



With thanks to children from St Marys Primary School, Bathgate, for their artwork.

## Coconut Slice Recipe

### Ingredients

- 60 g wholewheat flour
- 180 g plain flour
- 240 g coconut (desiccated)
- 240 g margarine
- 180 g sugar
- 200 g eggs size 1
- 15 g baking powder
- 240 g icing sugar (for decoration)

### Method

1. Cream sugar and margarine
2. Mix dry ingredients together
3. Gradually add in beaten egg and dry ingredients
4. Place in tin and bake at 160C / 350F / gas mark 2 for 40 minutes

Information is available in Braille, tape, large print and community languages. Please contact the Interpretation and Translation Service on 01506 775000

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這份資料是可以凸字、錄音帶、大字印刷及社區語言的式本提供。請聯絡傳譯及翻譯服務部，電話：01506 775000

ਇਹ ਜਾਣਕਾਰੀ (ਬ੍ਰੇਲ) ਨੈਚੁਰੀਲ ਟੇਪ ਪੜ੍ਹਣ ਵਾਲੀ ਸਿਮੀ, ਟੈਪ, ਵੱਡੇ ਫਿੰਟ ਅਤੇ ਸਮਾਜ ਦੀਆਂ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਉਪਲਬਧ ਹੈ। ਸਿੱਖਾ ਕਰਕੇ ਇੰਟਰਪ੍ਰੀਟੇਸ਼ਨ ਅਤੇ ਟਰਾਂਸਲੇਸ਼ਨ ਸਰਵਿਸ ਨੂੰ ਇਸ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ : 01506 775000

یہ معلومات بریل (انگریز کے رسم الخط)، ٹیپ، بڑے حروف کی علامت اور کچھ زبانوں میں بریل یا سہولت یافتہ زبانوں میں دستیاب ہے۔ براہ مہربانی انٹرپرائز ٹرانسلیٹنگ سروس سے ٹیلیفون نمبر 01506 775000 پر رابطہ قائم کریں۔

Informacje te mogą być przełożone na język Braille'a, dostępne na taśmie magnetofonowej lub wydane dużym drukiem oraz przetłumaczone na języki mniejszości narodowych. Prosimy o kontakt z Usługami Tłumaczeniowymi pod numerem 01506 775000

Special dietary requirements will be catered for

– please contact your child's school or local kitchen supervisor.

As part of HMle school inspection, catering is audited as part of looking at "the whole school approach".

School meal menus are analysed against Scottish Government food and nutritional guidelines.

Facilities Management is an in-house provider of school meals to West Lothian Council.

Comments are always welcomed. Comment cards are available from your school office.

For further information please visit:

[www.scotland.gov.uk/topics/Health/health/19133/17581](http://www.scotland.gov.uk/topics/Health/health/19133/17581)

You can check if your child is eligible for free school meals by contacting your child's school or telephone the Education Department on 01506 281952.

Should you wish to comment or discuss any matters relating to the menus, please contact Elizabeth Wark on 01506 777534.



# School Menu



April 10 - October 10

West Lothian Council delivers

[westlothian.gov.uk](http://westlothian.gov.uk)



Week 1: 19.04.10, 10.05.10, 31.05.10, 21.06.10, 23.08.10, 13.09.10, 04.10.10

Monday	Tuesday	Wednesday	Thursday
<b>Tray 1</b> Breaded Haddock Peas French Fries Fruit Ice Smoothie	Kilted Sausage Beans Mashed Potatoes Fruit Yoghurt	Steak Pie Fresh Broccoli Baby Jacket Potatoes Alien Crunch	Roast Pork served with Apple Sauce Baton Carrots Boiled Potatoes Fresh Fruit Salad
<b>Tray 2</b> Macaroni Cheese Mixed Salad French Bread Cherry and Sultana Muffin	Baked Potato Served with Cheese and Beans Melon, Kiwi and Grape Cocktail	Homemade Soup Cheese and Tomato Pizza Coleslaw Waffles	Homemade Soup Burger in a Bun Mixed Salad Fromage Fraiis

**Tray 3 = packed lunch**

Week 2: 26.04.10, 17.05.10, 07.06.10, 28.06.10, 30.08.10, 20.09.10, 11.10.10

Monday	Tuesday	Wednesday	Thursday
<b>Tray 1</b> Italian Chicken Pasta (Chicken in Tomato Sauce served with Pasta) Cucumber Sticks French Bread Chocolate & Sultana Crispie	Savoury Mince Fresh Cabbage Mashed Potatoes Jelly and Fruit	Breaded Haddock Peas Baby Jacket Potatoes Banana Toffee Tart	Roast Beef served with Yorkshire Pudding Carrot and Turnip Mash Boiled Potatoes Fruit Score with Flora
<b>Tray 2</b> Salmon Bake Green Beans Mashed Potatoes Flapjack Custard	Homemade Soup Spicy Chicken Wrap Mixed Salad Mini Oat Cookie	Hot Dog served in a Finger Roll Tomato Sauce Jacket Wedges Iced Fruit Smoothie	Cheesy Pasta Peas Chips Raspberry Yoghurt Cupcake

**Tray 3 = packed lunch**

Week 3: 03.05.10, 24.05.10, 14.06.10, 16.08.10, 06.09.10, 27.09.10,

Monday	Tuesday	Wednesday	Thursday
<b>Tray 1</b> Chicken Dansak served with Traffic Light Rice Peach Delight	Melon Boat Spaghetti Bolognaise served with Sliced Greenbeans	Breaded Scampi Peas Chips Fruit Jelly	Sausage Casserole Mixed Vegetables Mashed Potatoes Coconut Slice Custard
<b>Tray 2</b> Cheese Pannini Coleslaw Mixed Salad Iced Carrot Cake Custard	Baked Potato Tuna Mayo Side Salad Mandarin Cheesecake	Pizza 'n' Pasta (Cheese and Tomato Pizza served with Pasta Twists with option of Tomato Sauce) Chocolate & Banana Brownie	Homemade Soup Chicken Burger in a Bun Sweetcorn Jacket Wedges

**Tray 3 = packed lunch**

**A packed lunch service is available to all pupils on Fridays.**

**Monday to Friday**

**Packed lunch, made up from the following:**

Filled Roll or Sandwich

Fresh Fruit

Dried Fruit/Fresh Vegetables/  
Cheese and Biscuits

Homebaking/ Packet of biscuits on a Friday

Drink

**Drink Selection**

**Aqua Juice**  
– Fruit Juice blended with mineral water

**Semi-Skimmed Milk**  
– Plain and Flavoured

**Fruit Juice**  
– Apple and Orange

**Bottled Water**



**Water Wednesday:**  
Every school meal will be served with mineral water (plain milk will also be available)