

Special Diets



Medically Prescribed Diets: Our focus is to meet a pupil's needs in terms of the 14 main allergens and ethnic/religious requirements.

If you have any concerns about your child's dietary needs, please contact your school who will be happy to discuss your requirements with you and the school Catering Team.

If your child needs a medically restricted diet please inform your child's school. Your request will be passed to our Catering Team who will then contact you to identify your child's exact dietary requirements. **We require information regarding medical diets from your doctor or another medical authority.**

The Catering Team are working towards achieving the 'Food for Life Served Here' bronze standard, which will mean that our menus will be certified as being freshly prepared, healthy and sustainably sourced.



Get Going



is a family healthy lifestyle programme being delivered in partnership between **NHS Lothian** and **Xcite @ West Lothian Leisure**. It offers support to help your child get active, eat well and achieve a healthier weight.

Contact: **Tracy McAlpine**, Health Referral/Get Going Coordinator, **01506 237950**
tmcalpine@westlothianleisure.com

Did you know . . .



All Primary 1 - 3 pupils are entitled to lunch free of charge!

You can now select menu options and make payment online for school meals

www.westlothian.gov.uk/online-school-payments



Facilities Management are the internal providers of meals in West Lothian Council schools.

We want to hear from you, good or bad, as your comments and feedback help us to improve our service. You can email us at fmservices@westlothian.gov.uk.


As part of Education Scotland school inspection, catering is audited as part of "the whole school approach". School meals are analysed against Scottish Government food and nutritional guidelines.


For further information please visit:
<http://www.gov.scot/Topics/Education/Schools/HLivi/schoolmeals>



October 2018 - April 2019



Week 1		
Tray 1	Tray 2	Packed Lunch
Monday		
Soup of the Day Breaded Scampi Chips Seasonal Vegetables Dessert of the Day	Soup of the Day Baked Potato (v) Cheese & Coleslaw Seasonal Vegetables Dessert of the Day	Soup of the Day Sandwich Ham Egg Mayo Fruit and Dessert of the Day 

Week 2		
Tray 1	Tray 2	Packed Lunch
Monday		
Soup of the Day Breaded Fish Mashed Potato Seasonal Vegetables Dessert of the Day	Soup of the Day Mediterranean Pasta (v) Pitta Bread Seasonal Vegetables Dessert of the Day	Soup of the Day Sandwich Ham Egg Mayo Fruit and Dessert of the Day 

Week 3		
Tray 1	Tray 2	Packed Lunch
Monday		
Soup of the Day Salmon Nibbles Chips Seasonal Vegetables Dessert of the Day	Soup of the Day Macaroni Cheese Garlic Bread (v) Seasonal Vegetables Dessert of the Day	Soup of the Day Sandwich Ham Egg Mayo Fruit and Dessert of the Day 

Tuesday		
Fresh Fruit Salad Pork Steak & Gravy Sweet Potato Mash Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Cheese & Tomato Pizza (v) Wedges Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Roll Cheese Slice Egg Mayo Fruit and Dessert of the Day 

Tuesday		
Fresh Fruit Salad Chicken Curry Boiled Rice Naan Bread Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Cheese & Onion Pastie (v) Sauté Potatoes Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Roll Cheese Slice Egg Mayo Fruit and Dessert of the Day 

Tuesday		
Fresh Fruit Salad Savoury Mince Mashed Potato Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Cheese & Tomato Pizza (v) Tomato Pasta Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Roll Cheese Slice Egg Mayo Fruit and Dessert of the Day

Wednesday		
Soup of the Day Home Made Sausage Roll Mashed Potato Seasonal Vegetables Dessert of the Day	Soup of the Day Vegetable Lasagne Garlic Bread (v) Dessert of the Day	Soup of the Day Sandwich Ham Tuna Mayo Fruit and Dessert of the Day 

Wednesday		
Soup of the Day Hot Dog & Roll Potato Wedges Tomato Sauce Seasonal Vegetables Dessert of the Day	Soup of the Day Quorn Bolognaise Bake (v) Garlic Bread Seasonal Vegetables Dessert of the Day	Soup of the Day Sandwich Ham Tuna Mayo Fruit and Dessert of the Day

Wednesday		
Soup of the Day Beefburger in a Bun Potato Wedges Tomato Sauce Seasonal Vegetables Dessert of the Day	Soup of the Day Vegetable Curry (v) Boiled Rice Naan Bread Seasonal Vegetables Dessert of the Day	Soup of the Day Sandwich Ham Tuna Mayo Fruit and Dessert of the Day

Thursday		
Fresh Fruit Salad Roast Beef & Gravy Yorkshire Pudding Boiled Potatoes Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Macaroni (v) French Bread Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Wrap Cheddar Cheese Tuna Mayo Fruit and Dessert of the Day

Thursday		
Fresh Fruit Salad Steak Pie Boiled Potatoes Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Baked Potato (v) Tuna Mayo or Cheese Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Wrap Grated Cheese Tuna Mayo Fruit and Dessert of the Day

Thursday		
Fresh Fruit Salad Kilted Sausage Boiled Potatoes Seasonal vegetables Dessert of the Day	Fresh Fruit Salad Baked Potato (v) Cheese and Coleslaw Seasonal Vegetables Dessert of the Day	Fresh Fruit Salad Wrap Grated Cheese Tuna Mayo Fruit and Dessert of the Day

Fresh drinking water, fruit and bread will also be on offer each day. On Fridays, packed lunch will include raisins, fruit, yogurt and water.



Menu dates for October to April 2019

Week 1 Week 2 Week 3 Holidays

October			November			December			January			February			March			April																	
M	15	22	29	M	5	12	19	26	M	3	10	17	24	31	M	7	14	21	28	M	4	11	18	25	M	4	11	18	25	M	1	8	15	22	29
T	16	23	30	T	6	13	20	27	T	4	11	18	25	T	1	8	15	22	29	T	5	12	19	26	T	5	12	19	26	T	2	9	16	23	30
W	17	24	31	W	7	14	21	28	W	5	12	19	26	W	2	9	16	23	30	W	6	13	20	27	W	6	13	20	27	W	3	10	17	24	
T	18	25	T	1	8	15	22	29	T	6	13	20	27	T	3	10	17	24	31	T	7	14	21	28	T	7	14	21	28	T	4	11	18	25	
F	19	26	F	2	9	16	23	30	F	7	14	21	28	F	4	11	18	25	F	1	8	15	22	F	1	8	15	22	F	5	12	19	26		
S	20	27	S	3	10	17	24	S	8	15	22	29	S	5	12	19	26	S	2	9	16	23	S	2	9	16	23	30	S	6	13	20	27		
S	21	28	S	4	11	18	25	S	9	16	23	30	S	6	13	20	27	S	3	10	17	24	S	3	10	17	24	31	S	7	14	21	28		