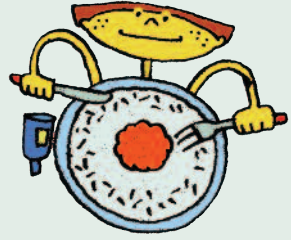


Falkirk Council Catering
Weekly Menu Plan 2015/16

Primary School Lunches



School Year
2015 - 2016



Falkirk Council

1 blue week

Blue week
dates begin;

07/09/2015

28/09/2015

19/10/2015

School Holiday

09/11/2015

30/11/2015

21/12/2015

School Holiday

11/01/2016

01/02/2016

22/02/2016

14/03/2016

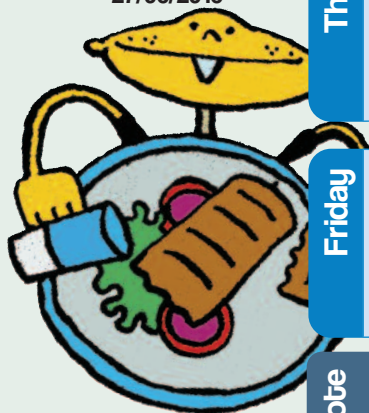
School Holiday

25/04/2016

16/05/2016

06/06/2016

27/06/2016



Monday

Option 1:	Pizza (V) & Salad
Option 2:	Breaded Chicken Fillet, Wedges & Baked Beans
Option 3:	Cold Wrap Selection, Choice of 3 Fillings (V)
Soup or Sweet:	Homemade Soup or Ice Cream
Drinks:	Plain or Flavoured Milk, Aqua Juice

Tuesday

Option 1:	Sausage (V), Baked Beans & Mash
Option 2:	Baked Potato (V), Choice of 3 Fillings
Option 3:	Finger Roll, Choice of 3 Fillings (V)
Soup or Sweet:	Homemade Soup or Home Baked Traybake
Drinks:	Plain or Flavoured Milk, Aqua Juice

Wednesday

Option 1:	Shaun the Sheep Pasta (V) & Garlic Bread
Option 2:	Steak Pie, Potatoes & Peas
Option 3:	Sandwiches, Choice of 3 Fillings (V)
Soup or Sweet:	Homemade Soup or Frozen Yoghurt
Drinks:	Plain or Flavoured Milk, Aqua Juice

Thursday

Option 1:	Salmon Fish Finger, Mix Veg & Diced Potatoes
Option 2:	Vegetarian Tikka Curry (V) & Rice & Naan Bread
Option 3:	Hotdog Roll & Tomato Sauce
Soup or Sweet:	Homemade Soup or Milk Pudding
Drinks:	Plain or Flavoured Milk, Aqua Juice

Friday

Option 1:	Chicken Fillet & Gravy, Carrots & Potatoes
Option 2:	Penne Bolognaise
Option 3:	Baguette, Choice of 3 Fillings (V)
Soup or Sweet:	Homemade Soup or Sponge & Custard
Drinks:	Plain or Flavoured Milk, Aqua Juice

Please Note

A daily bread basket, a selection of three salads, and water are offered free to all pupils using the School Meal Service at lunchtime. Fresh fruit and yoghurts are available daily as an alternative to the sweet option.

Option 1 & 2 offers a main course and either soup or sweet
Option 3 includes soup and sweet.

2 green week

Green week
dates begin;

14/09/2015

05/10/2015

School Holiday

26/10/2015

16/11/2015

07/12/2016

School Holiday

18/01/2016

08/02/2016

29/02/2016

21/03/2016

School Holiday

02/05/2016

23/05/2016

13/06/2016

Monday

- Option 1: Chicken or Vegetable & Chickpea Curry, Rice (V) & Naan Bread
 Option 2: Fish & Chips & Peas
 Option 3: Cheese Panini (V)
 Soup or Sweet: Homemade Soup or Homemade Muffins
 Drinks: Plain or Flavoured Milk, Aqua Juice

Tuesday

- Option 1: Macaroni, Sliced Tomato & Crusty Bread
 Option 2: Roast of the Day, Mashed Potatoes & Carrots
 Option 3: Baguette, Choice of 3 Fillings (V)
 Soup or Sweet: Homemade Soup or Ice Cream Tub
 Drinks: Plain Or Flavoured Milk, Aqua Juice

Wednesday

- Option 1: Meatballs & Pasta
 Option 2: Pizza & Salad (V)
 Option 3: Sandwiches, Choice of 3 Fillings (V)
 Soup or Sweet: Homemade Soup or Sponge & Custard
 Drinks: Plain or Flavoured Milk, Aqua Juice

Thursday

- Option 1: Baked Potato, Choice of 3 Fillings (V)
 Option 2: Sweet & Sour Pork Noodles
 Option 3: Square Sausage in Roll
 Soup or Sweet: Homemade Soup or Frozen Yoghurt
 Drinks: Plain or Flavoured Milk, Aqua Juice

Friday

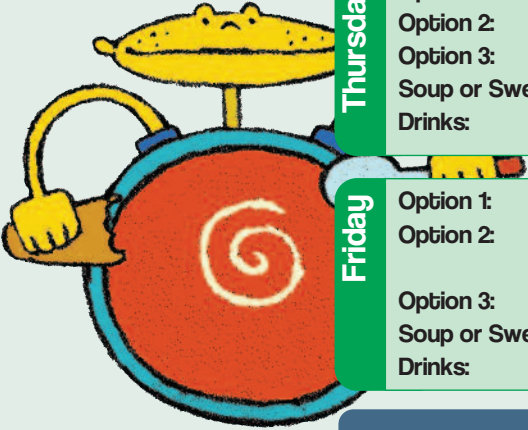
- Option 1: Lasagne Salad & Garlic Bread
 Option 2: Vegetable Pakora (V), Chilli Sauce, Potato Wedges & Salad
 Option 3: Hot Chicken Finger in Roll
 Soup or Sweet: Homemade Soup or Jelly & Fruit
 Drinks: Plain or Flavoured Milk, Aqua Juice

Please Note

(V) Identifies that a vegetarian or vegetarian alternative is available

Our homemade soups, except Chicken Noodle are made with vegetable stock and are therefore suitable for vegetarians

A vegetarian filling will always be included as part of our sandwich, baguette, wrap and baked potato options .



3 yellow week

Yellow week
dates begin;

21/09/2015
School Holiday

02/11/2015

23/11/2015

14/12/2015

School Holiday

04/01/2016

25/01/2016

15/02/2016

07/03/2016

28/03/2016

School Holiday

18/04/2016

09/05/2016

30/05/2016

20/06/2016



Monday	Option 1:	Fish Goujons, Spaghetti Hoops & Waffles
	Option 2:	Hot Pitta Pockets with Roasted Vegetables (V) & Shaved Beef
	Option 3:	Burger On A Bun (V) Tomato Sauce
	Soup or Sweet:	Homemade Soup or Fruit Crumble
Drinks:	Plain or Flavoured Milk, Aqua Juice	

Tuesday	Option 1:	Pizza (V) & Salad
	Option 2:	Baked Potato with Chilli Mince or 3 Bean Chilli (V)
	Option 3:	Filled Sandwich, Choice of 3 Fillings
	Soup or Sweet:	Homemade Soup or Chocolate Krispie
Drinks:	Plain or Flavoured Milk, Aqua Juice	

Wednesday	Option 1:	Sausage (V), Mash & Veg
	Option 2:	Chicken Pie, Mash Potato & Veg
	Option 3:	Cheese Panini (V)
	Soup or Sweet:	Homemade Soup or Frozen Yoghurt
Drinks:	Plain or Flavoured Milk, Aqua Juice	

Thursday	Option 1:	Roast Of The Day, Broccoli & Boiled Potatoes
	Option 2:	Shaun the Sheep Pasta (V) & Garlic Bread
	Option 3:	Breaded Chicken Grill in Roll
	Soup or Sweet:	Homemade Soup or Victoria Sponge
Drinks:	Plain or Flavoured Milk, Aqua Juice	

Friday	Option 1:	Macaroni Cheese (V)
	Option 2:	Sliced Tomato & Crusty Bread
	Option 3:	Fish & Chips & Peas
	Soup or Sweet:	Baguette, Choice of 3 Fillings (V)
Drinks:	Homemade Soup or Jelly & Fruit	
		Plain or Flavoured Milk, Aqua Juice

Please Note A vegetarian filling will always be included as part of our sandwich, baguette, wrap and baked potato options .

For further information relating to School Meals contact catering@falkirk.gov.uk or www.falkirk.gov.uk/primaryschoollunches.

All menu items provided on this menu planner are subject to availability.

If you require specific information on the ingredients or allergen content of any of the foods provided on the menu planner please email catering@falkirk.gov.uk.