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# Autumn/Winter 2013/14



View your menu online!



View all the recipes online!



Play our board game online!



Too many unhealthy foods are bad for your heart



**Week 1**  
 21st October  
 11th November  
 2nd December  
 6th January  
 27th January  
 17th February  
 10th March  
 31st March\*\*\*

**Week 2**  
 28th October\*  
 18th November  
 9th December  
 13th January  
 3rd February  
 24th February  
 17th March

**Week 3**  
 4th November  
 25th November  
 16th December  
 20th January  
 10th February  
 3rd March  
 24th March\*\*

**3 Choices**  
 Vegetables and potatoes +  
 A selection from the salad bar +  
 Homemade bread

**Monday**

Lentil Soup  
 Or Orange & Melon Starter

**Pork Meatballs in Tomato Sauce**

Fish Fingers  
 Vegetable Curry (V)

Seasonal Vegetables  
 Rice  
 Baby Boiled Potatoes

Winter Vegetable Soup  
 Or Veggie Sticks & Dip

**Turkey Burger in a Roll**  
**Cheesy Baked Potato (V)**  
**Savoury Spaghetti (V)**

Baked Beans  
 Seasonal Vegetables  
 Potato Wedges

Yellow Pea Soup  
 Or Mixed Melon

**Macaroni Cheese (V)**  
**Quorn Curry (V)**  
**Cheese & Tomato Pizza (V)**

Seasonal Vegetables  
 Rice  
 Pasta

**Puddings**  
 Sweet of the day  
 or  
 Fresh fruit  
 or  
 Fruit yoghurt

**Tuesday**

**Oven Baked Sausages**  
**Chicken Fillet & Gravy**  
**Chickpea Pakora (V)**

Seasonal Vegetables  
 Baked Beans  
 Pasta  
 Boiled Potatoes

Apple Crumble with Custard

**Chicken Curry**  
**Roast Pork & Gravy**  
**Cheese & Tomato Pizza (V)**

Seasonal Vegetables  
 Rice  
 Roast Potatoes

Ice Cream & Peaches

**Steak Casserole**  
**Tuna Baked Potato**  
**Hot Dog (V)**

Seasonal Vegetables  
 Chips

Lemon Muffin

**Drinks**  
 A glass of milk  
 or  
 Fruit juice  
 or  
 Water

**Wednesday**

**Steak Pie**  
**Salmon Fisheake**  
**Macaroni Cheese (V)**

Seasonal Vegetables  
 Mashed Potatoes  
 Tomato Bread

Iced Sponge

**Shepherds Pie**  
**Fish Fingers**  
**Broccoli Potato Bake (V)**

Seasonal Vegetables  
 Boiled Potatoes  
 Sweet Potato Bread

Tiffin

**Traditional Mince**  
**Chicken Goujons**  
**Bean Chilli (V)**

Seasonal Vegetables  
 Rice  
 Mashed Potatoes

Jam Sponge with Custard

**Packed Lunches**  
 We also offer a packed lunch for school trips etc. Contact your school head teacher for details.

**Thursday**

**Roast Beef & Gravy**  
**Vegetable Potato Cake (V)**  
**Cheese & Tomato Pizza (V)**

Seasonal Vegetables  
 Roast Potatoes  
 Pasta

Chocolate Brownie with Custard

**Sausages & Gravy**  
**Sticky Chicken Wrap**  
**Vegetable Crumble (V)**

Seasonal Vegetables  
 Rice  
 Mashed Potatoes

Apple Pie with Custard

**Beef Burger in a Roll**  
**Chicken Gravy Pie**  
**Vegetable Risotto (V)**

Seasonal Vegetables  
 Garlic Bread  
 Boiled Potatoes

Chocolate Orange Cake

**Changes**  
 Changes to the menu may occur for theme days.

**Friday**

**Spaghetti Bolognese**  
**Breaded Haddock**  
**Bean Burger in a Bun (V)**

Seasonal Vegetables  
 Chips

Jam Cookie

**Chilli**  
**Breaded Haddock**  
**Quorn & Vegetable Casserole (V)**

Seasonal Vegetables  
 Chips  
 Rice

Chocolate & Pear Sponge with Custard

**Pork Goulash**  
**Breaded Haddock**  
**Winter Vegetable Pie (V)**

Seasonal Vegetables  
 Potato Wedges

Caramel Flan with Custard

**Notes**  
 \*PK start back 28th October.  
 \*\*Dundee last week meals service 24th March.  
 \*\*\*Angus and Perth meals service only 31st March.

**Spooky Spells Competition**




**St Andrews Day**



**Christmas Cracker Competition**



**Burns Day**



**Step into Spring Competition**



Oct

Nov

Dec

Jan

March