



Primary School Menus

Spring & Summer 2011

School Menu News

School meals across Aberdeenshire continue to provide excellent value for money for all pupils who take their full daily entitlement. Menus on offer are nutritionally analysed to ensure compliance with Scottish Government requirements and contribute significantly towards a pupils' daily intake of essential nutrients.

Menus are prepared following consultation with School Cooks from kitchens across Aberdeenshire who know which menu choices prove popular with pupils. We are always looking to improve the service we offer and are introducing new menu items on a regular basis to provide fresh and wholesome choices each day.

Vegetarian Meal List

Please inform your School Cook if you are a vegetarian.

Week 1

- Monday *Vegetarian Sausage Roll
- Tuesday Cheese & Tomato Pizza
- Wednesday *Quorn Curry
- Thursday *Egg Salad
- Friday *Vegetable Burger in a Bun



Week 2

- Monday *Quorn Mince Casserole
- Tuesday Macaroni & Cheese
- Wednesday Cheese Wheels
- Thursday Baked Potato & Cheddar Cheese
- Friday *Vegetable Burger in a Bun



Week 3

- Monday *Quorn Casserole
- Tuesday Cheese & Tomato Pizza
- Wednesday Baked Potato & Egg Mayonnaise
- Thursday *Quorn Sausages
- Friday Baked Potato & Cheddar Cheese



Week 4

- Monday *Quorn Fajitas
- Tuesday Baked Potato with Cheddar Cheese
- Wednesday *Quorn Sausages
- Thursday *Quorn Curry
- Friday Macaroni Cheese

* Choices on these days are required to be pre-ordered.



My School Lunch Menu



Baked potatoes feature daily as a Main course option.

Week 1 commencing

18th April, 16th May, 13th June, 22nd August and 19th September 2011

A selection of Bread and fresh Green Salad are included as part of a School Meal

Monday

Mild Mexican Mince
Broccoli Florets
Pitta Bread

Sausage Roll
Baked Beans
Mashed Potatoes

Baked Potato with
Cheddar Cheese (V)

'The Sandwich Tray'

Cheddar Cheese (V)
Tuna Mayonnaise
in a
Selection of Breads

Grapes
Cocktail Sausage Roll

Fresh Fruit Selection
Cheese & Biscuits
Angel Delight with
Fruit

Tuesday

Soup of the Day
with
Cheese & Tomato Pizza (V)
Vegetable Sticks
Spaghetti Hoops

Braised Steak
Shredded Cabbage
Boiled Potatoes

Baked Potato with
Chicken Mayonnaise

'The Soup & Sandwich Tray'

Chicken
Tuna Mayonnaise
in a
Selection of Breads

Vegetable Sticks
Pizza Finger (V)

Fresh Fruit Selection
Cheese & Biscuits
Assorted Yoghurts

Wednesday

Breaded Haddock
Baked Beans
Chips

Chicken Curry
Garden Peas
Long Grain Rice

Baked Potato with
Cheddar Cheese (V)

'The Sandwich Tray'

Wafer Thin Ham
Cheddar Cheese (V)
in a
Selection of Breads

Melon Wedge
Pasta Salad

Fresh Fruit Selection
Cheese & Biscuits
Iced Sponge with
Custard

Thursday

Roast Chicken in
Gravy with Mealie
Sliced Carrots
Roast Potatoes

Ham Salad
Sliced Beetroot
Potato Salad

Baked Potato with
Egg Mayonnaise (V)

'The Sandwich Tray'

Egg (V)
Tuna Mayonnaise
in a
Selection of Breads

Tomato Wedges
Potato Salad

Fresh Fruit Selection
Cheese & Biscuits
Chocolate Cracknel with
Custard

Friday

Beef Burger in a Bun
Coleslaw
Pasta Shapes

Chicken Chow Mein
Sweetcorn
Crusty Bread

Baked Potato with
Tuna Mayonnaise

'The Sandwich Tray'

Soft Cheese (V)
Tuna Mayonnaise
in a
Selection of Breads

Coleslaw
Pasta Shapes

Fresh Fruit Selection
Assorted Yoghurts
Fruit Sorbet with Fruit
Salad

Menus may be subject to change without notice due to unforeseen circumstances





My School Lunch Menu



Baked potatoes feature daily as a Main course option.

Week 2 commencing

25th April, 23rd May, 20th June, 29th August and 26th September 2011

A selection of Bread and fresh Green Salad are included as part of a School Meal

Monday

Steak Mince
Sliced Carrots
Mashed Potatoes

Baked Fish Nuggets
Coleslaw
Pasta Shapes

Baked Potato with Egg Mayonnaise (V)

'The Sandwich Tray'

Egg (V)
Cheddar Cheese (V)
in a
Selection of Breads

Coleslaw
Pasta Shapes

Fresh Fruit Selection
Cheese & Biscuits
Toffee Banana Cake
with Custard

Tuesday

Chicken Fajitas
Sweetcorn
Potato Wedges

Macaroni Cheese (V)
Sliced Beetroot
Crusty Bread

Baked Potato with Tuna Mayonnaise

'The Sandwich Tray'

Ham
Tuna Mayonnaise
in a
Selection of Breads

Sweetcorn
Potato Salad

Fresh Fruit Selection
Cheese & Biscuits
Jelly with Fruit

Wednesday

Grilled Sausages
Grated Carrots
Mashed Potatoes

Cheese Wheels (V)
Garden Peas
Spaghetti Hoops

Baked Potato with Chicken Mayonnaise

'The Sandwich Tray'

Chicken
Tuna Mayonnaise
in a
Selection of Breads

Melon Wedge
Sausage Bite

Fresh Fruit Selection
Assorted Yoghurts
Carrot Cake with Custard

Thursday

Soup of the Day with Hot Roast Pork with Apple Sauce and Gravy

Broccoli Florets
Roast Potatoes

Chicken Pie
Sweetcorn
Boiled Potatoes

Baked Potato with Cheddar Cheese (V)

'The Soup & Sandwich Tray'

Soft Cheese (V)
Tuna Mayonnaise
in a

Selection of Breads

Grapes
Mini Cheese Wheel

Fresh Fruit Selection
Cheese & Biscuits
Assorted Yoghurts

Friday

Turkey Steak in a Bun
Baked Beans
Pasta Shapes

Beef Lasagne
Garden Peas
Pitta Bread

Baked Potato with Tuna Mayonnaise

'The Sandwich Tray'

Cheddar Cheese (V)
Tuna Mayonnaise
in a
Selection of Breads

Grated Carrots
Pasta Shapes

Fresh Fruit Selection
Cheese & Biscuits
Shortbread with
Milk Shake

Menus may be subject to change without notice due to unforeseen circumstances





My School Lunch Menu



Baked potatoes feature daily as a Main course option.

Week 3 commencing

2nd May, 30th May, 27th June, 5th September and 3rd October 2011

A selection of Bread and fresh Green Salad are included as part of a School Meal

Monday

Breaded Haddock
Sliced Beetroot
Chips

Braised Steak
Garden Peas
Crusty Bread

Baked Potato with
Chicken Mayonnaise

'The Sandwich Tray'

Chicken
Cheddar Cheese (V)
in a
Selection of Breads

Melon Wedge
Pasta Shapes

Fresh Fruit Selection
Assorted Yoghurts
Chocolate Crispie
with Custard

Tuesday

Chicken Balti
Sweetcorn
Long Grain Rice

**Cheese & Tomato
Pizza (V)**
Baked Beans
Mashed Potatoes

Baked Potato with
Tuna Mayonnaise

'The Sandwich Tray'

Wafer Thin Ham
Tuna Mayonnaise
in a
Selection of Breads

Sweetcorn
Pizza Finger

Fresh Fruit Selection
Cheese & Biscuits
Peach Melba

Wednesday

**Roast Turkey in Gravy
with Mealie**
Sliced Carrots
Roast Potatoes

Ham Tagliatelle
Broccoli Florets
Crusty Bread

Baked Potato with
Egg Mayonnaise (V)

'The Sandwich Tray'

Egg (V)
Tuna Mayonnaise
in a
Selection of Breads

Grated Carrots
Potato Salad

Fresh Fruit Selection
Cheese & Biscuits
Upside Down Sponge
with Custard

Thursday

Grilled Sausages
Baked Beans
Mashed Potatoes

Sweet & Sour Chicken
Sweetcorn
Long Grain Rice

Baked Potato with
Tuna Mayonnaise

'The Sandwich Tray'

Soft Cheese (V)
Tuna Mayonnaise
in a
Selection of Breads

Grapes
Pasta Salad

Fresh Fruit Selection
Cheese & Biscuits
Fruit Muffin with Milk

Friday

**Lentil Soup
with**

Hot Dog & Bun
Vegetable Sticks
Spaghetti Hoops

Steak Mince
Shredded Cabbage
Boiled Potatoes

Baked Potato with
Cheddar Cheese (V)

The Soup & Sandwich Tray

Cheddar Cheese (V)
Tuna Mayonnaise
in a
Selection of Breads

Vegetable Sticks
Cocktail Sausage Roll

Fresh Fruit Selection
Assorted Yoghurts
Cheese & Biscuits

Menus may be subject to change without notice due to unforeseen circumstances





My School Lunch Menu



Baked potatoes feature daily as a Main course option.

Week 4 commencing

9th May, 6th June, 15th August and 12th September 2011

A selection of Bread and fresh Green Salad are included as part of a School Meal

Monday

Baked Fish Nuggets
Baked Beans
Mashed Potatoes

Chicken Fajitas
Garden Peas
Pasta Shapes

Baked Potato with Egg Mayonnaise (V)

'The Sandwich Tray'

Egg (V)
Wafer Thin Ham
in a
Selection of Breads

Melon Wedge
Pasta Shapes

Fresh Fruit Selection
Cheese & Biscuits
Ice Cream with Fruit

Tuesday

Soup of the Day with Spaghetti Bolognaise
Sliced Carrots

Turkey in a Bun
Coleslaw
Pasta Shapes

Baked Potato with Cheddar Cheese (V)

The Soup & Sandwich Tray

Tuna Mayonnaise
Cheddar Cheese (V)
in a
Selection of Breads

Coleslaw
Pitta Bread Wedge

Fresh Fruit Selection
Assorted Yoghurts
Cheese & Biscuits

Wednesday

Grilled Sausages
Baked Beans
Chips

Chicken & Ham Brunch
Sweetcorn
Crusty Bread

Baked Potato with Chicken Mayonnaise

'The Sandwich Tray'

Chicken
Tuna Mayonnaise
in a
Selection of Breads

Sweetcorn
Sausage Bite

Fresh Fruit Selection
Cheese & Biscuits
Chocolate Yoghurt Cake
with Custard

Thursday

Roast Beef with Gravy
Shredded Cabbage
Roast Potatoes

Chicken Curry
Grated Carrots
Long Grain Rice

Baked Potato with Tuna Mayonnaise

'The Sandwich Tray'

Soft Cheese (V)
Tuna Mayonnaise
in a
Selection of Breads

Grated Carrots
Rice Salad

Fresh Fruit Selection
Assorted Yoghurts
Iced Gingerbread with
Custard

Friday

BBQ Pork
Broccoli Florets
Noodles

Macaroni Cheese (V)
Sliced Beetroot
Crusty Bread

Baked Potato with Chicken Mayonnaise

'The Sandwich Tray'

Chicken
Tuna Mayonnaise
in a
Selection of Breads

Grapes
Pasta Salad

Fresh Fruit Selection
Cheese & Biscuits
Jelly with Fruit

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Try this Feature Recipe at home with Mum & Dad!

Toffee Banana Cake

Ingredients

The Cake

250g Self-raising Flour
300g Banana (chopped)
130g Caster Sugar
125g Margarine
2 Eggs

The Sauce

100g Condensed Milk
32g Margarine
12g Syrup
10g Caster Sugar



Method

1. Sieve the flour thoroughly.
2. Mix/cream the sugar and margarine in a bowl until light & fluffy.
3. Stir one tablespoon of flour into the eggs and add the mixture.
4. Add in remaining flour and the chopped bananas.
5. Place the mixture into a greased baking tin and bake at 180-190C, 350-375F/ gas mark 4/5 for 35 minutes.
6. Place all the Sauce ingredients into a plastic bowl. Heat in microwave oven at full power for 45 second intervals stirring until toffee consistency is achieved.
7. Pour the sauce over the cooked sponge and serve.

These Menus run in four week cycles from the 18th of April until the 7th of October, 2011

Remember, each day your Cook also provides a varied and nutritious 'sandwich based' meal similar to a packed lunch saving you time and hassle in the morning!



Packed Lunches for children going on school outings are also available from our Service.

School meals are paid for by purchasing tickets in singles or books of 10 from the School Catering staff.

Payment can be made in cash or by cheque to 'ABERDEENSHIRE COUNCIL'.

If you have any suggestions or comments you can e-mail us at:

Primary.meals@aberdeenshire.gov.uk

For more detailed information regarding the School Catering Service view our web pages at:

www.aberdeenshire.gov.uk/schools/school_meals or

telephone our **Head Office on 01467 627500**



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