

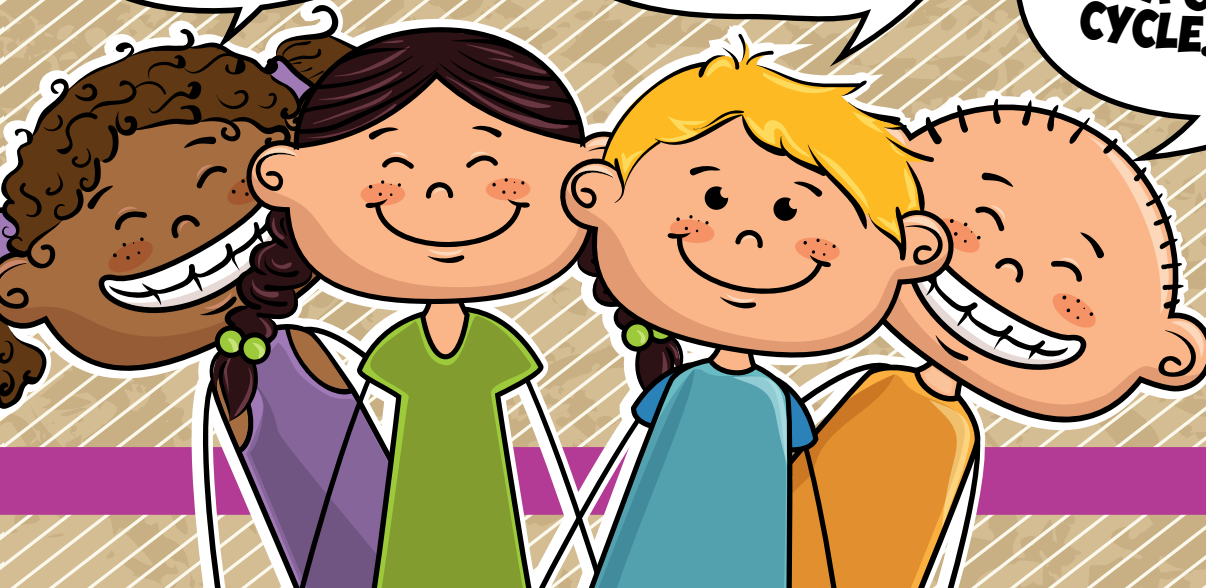
OUR SCHOOL LUNCH MENU

2019/20

FRESHLY PREPARED
IN OUR SCHOOL

WITH
LOTS OF LOCAL
INGREDIENTS

YES!
IN A 6 WEEK
CYCLE.



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Green Choice	Macaroni Cheese Garlic Bread 🍷	Cheese & Tomato Pizza 🍷	Pork or Vegetarian Sausage in a Hot Dog Roll 🍷	Breaded Chicken Goujons	Breaded Fish Fingers
Yellow Choice	Jacket Potato & Baked Beans 🍷	Chicken Curry	Cottage Pie	Tuna Mayo Wrap	Roast Beef & Gravy
Orange Choice	Minced Steak with Vegetables	Salmon Fishcakes	Vegetable Fajitas 🍷	Herby Tomato Pasta 🍷	Jacket Potato with Cheese 🍷
	Potatoes	Potatoes Long Grain Rice	Potatoes Chips	Potatoes	Potatoes
	Peas Cauliflower	Carrots Baked Beans	Sweetcorn Broccoli	Carrots Peas	Sweetcorn & Peas Cabbage
Soup OR Pudding	Potato 🍷	Vegetable 🍷	Lentil 🍷	Yellow Split Pea 🍷	Chicken Noodle
	Swiss Roll Custard	Rice Pudding with Apple & Cinnamon	Pick 'n' Mix Fruit	Chocolate Sponge Custard	Eves Pudding Custard

🍷 indicates that this option is suitable for vegetarians
a selection of salad, fresh fruit & yoghurt is available **every day**

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Green Choice	Sausage or Vegetarian Sausage & Pasta Bake 🍃	Breaded Haddock	Haggis or Vegetarian Haggis 🍃	Sausage or Vegetarian Sausage Rolls 🍃	Bolognese or Vegetable Bolognese 🍃
Yellow Choice	Beef Casserole	Chicken Pie	Roast Chicken & Gravy	Savoury Rice 🍃	Roast Pork with Apple Sauce & Gravy
Orange Choice	Cheese Wrap 🍃	Sweet & Sour Vegetables 🍃	Jacket Potato with Tuna Mayo	Ham Baguette Egg Mayo Baguette 🍃	Jacket Potato with Coleslaw 🍃
	Potatoes	Potatoes Long Grain Rice	Potatoes	Potatoes	Potatoes Spaghetti
	Carrots Broccoli	Peas Cabbage	Sweetcorn Turnip	Carrots Baked Beans	Sweetcorn Mashed Carrot & Turnip
Soup OR Pudding	Potato & Leek 🍃	Tomato 🍃	Potato & Sweetcorn 🍃	Chicken & Pasta	Lentil 🍃
	Plain Sponge Custard	Crispie Cake Custard	Pick 'n' Mix Fruit	Raspberry Buns Custard	Apple & Berry Crumble Custard










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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Green Choice	Butcher Sausages or Vegetarian Sausages (V)	Bubblefish (pollock fillet coated in rice krispies)	Butcher Beefburger or Vegetarian Burger in a Roll (V)	Cheese & Tomato Pizza (V)	Steak Pie
Yellow Choice	Salmon Fishcakes	Vegetable Lasagne (V)	Pork Casserole	Minced Steak with Vegetables	Macaroni Cheese Garlic Bread (V)
Orange Choice	Jacket Potato with Cheese & Beans (V)	Chicken Fajitas	Cheese Wheels (V)	Tuna Mayo Wrap	Vegetable Fried Rice (V)
	Potatoes	Potatoes Wholemeal Roll	Potatoes	Potatoes Potato Wedges	Potatoes
	Peas Baked Beans	Sweetcorn Carrots	Broccoli Cauliflower	Carrots Peas	Carrots Turnip
Soup OR Pudding	Scotch Broth (V)	Carrot & Potato (V)	Tomato & Lentil (V)	Chicken Noodle	Vegetable (V)
	Orange Sponge Custard	Peaches Custard	Pick 'n' Mix Fruit	Swiss Roll Custard	Jelly Ice Cream

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Green Choice	Cheese & Tomato Pasta 	Breaded Fish Goujons	Roast Chicken & Gravy	Sausage or Vegetarian Sausage Rolls 	Breaded Fish Fingers
Yellow Choice	Chinese Chicken	Cornbeef Stovies & Oatcakes	Roasted Vegetable Wrap 	Cottage Pie	Chicken Curry
Orange Choice	Ham & Cheese Melt Baguette	Vegetable Pasta Bake 	Beef Lasagne	Chicken Noodles	Potato & Baked Bean Pie 
	Long Grain Rice Wholemeal Roll	Potatoes	Potatoes	Potatoes	Potatoes Long Grain Rice
	Peas Broccoli	Beetroot Carrots	Sweetcorn Cabbage	Carrots Baked Beans	Peas & Sweetcorn Broccoli
Soup OR Pudding	Yellow Split Pea 	Lentil 	Carrot 	Chicken & Pasta	Potato 
	Plain Sponge Custard	Apple & Berry Crumble Custard	Pick 'n' Mix Fruit	Peaches Custard	Sticky Toffee Pudding Custard

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Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Green Choice	Cheese & Tomato Pizza 🍷	Chicken Pie	Macaroni Cheese Garlic Bread 🍷	Breaded Haddock	Beefburger or Vegeburger 🍷 in a Roll
Yellow Choice	Beef Casserole	Herby Tomato Pasta 🍷	Roast Pork with Apple Sauce & Gravy	Bolognese or Vegetarian Bolognese 🍷	Salmon Fish Fingers
Orange Choice	Chicken Mayo Wrap	Chilli Beef Burrito	Tuna Mayo Wrap	Vegetable Fajita 🍷	Vegetable Fried Rice 🍷
	Potatoes Potato Wedges	Potatoes	Potatoes	Potatoes Spaghetti	Potatoes
	Carrots Turnip	Cauliflower Peas	Cabbage Broccoli	Carrots Peas	Baked Beans Sweetcorn
Soup OR Pudding	Tomato 🍷	Carrot & Potato 🍷	Lentil 🍷	Chicken Noodle	Potato 🍷
	Eves Pudding Custard	Crispie Cake Custard	Pick 'n' Mix Fruit	Jelly Fresh Fruit Salad	Rice Pudding with Apple & Cinnamon

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Week 6

	Monday	Tuesday	Wednesday	Thursday	Friday
Green Choice	Sausages or Vegetarian Sausages (V)	Ham & Cheese Melt Baguette	Bubblefish (pollock fillet coated in rice krispies)	Macaroni Cheese Garlic Bread (V)	Steak Pie
Yellow Choice	Sweet & Sour Chicken	Beef Lasagne	Meatballs in Tomato Sauce	Chicken & Broccoli Noodles	Breaded Chicken Goujons
Orange Choice	Vegetable Pasta Bake (V)	Bean & Vegetable Casserole (V)	Jacket Potato with Baked Beans (V)	Cheese & Tomato Pizza (V)	Roasted Vegetable Wrap (V)
	Potatoes Long Grain Rice	Potatoes Wholemeal Roll	Potatoes Spaghetti	Potato Wedges	Potatoes
	Cauliflower Broccoli	Peas Sweetcorn	Baked Beans Carrots	Cabbage Peas	Carrots Sweetcorn
Soup OR Pudding	Lentil (V)	Chicken & Pasta	Potato & Sweetcorn (V)	Yellow Spilt Pea	Potato (V)
	Plain Sponge Custard	Orange Sponge Custard	Pick 'n' Mix Fruit	Cornflake Biscuit Milk	Plain Muffins Custard

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fresh milk

from Graham's Dairy in Nairn



free range eggs

from Allarburn in Elgin



fresh bread

from MacLean's Bakers in Forres



seasonal vegetables

from Swansons Fruit & Veg in Elgin



quality meat

from Fraser Brothers Butchers in Forres



Check out our video on YouTube:
<https://youtu.be/-L0bBhvV16U>

