

Isobel Mair School

Lunch Menu

WEEK1 19/10, 09/11, 30/11, 21/12, 04/01, 25/01, 15/02, 07/03,28/03	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausages in onion Gravy with creamy Mash and seasonal veg	Creamy chicken pie With baby boils and fresh carrots	Beef lasagne with Tossed salad and coleslaw	Chilli with wild rice and seasonal veg	Tuna pasta salad
OPTION 2	Tomato and mozzarella pasta with seasonal veg	Quorn dippers with shredded lettuce in a warm wrap	Baked potato with tuna mayonnaise	Cheese and tomato pizza with tossed salad	Quorn burger in a Warm bun
dessert	Fruit Platter Or Rowan glen yoghurt	Fruit Platter or soup of the day	Fruit Platter Iced vanilla sponge	Fruit Platter or soup of day	Fruit Platter Or Rowan glen yoghurt

WEEK 2 26/10, 16/11, 07/12, 11/01, 01/02, 22/02, 14/03,	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Piri piri chicken with citrus cous cous and roasted vegetables	Macaroni cheese with garlic bread and garden peas	Steak & sausage pie With new potatoes fresh cabbage	Chicken tikka masala with wild rice and fresh broccoli	Salmon with oriental vegetable noodle salad
OPTION 2	Omelette with potato Wedges and salad	Fish goujons with diced potatoes and seasonal vegetables	Quorn chilli with wild rice and seasonal vegetables	Cheese & tomato pizza with tossed salad	Quorn frankfurter in a American roll
dessert	Fruit platter or soup of the day	Fruit platter or raspberry flan	Fruit platter or soup of day	Fruit platter or yogurt	Fruit platter or soup of day

WEEK 3 02/11, 23/11, 14/12, 18/01, 08/02, 29/02, 21/03	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Chicken curry with wild rice	Homemade sausage roll with mashed potato and baked beans	Macaroni cheese with garlic bread and garden peas	Beef bolognaise with pasta twists and seasonal vegetables	Seasoned chicken in tortilla wrap with tossed salad
OPTION 2	Mexican quorn pieces with wedges and peppers	Fish goujons with diced potatoes and seasonal veg	Quorn bolognaise accompanied with fusilli pasta	Quorn dipper wrap with bbq sauce	Cheeseburger in a warm bun
dessert	Fruit Platter or rowan glen yogurt	Fruit Platter or soup of day	Fruit Platter or Toffee Sponge	Fruit Platter or soup of day	Fruit Platter or strawberry rowan glen yogurt

ALL MEALS INCLUDE EACH OF THE FOLLOWING:

- Drink option including :Plain milk, water, assorted fruit juice, flavoured milk or aqua 67
- Bread Basket
- Crudity platter - with mixed peppers baby corn & carrot batons

ALLERGIES: Before you order food and drink, please speak to a member of the catering team if you have a food allergy or intolerance.

Note: After any holiday the 1st day back will always be the Monday menu and then the normal days will follow.