

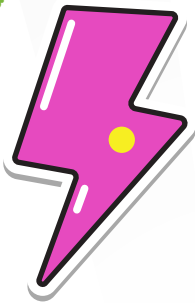
## Free School Meals



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

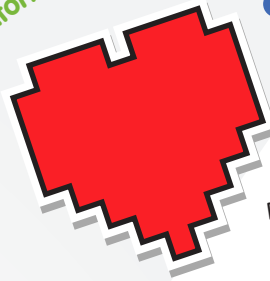
We operate a cashless catering system in all our secondary schools. If you are entitled to free school meals and have applied, your £2.44 allowance will automatically go on your account each day.

## Grab and Go



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

## Further Information



Facilities Management Team,  
East Dunbartonshire Council,  
Broomhill Depot, Kilsyth Road,  
Kirkintilloch, Glasgow, G66 1TF

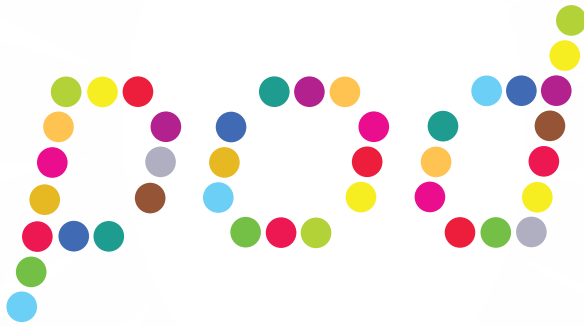
Tel: 0141 574 5567 or visit  
[www.eastdunbarton.gov.uk](http://www.eastdunbarton.gov.uk)

## 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

## menu



## Food Information



### Food information:

Our suppliers cannot guarantee their products are 100% nut free  
Halal options are available for this menu  
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

## Meal Deal Promotion



Two course meal for £2.44  
Daily Meal Deals – check board for details  
Daily Special Offers - Don't miss out



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Lentil soup	Minestrone soup (v)	Potato and leek soup (v)	Tomato soup (v)	Chicken noodle soup
<b>Main Course</b>	Cajun pasta with garlic bread and salad or mixed vegetables	Roast beef with Yorkshire pudding, roast potatoes and mixed vegetables	Salmon fillet with potato croquettes and broccoli	Chicken or vegetable curry with boiled rice and naan bread (v)	Traditional breaded fish served with chips and peas

**Week 1 Timetable** 22/10/18, 12/11/18, 3/12/18, 7/1/19, 28/1/19, 18/2/19, 11/3/19, 15/4/19, 6/5/19, 27/5/19, 17/6/19, 19/8/19, 9/9/19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Lentil (v)	Potato and leek (v)	Chicken noodle soup	Tomato soup (v)	Minestrone soup (v)
<b>Main Course</b>	Sweet and sour chicken with savoury rice	Macaroni cheese with garlic bread and corn on the cob (v)	Steak pie with boiled potatoes and mixed vegetables	Spaghetti Bolognese with garlic bread and salad	Traditional breaded fish served with chips and peas

**Week 2 Timetable** 29/10/18, 19/11/18, 10/12/18, 14/1/19, 4/2/19, 25/2/19, 18/3/19, 22/4/19, 13/5/19, 3/6/19, 24/6/19, 26/8/19, 16/9/19, 7/10/19

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter</b>	Vegetable soup (v)	Lentil soup (v)	Chicken noodle soup	Tomato soup (v)	Chicken noodle soup
<b>Main Course</b>	Pork link sausage with mashed potato and baked beans	Chicken or vegetable curry with boiled rice and naan bread (v)	Beef Lasagne with Garlic Bread and salad	Chicken fajitas with diced potatoes and mixed salad	Traditional breaded fish served with chips and peas

**Week 3 Timetable** 5/11/18, 26/11/18, 17/12/18, 21/1/19, 11/2/19, 4/3/19, 25/3/19, 29/4/19, 20/5/19, 10/6/19, 12/8/19, 2/9/19, 23/9/19

<p><b>Hot Snacks</b></p> <ul style="list-style-type: none"> <li>Hot crusty panini with selection of fillings</li> <li>Pizza with choice of toppings</li> <li>Chicken grill with shredded lettuce and garlic mayo</li> <li>Quorn dippers with shredded lettuce and garlic mayo (v)</li> <li>Hot wraps filled with spicy chicken</li> <li>Hot wraps with Grilled Vegetables (v)</li> <li>Chicken breast goujons with salad and dip</li> <li>Hot filled roll with grilled beef burger</li> <li>Hot filled roll with Quorn hot dog (v)</li> <li>Baked potatoes with a range of fillings.</li> </ul>	<p><b>Pasta King</b></p> <p>Served daily - pasta with a variety of sauces.</p> <p><b>Deli Bar</b></p> <p>Your choice of a variety of subs, paninis, rolls, wraps, and breads with fillings of your choice from our deli bar.</p>	<p><b>Home Baking</b></p> <p>A selection of home baking offered daily.</p> <p>A variety of favourite traditional desserts.</p> <p><b>Drinks</b></p> <p>A selection of fruit juices plain and flavoured milk plain water.</p>
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