

### WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course 1</b>	Cheese & Pineapple Pizza	Chicken Curry	Pork or Vegetarian Sausage in a Hot Dog Roll	Fish Fingers	Roast Beef & Gravy
<b>Main course 2</b>	Chicken Chow Mein	Macaroni Cheese	Minced Steak with Vegetables	Jacket Potato with Cheese & Coleslaw	Potato & Baked Bean Pie
<b>Main course 3</b>	Tuna Mayonnaise Tortilla Wrap	Salmon Fishcakes	Chicken Fajitas	Chicken Korma	Breaded Chicken Goujons
<b>Starchy dish</b>	Boiled Potatoes	French Stick Long Grain Rice	Mashed Potato Chips	Boiled Potatoes Long Grain Rice	Mashed Potato Crusty Brown Roll
<b>Vegetables</b>	Mixed Salad Grated Carrot Salad Peas	Mixed Salad Broccoli Beetroot	Mixed Salad Carrots Coleslaw	Mixed Salad Baked Beans Sweetcorn	Mixed Salad Broccoli Turnip
<b>Soups/ puddings</b>	Cream of Lentil Soup Selection of Fresh Fruit Selection of Yoghurts Sponge Cake	Carrot & Potato Soup Selection of Fresh Fruit Selection of Yoghurts Crispy Cake	Chicken & Rice Broth Selection of Fresh Fruit Selection of Yoghurts Apple Muffins	Scotch Broth Selection of Fresh Fruit Selection of Yoghurts Chocolate Sponge	Potato Soup Selection of Fresh Fruit Selection of Yoghurts Peaches
<b>Sauce</b>	Custard	Custard	Custard	Custard	Semolina

### WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course 1</b>	Beef Casserole	Chicken Pie	Roast Chicken	Breaded Haddock Goujons	Roast Pork with Apple Sauce & Gravy
<b>Main course 2</b>	Sausage & Pasta Bake	Breaded Haddock	Pork or Vegetarian Sausage Roll	Macaroni Cheese	Chicken Curry
<b>Main course 3</b>	Cheese Wheels	Jacket Potato with Coleslaw	Cheese & Red Pepper Wrap	Jacket Potato with Baked Beans	Ham or Egg Baguette
<b>Starchy Dish</b>	Boiled Potatoes Potato Wedges	Mashed Potato French Stick	Boiled Potatoes Pasta Twirls	Mashed Potato Crusty Brown Roll	Boiled Potatoes Long Grain Rice
<b>Vegetables</b>	Mixed Salad Broccoli Sweetcorn	Mixed Salad Carrots Peas	Mixed Salad Baked Beans Broccoli	Mixed Salad Beetroot Carrots	Mixed Salad Sweetcorn Turnip
<b>Soup/ puddings</b>	Chicken & Pasta Soup Selection of Fresh Fruit Selection of Yoghurts Lemon Drizzle Muffins	Farmhouse Tomato Soup Selection of Fresh Fruit Selection of Yoghurts Cornflake Biscuit	Potato Soup Selection of Fresh Fruit Selection of Yoghurts Iced Apple Cake	Lentil Soup Selection of Fresh Fruit Selection of Yoghurts Fresh Fruit Salad	Leek & Potato Soup Selection of Fresh Fruit Selection of Yoghurts Raspberry Buns
<b>Sauce</b>	Custard	Strawberry Milkshake	Custard	Vanilla Ice Cream	Custard

### WEEK THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course 1</b>	Pork or Vegetarian Sausages	Breaded Haddock	Roast Pork with Apple Sauce	Minced Steak with Vegetables	Steak Pie
<b>Main course 2</b>	Salmon Fishcakes	Vegetable Lasagne	Cheese Wheels	Macaroni Cheese	Cheese & Tomato Pizza
<b>Main course 3</b>	Jacket Potato with Cheese & Pineapple	Chicken Fajitas	Beefburger or Vegetarian Burger in a Bun	Jacket Potato with Tuna & Cucumber	Chicken Mayonnaise Baguette
<b>Starchy dish</b>	Mashed Potato French Stick	Boiled Potatoes French Stick	Mashed Potato Pasta Twirls	Mashed Potato French Stick	Boiled Potatoes Chips
<b>Vegetables</b>	Mixed Salad Baked Beans Carrots	Mixed Salad Sweetcorn Peas	Mixed Salad Broccoli Sweetcorn	Mixed Salad Beetroot Carrots	Mixed Salad Broccoli Coleslaw
<b>Soups/ puddings</b>	Lentil Soup Selection of Fresh Fruit Selection of Yoghurts Swiss Roll with Jam	Carrot & Potato Soup Selection of Fresh Fruit Selection of Yoghurts Orange Crunch Muffins	Tomato & Lentil Soup Selection of Fresh Fruit Selection of Yoghurts Iced Chocolate Sponge	Chicken Noodle Soup Selection of Fresh Fruit Selection of Yoghurts Vanilla Ice Cream	Potato Soup Selection of Fresh Fruit Selection of Yoghurts Peaches
<b>Sauce</b>	Custard	Custard	Custard	Jelly	Rice Pudding

**A selection of fresh vegetables & homemade soup available daily.**



**Week 1  
Week 2  
Week 3**



**Where possible all meat used is Scottish beef sourced locally.**

WEEK FOUR					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course 1</b>	Minced Steak with Vegetables	Macaroni Cheese	Roast Chicken	American Bean Pie	Roast Beef
<b>Main course 2</b>	Bacon & Cheese Melt Baguette	Corned Beef Stovies	Cheese & Tomato Pizza	Pork & Vegetarian Sausage Roll	Chicken & Broccoli Bake
<b>Main course 3</b>	Fish Fingers	Vegetable Chow Mein	Fish Tortilla Wrap Apple & Mackerel Pate Tortilla Wrap	Salmon Fishcakes	Pasta Shells in Spicy Tomato Sauce
<b>Starchy dish</b>	Boiled Potatoes	Boiled Potatoes Oatcakes	Mashed Potato Jacket Wedges	Mashed Potato French Stick	Boiled Potatoes
<b>Vegetables</b>	Mixed Salad Carrots Peas	Mixed Salad Beetroot Sweetcorn	Mixed Salad Carrots Peas	Mixed Salad Baked Beans Broccoli	Mixed Salad Coleslaw Turnip
<b>Soups/ puddings</b>	Lentil Soup Selection of Fresh Fruit Selection of Yoghurts Sponge Cake	Vegetable Soup Selection of Fresh Fruit Selection of Yoghurts	Carrot & Potato Soup Selection of Fresh Fruit Selection of Yoghurts Yoghurt Muffins	Chicken & Pasta Soup Selection of Fresh Fruit Selection of Yoghurts Crispy Cakes	Scotch Broth Selection of Fresh Fruit Selection of Yoghurts Crunchy Apple Crumble
<b>Sauce</b>	Custard	Fruit Jelly	Custard	Custard	Custard

WEEK FIVE					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course 1</b>	Steak & Vegetable Casserole	Macaroni Cheese	Roast Pork	Spaghetti or Vegetarian Bolognese	Chicken Pie
<b>Main course 2</b>	Cheese & Tomato Pizza	Chicken Curry	Sausage & Pasta Bake	Breaded Haddock	Ravioli in Tomato Sauce
<b>Main course 3</b>	Jacket Potato with Chicken Mayonnaise	Tuna Mayonnaise Wrap	Jacket Potato with Cheesy Beans	Chicken Fried Rice	Beefburger or Vegetarian Burger in a Roll
<b>Starchy Dish</b>	Jacket Wedges Mashed Potato	Boiled Potatoes Long Grain Rice	Boiled Potatoes French Stick	Spaghetti Boiled Potatoes	Mashed Potato
<b>Vegetables</b>	Mixed Salad Broccoli Sweetcorn	Mixed Salad Coleslaw Peas	Mixed Salad Broccoli Turnip	Mixed Salad Baked Beans Carrots	Mixed Salad Beetroot Carrots
<b>Soup/ puddings</b>	Farmhouse Tomato Soup Selection of Fresh Fruit Selection of Yoghurts Apple Muffins	Cream of Lentil Soup Selection of Fresh Fruit Selection of Yoghurts Crispy Square	Chicken Noodle Soup Selection of Fresh Fruit Selection of Yoghurts Swiss Roll with Jam	Yellow Split Pea Soup Selection of Fresh Fruit Selection of Yoghurts Sticky Toffee Pudding	Potato & Leek Soup Selection of Fresh Fruit Selection of Yoghurts Peaches
<b>Sauce</b>	Custard	Custard	Custard	Custard	Rice Pudding

WEEK SIX					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main course 1</b>	Breaded Haddock	Lasagne	Roast Chicken	Macaroni Cheese	Steak Pie
<b>Main course 2</b>	Savoury Italian Mince	Pork or Vegetarian Sausages	Meatballs in Gravy	Fish Fingers	Breaded Chicken Goujons
<b>Main course 3</b>	Bacon & Cheese Melt Baguette	Vegetable Stir Fry	Jacket Potato with Cheese & Pineapple	Chicken Tikka Wrap	Jacket Potato with Egg Mayonnaise
<b>Starchy dish</b>	Boiled Potatoes Potato Wedges	Mashed Potato French Stick	Boiled Potatoes Pasta Twirls	Mashed Potato Crusty Brown Roll	Mashed Potato Pasta Twirls
<b>Vegetables</b>	Mixed Salad Coleslaw Peas	Mixed Salad Beetroot Sweetcorn	Mixed Salad Carrots Turnip	Mixed Salad Baked Beans Sweetcorn	Mixed Salad Broccoli Carrots
<b>Soups/ puddings</b>	Chicken & Pasta Soup Selection of Fresh Fruit Selection of Yoghurts Peach Muffin	Tomato & Lentil Soup Selection of Fresh Fruit Selection of Yoghurts Cocoa Swiss Roll	Lentil Soup Selection of Fresh Fruit Selection of Yoghurts Iced Apple Cake	Potato Soup Selection of Fresh Fruit Selection of Yoghurts Cornflake Biscuits	Chicken Broth Selection of Fresh Fruit Selection of Yoghurts Peaches
<b>Sauce</b>	Custard	Custard	Custard	Strawberry Milkshake	Semolina

**A selection of fresh vegetables & homemade soup available daily.**

**Week 4  
Week 5  
Week 6**




**Where possible all meat used is Scottish beef sourced locally.**