

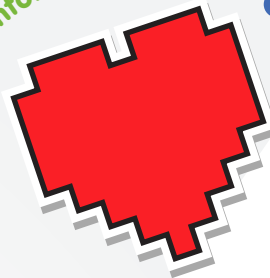
Free School Meals



You can make payments online using your child's payment ID reference number.

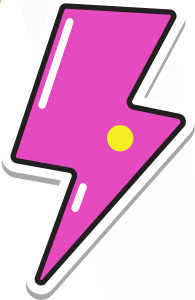
We operate a cashless catering system in all our secondary schools. If you are entitled to free school meals and have applied, your £2.54 allowance will automatically go on your account each day.

Further Information



Facilities Management Team,
East Dunbartonshire Council,
Broomhill Depot,
Kilsyth Road,
Kirkintilloch, Glasgow, G66 1TF
Tel: 0300 123 4510 or visit
www.eastdunbarton.gov.uk

Grab and Go



Grab and Go or save time with our pre order system.

Five good reasons for eating at pod



- 1 It's delicious
- 2 It's nutritious
- 3 It's convenient for parents
- 4 It's good value for money
- 5 It's a quality meal freshly prepared by trained staff

Other Formats

This document can be provided in large print, Braille or on audio CD and can be translated into different community languages. Please contact the Council's Communications team on

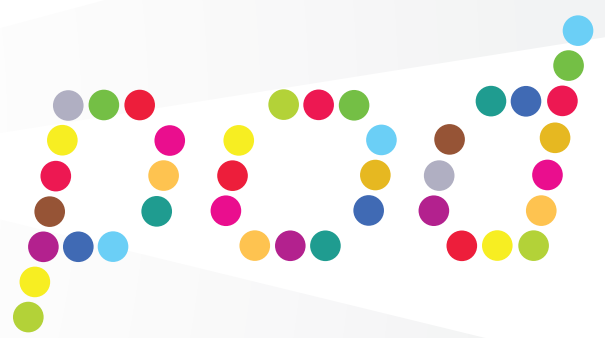
本文件可按要求翻譯成中文，如有此需要，請電 0300 123 4510。

اس دستاویز کا اردو ترجمہ فراہم کیا جاسکتا ہے۔ براہ مہربانی فون نمبر 0300 123 4510 پر رابطہ کریں۔

ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਮੰਗ ਕਰਨ ਤੇ ਪੰਜਾਬੀ ਵਿੱਚ ਅਨੁਵਾਦ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ 0300 123 4510 ਫੋਨ ਕਰੋ।

Gabhaidh an sgrìobhainn seo cur gu Gàidhlig ma tha sin a dhìth oirbh. Cuiribh fòn gu 0300 123 4510

अनुवाद करने पर यह दस्तावेज़ हिन्दी में भाषांतरित किया जा सकता है। कृपया 0300 123 4510 पर फोन कीजिए।



menu

Food Information



Food information:

Our suppliers cannot guarantee their products are 100% nut free
We use reduced sugar and salt baked beans
Our Pizza bases contain wholemeal flour
Our sausages are formulated so they are reduced in fat and salt
We add fruit and vegetables into our recipes where possible
We can help with special diets and food allergies
Fresh meat from McLays Glasgow
The majority of our fish products have MSC Marine Stewardship Council Certificates meaning that the fish meets the standards for sustainable fishing and seafood traceability
V = Vegetarian
All other food info as previously stated
For further information on choices or allergen information please contact your school Catering Team Leader
EDC sources and supplies Nitrite/Nitrate free foods.

Meal Deal Promotion



Two course meal for
£2.54

Daily Meal Deals - check board for details

Daily Special Offers - Don't miss out

Week 1	Monday ●●●	Tuesday ●●●	Wednesday ●●●	Thursday ●●●	Friday ●●●
Starter	Lentil (v)	Carrot and Red Pepper (v)	Potato & Leek (v)	Chicken Noodle	Tomato (v)
Main Course 1	Roast beef with Yorkies, new potatoes & seasonal veg	Macaroni Cheese with Garlic Bread (v)	Grilled BBQ Chicken fillet with wedges and salad	Meatballs (Chicken) with Spaghettin a Tomato sauce with Grana Padona cheese	Fish, Chips and Peas
Main Course 2	Chicken Sausage Casserole with seasonal vegetables	Beef Harissa with Flatbread & Rice/ Cous cous	Spaghetti Bolognese with Garlic Bread	Chicken Casserole with seasonal veg and pastry	Stir fried Chicken or Vegetables (v) with Noodles, ginger and Spring Onions
Vegetarian	Quorn Chicken Fillet with yorkies, new potatoes & seasonal veg (v)	Macaroni Cheese with Garlic Bread (v)	Vegetarian Burger (v) with wedges and salad	Veggie Meatballs with (v) Spaghetti	Vegetarian Sausage Roll Chips salad and veg (v)
Dessert	Fruit bowl	Fruit bowl	Apple Crumble with Custard	Fruit bowl	Fruit bowl

Timetable: 16th Dec, 6th Jan, 27th Jan, 17th Feb, 9th Mar, 30th Mar, 20th Apr, 11th May, 1st June, 22nd June

Week 2	Monday ●●●	Tuesday ●●●	Wednesday ●●●	Thursday ●●●	Friday ●●●
Starter	Lentil (v)	Potato & Leek (v)	Chicken Noodle	Tomato (v)	Carrot and Red Pepper (v)
Main Course 1	Chicken Burgers with Onion rings. In a bun with chips and sweetcorn	Chicken Tandoori with rice	Steak Pie, boiled potatoes and mixed veg	Cosmo Pizza with wedges & salad (v)	Fish with Fresh Ginger, Spring Onions and Noodles with a Soy sauce
Main Course 2	Salmon with Pasta and broccoli	Fish Fingers with chips and peas/ beans	Garlic Chicken in a tomato and pasta sauce with Garlic Bread	Lasagne with Salad and Wedges	Chicken Goujons with dip, wedges and salad
Vegetarian	Veggie burger(v) with Onion rings. In a bun with chips and sweetcorn	Pasta Neapolitan (v) with Garlic Bread	Quorn fillet with potatoes and mixed veg (v)	Cosmo Pizza with wedges & salad (v)	Vegetable Goujons (v)with noodles or wedges
Dessert	Fruit bowl	Fruit bowl	Eves Pudding with Custard	Fruit bowl	Fruit bowl

Timetable: 23rd Dec, 13th Jan, 3rd Feb, 24th Feb, 16th mar, 6th Apr, 27th Apr, 18th May, 8th June, 29th June

Week 3	Monday ●●●	Tuesday ●●●	Wednesday ●●●	Thursday ●●●	Friday ●●●
Starter	Carrot and Red Pepper soup (v)	Lentil (v)	Chicken noodle	Tomato (v)	Vegetable (v)
Main Course 1	Chicken with Yorkies, new potatoes & seasonal veg	Chilli with Rice and flatbread/wrap	American style sausage in a bun with Chips Salad and sweetcorn	Spaghetti Bolognese with Garlic Bread with Grana Padona cheese	Fish and Chips with Beans or Peas.
Main Course 2	Vegetarian sausage roll with mash and beans or peas(v)	Tomato and Cheese (v) Penne with Focaccia or flatbread	Katsu Chicken Curry with Savoury Rice	Chicken and Vegetable (v) Fajitas with diced potatoes	Chicken or vegetable (v)biryani with naan
Vegetarian	Vegetarian sausage roll with mash and beans or peas(v)	Tomato and Cheese (v) Penne with Focaccia or flatbread	Vegetarian Goujon Katsu (v) Curry	Chicken and Vegetable (v) Fajitas with diced potatoes	(v) Veg Biryani
Dessert	Fruit bowl	Fruit bowl	Vanilla and Fruit Muffin with Custard	Fruit bowl	Fruit bowl

Timetable: 30th Dec, 20th Jan, 10th Feb, 2nd Mar, 23rd Mar, 13th Apr, 4th May, 25th May, 15th June.

Snacks

- All days: Sandwich 50/50 bread with Tuna, cheese, chicken, pork
- Baked potato with various fillings.
- Mon, Wed, Fri: Neapolitan sauce with spaghetti.
- Tuesday, Thursday: Mascarpone sauce with spaghetti.
- Monday, Friday: Piri piri Chicken with various fillings, salad, various breads i.e. paninis, wraps etc.
- Tuesday: Italiano Chicken with various fillings, salad, various breads i.e. paninis, wraps etc.
- Wednesday: Sweet Chilli Chicken with various fillings, salad, various breads i.e. paninis, wraps etc.
- Thursday: BBQ Chicken with various fillings, salad, various breads i.e. paninis, wraps etc.

Pasta Served Daily
Pasta with a variety of sauces.

Deli Bar
Your choice of a variety of subs, paninis, rolls, wraps, and breads with fillings of your choice from our deli bar.

Home Baking
A fruit based cake and custard is available every Wednesday

Drinks
A selection of fruit juices, plain milk and plain water.