

# School Lunch provenance menu - Aug 2025 to Aug 2026

**Week 1** - 11<sup>th</sup> Aug, 1<sup>st</sup> & 22<sup>nd</sup> Sept, 13<sup>th</sup> Oct, 3<sup>rd</sup> & 24<sup>th</sup> Nov, 15<sup>th</sup> Dec, 5<sup>th</sup> & 26<sup>th</sup> Jan, 16<sup>th</sup> Feb, 9<sup>th</sup> & 30<sup>th</sup> Mar, 20<sup>th</sup> Apr, 11<sup>th</sup> May, 1<sup>st</sup> & 22 Jun, 13<sup>th</sup> July, 3<sup>rd</sup> Aug

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Starter</b>	<b>Tomato Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread	<b>Lentil Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread	<b>Chicken Noodle or Lentil Soup</b> – made with UK Red Tractor certified chicken breast and a mix of fresh vegetables and served with home baked wholemeal bread	<b>Cheese &amp; Biscuits or Lentil Soup</b> – made with plain savoury crackers and slices of cheddar cheese	<b>Lentil Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread
<b>Red Tray Includes soup, fruit &amp; salad bar</b>	<b>Cheese and Tomato Pizza with Chips and Seasonal salad</b> – Cheese and tomato pizza with a wholemeal base, served with UK grown chipped potatoes and a seasonal salad	<b>Chicken Fajitas</b> - Made with UK Red Tractor certified chicken breast, fresh vegetables and a white high fibre tortilla wrap, served with UK grown wedge potatoes  V = Quorn Fajitas	<b>Macaroni Cheese with Peas &amp; Sweetcorn</b> – Pasta in a homemade cheese sauce using cheddar cheese and Organic milk from Scottish Dairy cows served with garden peas and sweetcorn	<b>Tomato Pasta and Seasonal Salad</b> – Pasta cooked with a homemade tomato sauce and a seasonal salad	<b>Breaded Fish with Potato Wedges and Peas</b> - Oven baked Gluten free breaded MSC certified pollock fillet served with UK grown wedge potatoes and garden peas  V = Quorn Dippers
<b>Green Tray Includes soup, fruit &amp; salad bar</b>	<b>Cheese Wrap</b> – made with cheddar cheese and a white high fibre tortilla wrap  <b>Egg Wrap</b> – made with eggs from free range Scottish hens and a white high fibre tortilla wrap	<b>Ham Roll</b> – made with Quality Meat Scotland assured Ham as a filling for a white high fibre roll  <b>Cheese Roll</b> – made with cheddar cheese in a white high fibre roll	<b>Jacket Potato with Baked Beans</b> – Oven baked UK grown potatoes with reduced salt and sugar baked beans  <b>Jacket Potato with Cheese</b> – Oven baked UK grown potatoes with grated cheddar cheese and seasonal salad	<b>Beef Burger Roll &amp; Ketchup</b> – A Red Tractor British Beef grill made with hidden spinach and broccoli served in a high fibre burger roll with Heinz tomato ketchup  V = Quorn Burger & Ketchup	<b>Chicken Sandwich</b> – made with UK Red Tractor certified chicken breast joint, which we roast and slice on site as a filling with wholemeal sliced bread  <b>Cheese Sandwich</b> – made with cheddar cheese and wholemeal sliced bread
<b>Pudding</b>	Selection of fruit	Selection of fruit & a homemade iced shortbread biscuit	Selection of fruit & reduced sugar ice-cream	Selection of fruit & reduced fat, extra fibre & vitamins fruit yogurt	Selection of fruit & natural sugar & flavour milkshake
<b>Salad Bar</b>	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items

**Week 2** - wc 19<sup>th</sup> Aug, 9<sup>th</sup> & 30<sup>th</sup> Sept, 21<sup>st</sup> Oct, 11<sup>th</sup> Nov, 2<sup>nd</sup> & 23<sup>rd</sup> Dec, 13<sup>th</sup> Jan, 3<sup>rd</sup> & 24<sup>th</sup> Feb, 17<sup>th</sup> Mar, 7<sup>th</sup> & 28<sup>th</sup> Apr, 19<sup>th</sup> May, 9<sup>th</sup> & 30<sup>th</sup> Jun, 21<sup>st</sup> Jul

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	<b>Lentil Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread	<b>Tomato Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread	<b>Cheese &amp; Biscuits or Lentil Soup</b> – made with plain savoury crackers and slices of cheddar cheese	<b>Carrot &amp; Sweet Potato Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread	<b>Lentil Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread
<b>Red Tray Includes soup, fruit &amp; salad bar</b>	<b>Tomato Pasta, Cheesy Bread &amp; Sweetcorn</b> – Pasta cooked with a homemade tomato sauce, served with home baked bread and sweetcorn	<b>Chinese Chicken Rice</b> - Made with UK Red Tractor certified chicken breast, fresh vegetables and rice, served with homemade curry sauce  V = Chinese Quorn rice	<b>Spaghetti Bolognese, Garlic Bread and Seasonal Salad</b> – Bolognese sauce made with Quality Meat Scotland assured beef mince. Served with home baked bread and seasonal salad  V = Spaghetti & Tomato sauce	<b>Salmon Fish Fingers with Smiley Faces and Baked Beans</b> – Oven baked MSC certified breaded salmon fish fillet fingers, served with oven roasted McCain potato smiley faces and reduced salt and sugar baked beans V = Quorn Dippers	<b>Macaroni Cheese with Seasonal Vegetables</b> – Pasta in a homemade cheese sauce using cheddar cheese and Organic milk from Scottish Dairy cows and vegetables
<b>Green Tray Includes soup, fruit &amp; salad bar</b>	<b>Jacket Potato with Baked Beans</b> – Oven baked UK grown potatoes with reduced salt and sugar baked beans  <b>Jacket Potato with Cheese</b> – Oven baked UK grown potatoes with grated cheddar cheese and sweetcorn	<b>Pork Sausage Roll with Spaghetti Hoops</b> - A homemade sausage roll using Quality Meat Scotland farm assured pork sausage meat, served with reduced salt and sugar wholewheat spaghetti hoops  V = Quorn Sausage Roll	<b>Toasted Tuna Bagel</b> – made with tuna that is certified as sustainable by the MSC - Marine Stewardship Council and served in a toasted bagel  <b>Toasted Cheese Bagel</b> – made with grated cheddar cheese and served in a toasted bagel	<b>Sweet Chilli Chicken Panini</b> - made with UK Red Tractor certified chicken breast joint and sweet chilli sauce as a filling in a high fibre baguette  <b>Cheese Panini</b> – made with cheddar cheese in a white high fibre panini roll	<b>Chicken Burger &amp; Ketchup</b> – UK Red Tractor certified minced chicken breast breaded burger in a high fibre burger roll with Heinz tomato ketchup  V = Quorn Burger & Ketchup
<b>Pudding</b>	Selection of fruit & reduced fat, extra fibre & vitamin fruit yogurt	Selection of fruit & reduced sugar Jelly	Selection of fruit	Selection of fruit & reduced sugar chocolate muffin	Selection of fruit & natural sugar & flavour milkshake
<b>Salad Bar</b>	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items

**Week 3** – 26<sup>th</sup> Aug, 16<sup>th</sup> Sept, 7<sup>th</sup> & 28<sup>th</sup> Oct, 18<sup>th</sup> Nov, 9<sup>th</sup> & 30<sup>th</sup> Dec, 20<sup>th</sup> Jan, 10<sup>th</sup> Feb, 3<sup>rd</sup> & 24<sup>rd</sup> Mar, 14<sup>th</sup> Apr, 5<sup>th</sup> & 26<sup>th</sup> May, 16<sup>th</sup> Jun, 7<sup>th</sup> & 28<sup>th</sup> Jul

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup</b>	<b>Carrot &amp; Sweet Potato Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread	<b>Lentil Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread	<b>Cheese &amp; Biscuits or Lentil Soup</b> – made with plain savoury crackers and slices of cheddar cheese	<b>Lentil Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread	<b>Tomato Soup</b> – made with a mix of fresh vegetables and served with home baked wholemeal bread
<b>Red Tray Includes soup, fruit &amp; salad bar</b>	<b>Cheese and Tomato Pizza / Pasta combo and Seasonal Salad</b> – a combination of Cheese and tomato pizza with a wholemeal base and Pasta cooked with a homemade tomato sauce and seasonal salad	<b>Chicken Goujons, Fries &amp; Peas and Sweetcorn</b> – UK Red Tractor certified chicken breaded goujons served with UK grown chipped potatoes, garden peas and sweetcorn  V = Quorn Dippers	<b>Chicken Korma with Rice and Peas</b> – a mild curry prepared with a homemade korma sauce using UK Red Tractor certified chicken breast, served with rice and garden peas  V = Quorn korma	<b>Steak Pie with Oven Roasted Potatoes and Seasonal Vegetable Medley</b> – A puff pastry topped pie using Quality Meat Scotland assured beef, served with UK grown oven roasted potatoes and vegetables  V = Sliced Quorn fillet & gravy	<b>Cheese Panini with Potato Wedges and Baked Beans or Salsa &amp; Seasonal Salad</b> – Cheddar cheese in a white high fibre panini roll served with UK grown wedge potatoes and reduced salt and sugar baked beans or homemade salsa and seasonal salad
<b>Green Tray Includes soup, fruit &amp; salad bar</b>	<b>Potato Wedges and Cheesy Beans</b> – made with UK grown wedge potatoes and a mix of reduced salt and sugar baked beans and grated cheddar cheese  <b>Egg Mayonnaise Sandwich</b> – made with eggs from free range Scottish hens and wholemeal sliced bread	<b>Hotdog &amp; Ketchup</b> – Gluten Free UK Red Tractor certified pork sausage in a white high fibre roll with Heinz tomato ketchup  V = Veggiedog ( Quorn Sausage	<b>Cheese Toastie &amp; Baked Beans</b> – made with cheddar cheese and wholemeal sliced bread, served with reduced salt and sugar baked beans  <b>Tuna Mayonnaise Sandwich</b> – made with tuna that is certified as sustainable by the MSC - Marine Stewardship Council and a wholemeal sliced bread	<b>Chicken Roll</b> – made with UK Red Tractor certified chicken breast joint, which we roast and slice on site as a filling for a white high fibre roll  <b>Cheese Roll</b> – made with cheddar cheese in a white high fibre roll	<b>Ham Sandwich</b> – made with Quality Meat Scotland assured Ham as a filling in wholemeal sliced bread  <b>Cheese Sandwich</b> – made with cheddar cheese and wholemeal sliced bread
<b>Pudding</b>	Selection of fruit & reduced fat, extra fibre & vitamin fruit yogurt	Selection of fruit & reduced sugar cupcake	Selection of fruit	Selection of fruit & reduced sugar cookie	Selection of fruit & natural sugar & flavour milkshake
<b>Salad Bar</b>	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items	Selection of freshly prepared Salad items

