
and side salad

or

Plated garden salad
with cheese or egg
mayonnaise

or

Filled sandwich
with cheese or egg
mayonnaise, side salad
and crudité

Homemade chocolate
sponge, custard and
selection of fresh fruit

Friday

Lentil soup
with bread

✓ Oriental vegetable
stir-fry with egg noodles,
garden peas
and side salad

or

Salmon fish fingers
with chips, garden peas
and side salad

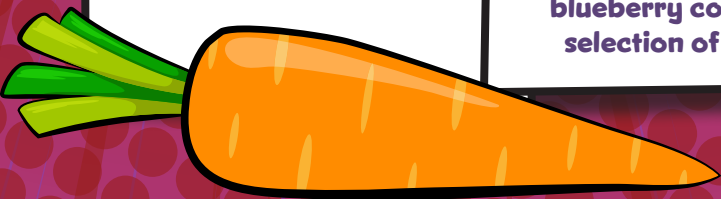
or

Plated garden salad
with cheese or turkey

or

Filled roll with cheese or
sliced turkey, side salad
and crudité

Mandarin and fresh
melon cocktail and
selection of fresh fruit



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