

2019-2020 PRIMARY MENUS West Johnstone Campus

Week1	Meat Free Monday	Tuesday	Wednesday Tradional Scottish Fare	Thursday	Friday
Starter	Potato Soup	Carrot and Coriander Soup	Lentil Soup	Tomato Soup	
Choice 1	Macaroni Cheese with fresh baked Petit Pain	Turkey Burger in a Seeded Bun with Baked Wedges	Scottish Beef Mince with Mash	Roast Chicken and Vegetable Pie with Baby Potatoes	Kids Favourite Fish and Chips
Choice 2	Jacket Potato with Beans	Salmon Fish Fingers with Baked Wedges	Quorn Sausages in Gravy with Mash	Herby Tomato and Vegetable Pasta	Veggie Chilli with Rice
Choice 3	Egg Mayo Sandwich	Chicken Sandwich	Cheddar Cheese Sandwich	Ham Sandwich	Tuna Mayo and Sweetcorn in a Wholemeal Roll
Veg of the Day	Broccoli Florets	Pea and Sweetcorn Mix	Carrot and Swede Mash	Seasonal Mixed Veg	Peas and Baked Beans
Dessert	Seasonal Fruit Selection. Fruit Yoghurt	Fruit Crumble with Custard or Fruit Yoghurt	Shortbread Finger or Frozen Yoghurt	Ice Cream or Fruit Yoghurt	Seasonal Fruit Selection. Frozen Yoghurt
Drinks	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Comments	Available Daily: Salad Pots & Selection of Breads All Soups are Homemade				

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Week 2	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Minestrone Soup	Lentil and Sweet Potato Soup	Smooth Vegetable Soup	Potato and Leek Soup	
Choice 1	Cheese and Tomato Pizza with Baked Wedges	Steak Pie with New Potatoes	BBQ Chicken Wrap with Savoury Rice	Pork Sausage Casserole with Diced Potatoes	Baked Jumbo Fish Finger and Chips
Choice 2	Plain Omelette with Baked Wedges	Baked Potato with Tuna or Beans	Crunchy Topped Macaroni Cheese with Crusty Bread	Broccoli Flan with Diced Potatoes	Quorn Sausage in a Hot Dog Roll with Chips and Ketchup
Choice 3	Cheese Finger Roll	Chicken Sandwich	Tuna Mayo and Sweetcorn Sandwich	Ham in a Wholemeal Roll	Egg Mayo Sandwich
Veg of the Day	Sweetcorn and Peas	Carrots	Broccoli Florets	Green Beans	Peas
Dessert	Seasonal Fruit Selection Frozen Yoghurt	Rice Pudding or Fruit Yoghurt	Fairy Cake or Frozen Yoghurt	Strawberry Mousse or Fruit Yoghurt	Seasonal Fruit Selection. Fruit Yoghurt
Drinks	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Comments	Available Daily: Salad Pots & Selection of Breads All Soups are Homemade				

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Week 3	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
Starter	Potato Soup	Vegetable Soup	Tomato Soup	Lentil Soup	
Choice 1	Neapolitan Pasta with Crusty Bread	Baked Salmon Fish Cake with Chips	Roast Chicken with Gravy, Mash and Yorkshire Pudding	Beef Burger in a Seeded Bun with Slaw and Salad	Kids Favourite Fish and Chips
Choice 2	Quorn Masala with Boiled Rice with Naan Bread	Jacket Potato with Cheese or Tuna and Sweetcorn	Quorn Sausages in Gravy with Mash and Yorkshire Pudding	Stir Fried Vegetables with Noodles	Vegetarian Lasagne with Chips
Choice 3	Cheese Sandwich	Chicken Sandwich	Tuna Mayo Sandwich	Ham Finger Roll	Egg Mayo Sandwich
Veg of the Day	Seasonal Mixed Veg	Green Beans	Broccoli and Cauliflower Florets	Sweetcorn	Peas
Dessert	Seasonal Fruit Selection. Fruit Yoghurt	Chocolate Cookie or Frozen Yoghurt	Iced Sponge and Custard or Fruit Yoghurt	Ice Cream Roll or Fruit Yoghurt	Seasonal Fruit Selection. Frozen Yoghurt
Drinks	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Comments	Available Daily: Salad Pots & Selection of Breads All Soups are Homemade				

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Week 4	Meat Free Monday	Tuesday	Wednesday Chinese Fare	Thursday	Friday
Starter	Sweet Potato and Carrot Soup	Lentil	Sweetcorn and Noodle Soup	Vegetable Soup	
Choice 1	Cheese and Tomato Pizza with Chips	Pork Sausages in Gravy with Mashed Potatoes	Chicken Curry with Rice	Spaghetti Bolognaise and Garlic Bread	Fish Fingers and Chips
Choice 2	Vegetarian Meatballs in Tomato Sauce on a bed of Pasta	Quorn Mince in Gravy with Mashed Potatoes	Quorn Dippers with Rice served with a Sweet and Sour Sauce	Veggie Burger in a Seeded Bun with Potato Salad	Baked Potato with Cheese or Beans
Choice 3	Cheese Roll	Chicken Sandwich	Tuna Mayo Wrap	Ham Sandwich	Tuna Sandwich
Veg of the Day	Sweetcorn and Peas	Carrot and Swede Mix	Broccoli Florets	Sliced Green Beans	Peas and Beans
Dessert	Seasonal Fruit Selection. Frozen Yoghurt	Krispie Cake or Fruit Yoghurt	Jelly and Fruit or Frozen Yoghurt	Chocolate Sponge and Custard or Fruit Yoghurt	Seasonal Fruit Selection. Fruit Yoghurt
Drinks	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Comments	Available Daily: Salad Pots & Selection of Breads All Soups are Homemade				