<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOUP</td>
<td>Leek &amp; Potato CHO 18.5g</td>
<td></td>
<td>Lentil CHO 12.9g</td>
<td></td>
</tr>
</tbody>
</table>
| MAIN COURSE | Roast Chicken Fillet CHO 0.7g  
Roast Potatoes CHO 20.6g | Beef Chilli CHO 7.6g  
Rice CHO 46.1g | Haggis CHO 9g  
Neeps CHO 2.5g  
Tatties CHO 20.9g | Salmon Fillet CHO 0g  
Baby Boiled Potatoes CHO 22.4g |
| VEGETARIAN COURSE | Quorn Bolognase CHO 43g | Quorn Dippers CHO 7.2g  
Potato Wedges CHO 20.4g  
Beans CHO 12.8g | Sweet Potato & Chickpea Curry With Rice CHO 113.4g | Tomato Pasta CHO 43.7g  
Garlic Bread CHO 12g |
| VEGETABLES/SALAD | Seasonal vegetables ♦  
Mixed salad | Seasonal vegetables ♦  
Mixed salad | Seasonal vegetables ♦  
Mixed salad | Seasonal vegetables ♦  
Mixed salad |
| LIGHTER BITE | Cheese/Beans CHO 54g/CHO 62.9g  
Baked potato ♦  
With Salad CHO 3g | Panini CHO 28.7g  
With salad CHO 3g | Lentil Soup CHO 12.9g  
Sandwich CHO 30g | Tuna/Cheese CHO 55g/CHO 54g  
Baked potato ♦  
With Salad CHO 3g |
| DESSERTS | Fruit Salad CHO 17.3g  
Selection of Fruit Muller Yogurts CHO 15.1g | Rice Pudding with fruit CHO 48.7g  
Fruit Salad CHO 17.3g  
Selection of Fruit Muller Yogurts CHO 15.1g | Fruit Salad CHO 17.3g  
Selection of Fruit Muller Yogurts CHO 15.1g | Oat Cookies CHO 30g  
Fruit Salad CHO 17.3g  
Selection of Fruit Muller Yogurt CHO 15.1g |
| DRINKS | Water  
Milk | Water  
Milk | Milk  
Water | Water  
Milk |

- Bread, side salad, fruit/fruit salad & yoghurt available daily
- A sandwich lunch is available on Friday:– a roll/sandwich, yoghurt, fresh fruit, water
- Monday & Wednesdays are ‘milk and water’ days to help growing teeth!

Vegetarian choice ♦
Local produce when available ♦
MCS Sustainable fish source
<table>
<thead>
<tr>
<th></th>
<th><strong>WEEK 2</strong></th>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MEAT FREE</strong></td>
<td></td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>Soup</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>MAIN COURSE</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Tomato and Basil CHO 5.1g</td>
<td></td>
<td></td>
<td>Vegetable CHO 9.3g</td>
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</tr>
<tr>
<td>Macaroni V CHO 47.5g with Crusty Bread CHO 28.5g</td>
<td></td>
<td></td>
<td>Fish Goujons CHO 15g Chips CHO 36g</td>
<td>Steak Pie CHO 12.9g Potatoes CHO 22.4g</td>
<td>BBQ Chicken Fillet in a Bun CHO 30.1g Corn on the Cob 6g</td>
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<tr>
<td>VEGETARIAN COURSE</td>
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<tr>
<td>Veg Sausage Roll CHO 17.7g Potato Wedges CHO 20.4g</td>
<td></td>
<td></td>
<td>Leek &amp; Parmesan Risotto CHO 56.4g</td>
<td>Broccoli &amp; Cheese Bake CHO 34.2g</td>
<td>Vegetarian Sausage &amp; Bean Casserole CHO 37.9g Root Veg CHO 2.8g Mash Potatoes CHO 20.9g</td>
</tr>
<tr>
<td>VEGETABLES/SALAD</td>
<td>Seasonal vegetables ✦ Mixed salad</td>
<td>Seasonal vegetables ✦ Mixed salad</td>
<td>Seasonal vegetables ✦ Mixed salad</td>
<td>Seasonal vegetables ✦ Mixed salad</td>
<td></td>
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<tr>
<td>BAKED POTATO</td>
<td>Beans/Cheese CHO 62.9g/54g Baked potato With Salad CHO 2.4g</td>
<td>Panini Tuna Melt CHO 29g Salad CHO 3g</td>
<td>Vegetable Soup CHO 9.3g Sandwich CHO 30g</td>
<td>Tuna Mayo/Cheese CHO 53.9g / CHO 54g Baked potato ✦ With Salad CHO 2.4g</td>
<td></td>
</tr>
<tr>
<td>DESSERTS</td>
<td>Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts CHO 15.1g</td>
<td>Steamed Fruit Pudding 37.5g Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts 15.1g</td>
<td>Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts CHO 15.1g</td>
<td>Cocoa Slice CHO 39.3g Fruit Salad CHO 17.3g Selection of Fruit Muller Yogurts 15.1g</td>
<td></td>
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<tr>
<td>DRINKS</td>
<td>Water Milk</td>
<td>Water Milk</td>
<td>Water Milk</td>
<td>Water Milk</td>
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</tr>
</tbody>
</table>

- Bread, side salad, fruit/fruit salad & yoghurt available daily
- A sandwich lunch is available on Friday:—a roll/sandwich, yoghurt, fresh fruit, fruit juice drink & milk
- Monday & Wednesdays are ‘milk and water’ days to help growing teeth!
  Vegetarian choice ✦ Local produce when available ✦ MCS Sustainable fish source
<table>
<thead>
<tr>
<th>WEEK 3</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
</table>
| SOUP   | Spicy Parsnip  
CHO 23.9g |         | Lentil  
CHO 12.9g |          |
| MAIN COURSE | Fish Fillet CHO 6.3g  
Chips CHO 36g | Mince Beef in Gravy  
CHO 3.5g  
Potato CHO 22.4g | Chicken Enchilladas  
CHO 36.3g | Beef Stir Fry with Noodles  
CHO 56.5g |
| VEGETARIAN COURSE | Vegetable Tagliatelle CHO 34.1g | Veg Nibbles CHO 18.5g  
Potato Wedges  
CHO 20.4g  
Beans CHO 12.8g | Vegetarian Stovies  
CHO 50.9g | Pizza Power  
CHO 40.1g  
Veg Batons CHO 3.7g |
| VEGETABLES/SALAD | Seasonal vegetables ♦  
Mixed salad | Seasonal vegetables ♦  
Mixed salad | Seasonal vegetables ♦  
Mixed salad | Seasonal vegetables ♦  
Mixed salad |
| BAKED POTATO | Cheese / Beans  
CHO 54g / CHO 62.9g  
Baked potato ♦  
With Salad CHO 2.4g | Panini  
Chicken & Mozzarella  
CHO 29.1g  
Salad CHO 3g | Soup CHO 12.9g  
Sandwich 30g | Chicken Mayo / Cheese  
CHO 55g / CHO 54g  
Baked potato ♦  
With Salad |
| DESSERTS | Fruit Salad  
CHO 17.3g  
Selection of Fruit  
Muller Yogurts CHO 15.1g | Fruit Crumble CHO 43.9  
Custard 10g  
Fruit Salad CHO 17.3g  
Selection of Fruit  
Muller Yogurts CHO 15.1g | Fruit Salad  
CHO 17.3g  
Selection of Fruit  
Muller Yogurts 13.4g | Carrot Cake CHO 71.3g  
Fruit Salad CHO 17.3g  
Muller Yogurts 15.1g |
| DRINKS | Water  
Milk | Water  
Milk | Milk  
Water | Water  
Milk |

- Bread, side salad, fruit/fruit salad & yoghurt available daily
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