

Isobel Mair School

Lunch Menu

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Sausage 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	Ragu meatballs with pasta
OPTION 2	Tomato and mozzarella pasta with seasonal veg	Quorn dippers with BBQ sauce , shredded lettuce and wrap	Baked Potato with cheese or tuna mayonnaise	Cheese and tomato pizza with tossed salad	Salmon bites with herby diced potatoes
dessert	Fruit platter or Strawberry rowan yoghurt	Fruit platter or Soup of the day	Fruit platter or Iced vanilla sponge	Fruit platter Or Soup of the day	Fruit platter Or Rowan glen yoghurt

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Tandoori marinated chicken with citrus cous cous and veg	Macaroni cheese, garlic bread and garden peas	Steak and sausage pie with new potatoes with fresh cabbage	Sausage, beans and herby diced potatoes	Pasta with garlic infused oil with tossed salad
OPTION 2	Omelette with potato wedges and salad	Fish goujons with dried potatoes and seasonal veg	Quorn chilli with wild rice and seasonal veg	Cheese and tomato pizza with salad	Quorn frankfurter in an American roll with seasoned wedges
dessert	Fruit platter Or Soup of the day	Fruit platter Or Raspberry muffin	Fruit platter Or Soup of the day	Fruit platter Or Yoghurt	Fruit platter Or Soup of the day

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Meatballs in tomato sauce with spaghetti and tossed salad	Homemade sausage rolls with mashed potatoes and baked beans	Macaroni cheese, garlic bread and garden peas	Beef Bolognese, pasta twists and seasonal veg	Seasoned chicken in tortilla wrap with tossed salad
OPTION 2	Mexican Quorn pieces and spaghetti	Fish goujons with diced potatoes and seasonal veg	Quorn bolognese accompanied with fusilli pasta	Quorn dipper wrap with BBQ sauce	Quorn in a warm bun with spicy wedges
dessert	Fruit platter Or Rowan glen yoghurt	Fruit platter or Soup of the day	Fruit platter Or Toffee sponge	Fruit platter or Soup of the day	Fruit platter or Strawberry rowan yoghurt