

Nutritional Information for Primary School Menu -August 2024 to June 2025

Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 1				
Monday	STARTER OR DESSERT	NR LENTIL SOUP	8.5	2.8
Monday	STARTER OR DESSERT	NR BREAD ROLL 2 IN 1	46	11
Monday	STARTER OR DESSERT	NR FROMAGE FRAIS	9.2	6
Monday	Meal 1	NR BREADED HADDOCK	18.8	11.6
Monday	Meal 1	NR MCCAINS 7/16 CHIPS	19	1.8
Monday	Meal 1	NR PEAS WESTLOTHIAN	11.3	6.9
Monday	Meal 2	NR VEGGIE 6" SAUSAGE ROLL	27	8.2
Monday	Meal 2	NR HEALTHY CHOICE BEANS	14	4.3
Monday	Meal 2	NR MASHED POTATO SD	16.1	1.7
Monday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Monday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Monday	Meal 3	NR SLICED CHICKEN	2	19
Monday	Meal 3	NR CUCUMBER AND PINEAPPLE SALAD	6.4	0.5
Monday	FRUIT CHOICE	NR BANANA	15.3	0.8
Monday	DRINK	Milk	4.7	3.4
Monday	DRINK	Water	0	0
Tuesday	STARTER OR DESSERT	NR PEACH MELBA CAKE	47.8	5.6
Tuesday	STARTER OR DESSERT	NR BABYBEL CHEESE	0	26.7
Tuesday	STARTER OR DESSERT	NR CUCUMBER STICKS	1.5	0.7
Tuesday	STARTER OR DESSERT	NR CUSTARD	12.8	3.2
Tuesday	Meal 1	NR ROAST CHICKEN	2	22.2
Tuesday	Meal 1	NR BOILED POTATOES	19.1	2.2
Tuesday	Meal 1	NR YORKSHIRE PUDDING 2 IN	34.8	7.2
Tuesday	Meal 1	NR BROCCOLI AND CAULIFLOWER MIX	3.1	1.9
Tuesday	Meal 2	NR BRAKES BAKED POTATOES(20)	31.7	3.9
Tuesday	Meal 2	NR QUORN MAYO	3	9.5
Tuesday	Meal 2	NR GREEN SALAD	1.9	0.8
Tuesday	Meal 3	NR TOMATO TORTILLA WRAP	48.4	8.7
Tuesday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Tuesday	Meal 3	NR QMS HAM 2021	0.3	23.9
Tuesday	Meal 3	NR GREEN SALAD	1.9	0.8
Tuesday	FRUIT CHOICE	NR SATSUMA	6	0.6
Tuesday	DRINK	Milk	4.7	3.4
Tuesday	DRINK	Water	0	0
Wednesday	STARTER OR DESSERT	NR TOMATO RED PEPPER SOUP	3.5	0.7
Wednesday	STARTER OR DESSERT	NR BREADSTICKS	69	9
Wednesday	STARTER OR DESSERT	NR MCDUGALLS JELLY CRYSTALS	15	0.5
Wednesday	Meal 1	NR CHICKEN TIKKA STRIPS	3.1	22
Wednesday	Meal 1	NR PITTA BREAD WHOLEMEAL	49	9.6
Wednesday	Meal 1	NR BASIC MIXED SALAD	3.1	0.8
Wednesday	Meal 1	NR COLESLAW	5.5	1.7
Wednesday	Meal 2	NR TOMATO FRESH	3	0.5
Wednesday	Meal 2	NR BREAD ROLL 2 IN 1	46	11
Wednesday	Meal 2	NR HOMEMADE CHEESEY PASTA	16.7	6.7
Wednesday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Wednesday	Meal 3	NR SLICED CHICKEN	2	19
Wednesday	Meal 3	NR EGG MAYONNAISE	1.8	9.1
Wednesday	Meal 3	NR BASIC MIXED SALAD	3.1	0.8
Wednesday	FRUIT CHOICE	NR GRAPES	15.2	0.7
Wednesday	DRINK	Milk	4.7	3.4
Wednesday	DRINK	Water	0	0
Thursday	STARTER OR DESSERT	NR VEGETABLE SAMOSA	23.5	3.7
Thursday	STARTER OR DESSERT	NR SPICY ONION	32	3.1
Thursday	STARTER OR DESSERT	NR COOLDELIGHT VANILLA	25	0
Thursday	Meal 1	NR BEEF HOTPOT	4.9	6
Thursday	Meal 1	NR MASHED POTATO SD	16.1	1.7
Thursday	Meal 1	NR CARROT/TURNIP BATONS	5.5	0
Thursday	Meal 2	NR VEGETABLE DHANSAK ()	11.4	4.6
Thursday	Meal 2	NR RICE	30.9	2.6

Carbohydrate information per 100grams, not per portion

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Thursday	Meal 2	NR CHAPATI	46	8.9
Thursday	Meal 2	NR GREEN BEANS	2.9	1.8
Thursday	Meal 3	NR FINGER ROLL	46	9
Thursday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Thursday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Thursday	Meal 3	NR GRATED CARROT SALAD	16.6	1.1
Thursday	FRUIT CHOICE	NR HONEYDEW MELON	4.3	0.3
Thursday	DRINK	Milk	4.7	3.4
Thursday	DRINK	Water	0	0
Friday	Meal 3	NR HAM SANDWICH PP	26	12.4
Friday	Meal 3	NR TUNA MAYO SANDWICH PP	25.2	13.4
Friday	Meal 3	NR CHEESE SANDWICH	28.9	13.3
Friday	Meal 3	NR CARROTS	4.7	0.4
Friday	Meal 3	NR CUCUMBER STICKS	1.5	0.7
Friday	Meal 3	NR APPLE	9.9	0.3
Friday	Meal 3	NR BANANA	15.3	0.8
Friday	FRUIT CHOICE	NR FLAPJACK	52.2	6
Friday	DRINK	Water	0	0

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Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 2				
Monday	STARTER OR DESSERT	NR LENTIL SOUP	8.5	2.8
Monday	STARTER OR DESSERT	NR FROMAGE FRAIS	9.2	6
Monday	MEAL 1	NR BRAKES CHICKEN LINK SAUSAGE 38 G	4.8	18.6
Monday	MEAL 1	NR HEALTHY CHOICE BEANS	14	4.3
Monday	MEAL 1	NR MASHED POTATO SD	16.1	1.7
Monday	MEAL 2	NR BRAKES BAKED POTATOES(20)	31.7	3.9
Monday	MEAL 2	NR CHEDDAR CHEESE	0.1	25.1
Monday	MEAL 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Monday	MEAL 3	NR SLICED CHICKEN	2	19
Monday	MEAL 3	NR TUNA MAYONNAISE	1.6	17.8
Monday	FRUIT /VEG	NR BANANA W	23.2	1.2
Monday	FRUIT /VEG	NR COLESLAW	5.5	1.7
Monday	FRUIT /VEG	NR BASIC MIXED SALAD	3.1	0.8
Monday	DRINK	Water	0	0
Monday	DRINK	Milk	4.7	3.4
Tuesday	STARTER OR DESSERT	NR BRAKES VEGGIE MINI SPRING ROLL	30	4.1
Tuesday	STARTER OR DESSERT	NR SHORTBREAD	54.7	3.5
Tuesday	MEAL 1	NR CHICKEN CURRY 1	8.3	12.2
Tuesday	MEAL 1	NR RICE	30.9	2.6
Tuesday	MEAL 2	NR THAI VEGGIE NOODLES	23.5	4.1
Tuesday	MEAL 3	NR TOMATO TORTILLA WRAP	48.4	8.7
Tuesday	MEAL 3	NR HAM	0.3	23.9
Tuesday	MEAL 3	NR CHEDDAR CHEESE	0.1	25.1
Tuesday	FRUIT /VEG	NR SATSUMA	6	0.6
Tuesday	FRUIT /VEG	NR BROCCOLI AND CAULIFLOWER MIX	3.1	1.9
Tuesday	FRUIT /VEG	NR BASIC MIXED SALAD	3.1	0.8
Tuesday	DRINK	Water	0	0
Tuesday	DRINK	Milk	4.7	3.4
Wednesday	STARTER OR DESSERT	NR CREAM TOMATO SOUP	7.1	0.9
Wednesday	STARTER OR DESSERT	NR BROWNIE	49.8	4.4
Wednesday	MEAL 1	NR ROAST BEEF	0	31
Wednesday	MEAL 1	NR GRAVY	4.3	0.2
Wednesday	MEAL 1	NR 3" YORKSHIRE PUDDING	35	8.7
Wednesday	MEAL 1	NR BABY BOILED POTATOES	14.9	1.8
Wednesday	MEAL 2	NR QUORN VEGAN MEATBALLS 2	10	13
Wednesday	MEAL 2	NR TOMATO AND BASIL SAUCE	7.9	0.8
Wednesday	MEAL 2	NR SPAGHETTI	37.2	5.5
Wednesday	MEAL 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Wednesday	MEAL 3	NR SLICED CHICKEN	2	19
Wednesday	MEAL 3	NR EGG MAYONNAISE	1.8	9.1
Wednesday	FRUIT /VEG	NR GRAPES	15.2	0.7
Wednesday	FRUIT /VEG	NR GREEN BEANS	2.9	1.8
Wednesday	FRUIT /VEG	NR BASIC MIXED SALAD	3.1	0.8
Wednesday	DRINK	Water	0	0
Wednesday	DRINK	Milk	4.7	3.4
Thursday	STARTER OR DESSERT	NR CREAM CRACKERS	67.7	9.3
Thursday	STARTER OR DESSERT	NR LAUGHING COW LIGHT	6	15
Thursday	STARTER OR DESSERT	NR CHOCOLATE MOUSSE	2.3	0.7
Thursday	MEAL 1	NR SALMON NIBBLES	18.6	14.3
Thursday	MEAL 1	NR MCCAINS 7/16 CHIPS	19	1.8
Thursday	MEAL 1	NR TOMATO SAUCE SACHET	33.8	0.9
Thursday	MEAL 2	NR CHEESE TOMATO PIZZA	33.3	9.6
Thursday	MEAL 2	NR MCCAINS 7/16 CHIPS	19	1.8
Thursday	MEAL 2	NR TOMATO SAUCE SACHET	33.8	0.9
Thursday	MEAL 3	NR FINGER ROLL	46	9
Thursday	MEAL 3	NR TUNA MAYONNAISE	1.6	17.8
Thursday	MEAL 3	NR CHEDDAR CHEESE	0.1	25.1
Thursday	FRUIT /VEG	NR APPLE WL	11.8	0.4
Thursday	FRUIT /VEG	NR PEAS WESTLOTHIAN	11.3	6.9
Thursday	FRUIT /VEG	NR BASIC MIXED SALAD	3.1	0.8
Thursday	DRINK	Water	0	0

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Thursday	DRINK	Milk	4.7	3.4
Friday	MEAL 2	NR HAM SANDWICH PP	26	12.4
Friday	MEAL 2	NR CHEESE SANDWICH PP	27.9	14.7
Friday	MEAL 2	NR TUNA MAYO SANDWICH PP	25.2	13.4
Friday	MEAL 3	NR FLAPJACK	52.2	6
Friday	FRUIT /VEG	NR APPLE WL	11.8	0.4
Friday	FRUIT /VEG	NR BANANA W	23.2	1.2
Friday	FRUIT /VEG	NR CUCUMBER STICKS	1.5	0.7
Friday	FRUIT /VEG	NR CARROTS	4.7	0.4
Friday	DRINK	Water	0	0

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Day	Meal Occasion Name	Dish Name	Carbohydrates (g)	Protein (g)
Week 3				
Monday	STARTER OR DESSERT	NR LEEK & POTATO SOUP	5.5	0.7
Monday	STARTER OR DESSERT	NR YOGURT HEALTHY CHOICE	11	4.7
Monday	Meal 1	NR GG FISH GOUJONS	19.7	12.1
Monday	Meal 1	NR MASHED POTATO SD	16.1	1.7
Monday	Meal 2	NR PASTA BAKE	18.3	4.8
Monday	Meal 2	NR BREAD ROLL 2 IN 1	46	11
Monday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Monday	Meal 3	NR SLICED CHICKEN	2	19
Monday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Monday	FRUIT/VEG CHOICE	NR PEAR FRESH	10	0.3
Monday	FRUIT/VEG CHOICE	NR PEAS WESTLOTHIAN	11.3	6.9
Monday	FRUIT/VEG CHOICE	NR BASIC MIXED SALAD	3.1	0.8
Monday	DRINK	Water	0	0
Monday	DRINK	Milk	4.7	3.4
Tuesday	STARTER OR DESSERT	NR APPLE CRUMBLE	25.5	1.8
Tuesday	STARTER OR DESSERT	NR CUSTARD	12.8	3.2
Tuesday	STARTER OR DESSERT	NR CUCUMBER STICKS	1.5	0.7
Tuesday	Meal 1	NR MINCE	2.7	6.6
Tuesday	Meal 1	NR BABY BOILED POTATOES	14.9	1.8
Tuesday	Meal 2	NR BRAKES POTATO WEDGES	22.6	2.4
Tuesday	Meal 2	NR TOMATO SAUCE SACHET	33.8	0.9
Tuesday	Meal 2	NR COSMO MARGHERITA PIZZA *	32	10
Tuesday	Meal 3	NR TOMATO TORTILLA WRAP	48.4	8.7
Tuesday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Tuesday	Meal 3	NR EGG MAYONNAISE	1.8	9.1
Tuesday	FRUIT/VEG CHOICE	NR PLUM	9.6	0.6
Tuesday	FRUIT/VEG CHOICE	NR CARROTS	4.7	0.4
Tuesday	FRUIT/VEG CHOICE	NR BASIC MIXED SALAD	3.1	0.8
Tuesday	DRINK	Water	0	0
Tuesday	DRINK	Milk	4.7	3.4
Wednesday	STARTER OR DESSERT	NR SCOTCH BROTH	9.6	1.7
Wednesday	STARTER OR DESSERT	NR MCDOUGALLS JELLY CRYSTALS	15	0.5
Wednesday	Meal 1	NR GOLDEN CHICKEN BITES	13.4	14.3
Wednesday	Meal 1	NR GARLIC NOODLES	44.8	5.7
Wednesday	Meal 2	NR HOTDOG ROLL	46	9
Wednesday	Meal 2	NR QUORN FRANFURTER	4	13.5
Wednesday	Meal 2	NR MCCAINS 7/16 CHIPS	19	1.8
Wednesday	Meal 3	NR KINGSMILL BREAD 50/50	41.9	9.4
Wednesday	Meal 3	NR SLICED CHICKEN	2	19
Wednesday	Meal 3	NR EGG MAYONNAISE	1.8	9.1
Wednesday	FRUIT/VEG CHOICE	NR NECTARINE	9.8	1
Wednesday	FRUIT/VEG CHOICE	NR MANGETOUT	3.2	1.9
Wednesday	FRUIT/VEG CHOICE	NR BASIC MIXED SALAD	3.1	0.8
Wednesday	DRINK	Water	0	0
Wednesday	DRINK	Milk	4.7	3.4
Thursday	STARTER OR DESSERT	NR BREADSTICKS	69	9
Thursday	STARTER OR DESSERT	NR SOFT CHEESE PORTION	4.3	5.4
Thursday	STARTER OR DESSERT	NR STRAWBERRY MOUSSE	2.3	0.8
Thursday	Meal 1	NR STEAK PIE	10.8	10.9
Thursday	Meal 1	NR BOILED POTATOES	19.1	2.2
Thursday	Meal 2	NR QUORN SWEET AND SOUR	14.2	5.7
Thursday	Meal 2	NR RICE	30.9	2.6
Thursday	Meal 3	NR FINGER ROLL	46	9
Thursday	Meal 3	NR TUNA MAYONNAISE	1.6	17.8
Thursday	Meal 3	NR CHEDDAR CHEESE	0.1	25.1
Thursday	FRUIT/VEG CHOICE	NR BANANA W	23.2	1.2
Thursday	FRUIT/VEG CHOICE	NR GREEN BEANS	2.9	1.8

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Thursday	FRUIT/VEG CHOICE	NR BASIC MIXED SALAD	3.1	0.8
Thursday	DRINK	Water	0	0
Thursday	DRINK	Milk	4.7	3.4
Friday	Meal 3	NR HAM SANDWICH PP	26	12.4
Friday	Meal 3	NR CHEESE SANDWICH PP	27.9	14.7
Friday	Meal 3	NR TUNA MAYO SANDWICH PP	25.2	13.4
Friday	Meal 3	NR FLAPJACK	52.2	6
Friday	FRUIT/VEG CHOICE	NR CARROTS	4.7	0.4
Friday	FRUIT/VEG CHOICE	NR CUCUMBER STICKS	1.5	0.7
Friday	FRUIT/VEG CHOICE	NR APPLE WL	11.8	0.4
Friday	FRUIT/VEG CHOICE	NR BANANA W	23.2	1.2
Friday	DRINK	Water	0	0