

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

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

WEEK THREE					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main course 1	Pork or Vegetarian Sausages	Breaded Haddock	Roast Pork with Apple Sauce	Minced Steak with Vegetables	Steak Pie
Main course 2	Salmon Fishcakes	Creamy Vegetable Tagliatelle	Cheese Wheels	Macaroni Cheese	Cheese & Tomato Pizza
Main course 3	Jacket Potato with Cheese & Pineapple	Chicken Fajitas	Beefburger or Vegetarian Burger in a Bun	Jacket Potato with Tuna & Cucumber	Chicken Tikka Baguette
Starchy dish	Mashed Potato French Stick	Boiled Potatoes French Stick	Mashed Potato Pasta Twirls	Mashed Potato French Stick	Boiled Potatoes Chips
Vegetables	Mixed Salad Baked Beans Sweetcorn	Mixed Salad Carrots Peas	Mixed Salad Broccoli Sweetcorn	Mixed Salad Beetroot Carrots	Mixed Salad Broccoli Coleslaw
Soups/ puddings	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
Sauce	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
Main course 1	Minced Steak with Vegetables	Macaroni Cheese	Roast Chicken	American Bean Pie	Roast Beef
Main course 2	Bacon & Cheese Melt Baguette	Corned Beef Stovies	Cheese & Tomato Pizza	Pork & Vegetarian Sausage Roll	Salmon Fishcakes
Main course 3	Fish Fingers	Vegetable Chow Mein	Potato & Broccoli Bake	Fish Tortilla Wrap Apple & Mackerel Pate Tortilla Wrap	Pasta Shells in Spicy Tomato Sauce
Starchy dish	French Stick Boiled Potatoes	Boiled Potatoes Oatcakes	Mashed Potato Jacket Wedges	Mashed Potato French Stick	Boiled Potatoes Pasta Twirls
Vegetables	Mixed Salad Carrots Peas	Mixed Salad Beetroot Sweetcorn	Mixed Salad Carrots Peas	Mixed Salad Baked Beans Broccoli	Mixed Salad Coleslaw Turnip
Soups/ puddings	Lentil Soup Selection of Fresh Fruit Selection of Yoghurts Sponge Cake	Potato 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
Sauce	Custard	Fruit Jelly	Custard	Custard	Custard

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

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