# Primary School Winter Menu

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SOUP</strong></td>
<td>Leek &amp; Potato Fat 4.5g</td>
<td></td>
<td>Lentil FAT 1.3</td>
<td></td>
</tr>
<tr>
<td><strong>MAIN COURSE</strong></td>
<td>Roast Chicken Fillet Fat 3.7g Roast Potatoes Fat 2.8g</td>
<td>Beef Chilli FAT 3.2g Rice FAT 1.1g</td>
<td>Haggis FAT 12.5g Neeps FAT 0g Tatties FAT 2g</td>
<td>Salmon Fillet FAT 11g Baby Boiled Potatoes FAT 0.3g</td>
</tr>
<tr>
<td><strong>VEGETARIAN COURSE</strong></td>
<td>Quorn Bolognaise 2.9g</td>
<td>Quorn Dippers FAT 6.6g Potato Wedges FAT 4.7g Beans FAT 1.4g</td>
<td>Sweet Potato &amp; Chickpea Curry With Rice FAT 10.2g</td>
<td>Tomato Pasta FAT 2.1g Garlic Bread FAT 5.4g</td>
</tr>
<tr>
<td><strong>VEGETABLES/SALAD</strong></td>
<td>Seasonal vegetables fat 0.2g Mixed salad Fat 0.2g</td>
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</tr>
<tr>
<td><strong>LIGHTER BITE</strong></td>
<td>Cheese/Beans Fat 12.8g/Fat 1.3g Baked potato</td>
<td>Panini FAT 11.7</td>
<td>Lentil Soup &amp; Sandwich Cheese FAT 19.1g/Chicken Mayo FAT 12.3g</td>
<td>Tuna/Cheese FAT 6.2g/ FAT 12.8g Baked potato FAT 0.3</td>
</tr>
<tr>
<td><strong>DESSERTS</strong></td>
<td>Fruit Salad FAT 0.2g Selection of Fruit 0.1g Muller Yogurts FAT 1.8g</td>
<td>Rice Pudding with fruit FAT 4g Fruit Salad Selection of Fruit Muller Yogurts</td>
<td>Fruit Salad FAT Selection of Fruit Muller Yogurts</td>
<td>Oat Cookies FAT g 16.6g Fruit Salad Selection of Fruit Muller Yogurt</td>
</tr>
<tr>
<td><strong>DRINKS</strong></td>
<td>Water Milk 3.4g</td>
<td>Water Milk</td>
<td>Milk Water</td>
<td>Water Milk</td>
</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, water
- Local produce when available
- MCS Sustainable fish source
<table>
<thead>
<tr>
<th>WEEK 2</th>
<th><strong>MEAT FREE</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>Soup: Tomato and Basil FAT 0.2g</td>
<td>MAIN COURSE: Macaroni V FAT 15.6g</td>
<td>VEGETARIAN COURSE: Veg Sausage Roll FAT 10.9g and Potato Wedges FAT 4.7g</td>
<td>LIGHTER BITE: Cheese/Beans Fat 12.8g/Fat 1.3g and Baked potato FAT 0.3g</td>
</tr>
<tr>
<td><strong>MAIN COURSE</strong></td>
<td>MAIN COURSE: Fish Goujons FAT 0.4g Chips FAT 13.5g</td>
<td>MAIN COURSE: Leek &amp; Parmesan Risotto FAT 3.9g</td>
<td>MAIN COURSE: Broccoli &amp; Cheese Bake FAT 27.8g</td>
<td>MAIN COURSE: Vegetable Soup &amp; Sandwich Ham FAT 2.1g /Egg FAT 6.7g</td>
</tr>
<tr>
<td><strong>VEGETARIAN COURSE</strong></td>
<td>VEGETARIAN COURSE: Stuffed Mushroom Fat 0.6g</td>
<td>VEGETARIAN COURSE: Leek &amp; Parmesan Risotto FAT 3.9g</td>
<td>VEGETARIAN COURSE: Broccoli &amp; Cheese Bake FAT 27.8g</td>
<td>VEGETARIAN COURSE: Vegetarian Sausage &amp; Bean Casserole FAT 6.1g</td>
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<tr>
<td><strong>VEGETABLES/SALAD</strong></td>
<td>VEGETABLES/SALAD: Seasonal vegetables and Mixed salad</td>
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</tr>
<tr>
<td><strong>LIGHTER BITE</strong></td>
<td>LIGHTER BITE: Cheese/Beans Fat 12.8g/Fat 1.3g and Baked potato Fat 0.3g</td>
<td>LIGHTER BITE: Panini Tuna Melt FAT 11.7g</td>
<td>LIGHTER BITE: Vegetable Soup &amp; Sandwich Ham FAT 2.1g /Egg FAT 6.7g</td>
<td>LIGHTER BITE: Tuna/Cheese Fat 6.2g/ FAT 12.8g and Baked potato Fat 0.3</td>
</tr>
<tr>
<td><strong>DESSERTS</strong></td>
<td>DESSERTS: Fruit Salad Selection of Fruit Muller Yogurts</td>
<td>DESSERTS: Steamed Fruit Pudding FAT 11.9g and Fruit Salad Selection of Fruit Muller Yogurts</td>
<td>DESSERTS: Fruit Salad Selection of Fruit Muller Yogurts</td>
<td>DESSERTS: Cocoa Slice FAT 15.9g and Fruit Salad Selection of Fruit Muller Yogurts</td>
</tr>
<tr>
<td><strong>DRINKS</strong></td>
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- 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
- Local produce when available ✦ MCS Sustainable fish source
## Primary School Winter Menu

**October 2019 to April 2020**

<table>
<thead>
<tr>
<th>WEEK 3</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</thead>
</table>
| **SOUP** | Spicy Parsnip  
FAT 4.9g |                    | Lentil  
FAT 1.3g |                    |
| **MAIN COURSE** | Fish Fillet  
FAT 0.9g  
Chips FAT 13.5g | Mince Beef in Gravy  
FAT 3.5g  
Potato FAT 0.3g | Chicken Enchilladas  
FAT 9.3g | Beef Stir Fry with Noodles  
FAT 6.3g |
| **VEGETARIAN COURSE** | Vegetable Tagliatelle  
FAT 19.6g | Veg Nibbles  
FAT 8.8g  
Potato Wedges  
FAT 4.7  
Beans FAT 1.4g | Vegetarian Stovies  
FAT 8.3g | Pizza Power  
FAT 7.1g  
Veg Batons FAT 0.2g |
| **VEGETABLES/SALAD** | Seasonal vegetables  
Mixed salad | Seasonal vegetables  
Mixed salad | Seasonal vegetables  
Mixed salad | Seasonal vegetables  
Mixed salad |
| **LIGHTER BITE** | Cheese/Beans  
Fat 12.8g/Fat 1.3g  
Baked potato  
FAT 0.3g | Panini  
Chicken & Mozzarella  
FAT 12.9 | Lentil Soup & Sandwich  
Cheese FAT 14.1g /Tuna  
FAT 7.5g | Chicken Mayo / Cheese  
FAT 6g / FAT 12.8g  
Baked potato  
FAT 0.3g |
| **DESSERTS** | Fruit Salad  
Selection of Fruit  
Muller Yogurts | Fruit Crumble  
FAT 15.1g  
Custard FAT 1.2g  
Fruit Salad  
Selection of Fruit  
Muller Yogurts | Fruit Salad  
Selection of Fruit  
Muller Yogurts | Carrot Cake  
FAT 22.4g  
Fruit Salad  
Selection of Fruit  
Muller Yogurts |
| **DRINKS** | Water  
Milk | Water  
Milk | Milk  
Water | Water  
Milk |

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- Local produce when available ♦  
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