



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP Ve	<i>Cooker top</i> Vegetable Soup	<i>Cooker top</i> Tomato & Basil Soup	<i>Cooker top</i> Lentil Soup	<i>Cooker top</i> Leek & Potato Soup
MAIN COURSE	<i>Oven</i> Fish Fingers & Chips with peas	<i>Cooker top</i> Chilli con Carne with Rice	<i>Cooker top/part oven</i> Chicken Sausages & Gravy with Mashed Potatoes and Veg	<i>Cooker top</i> Egg Fried Rice (V)
VEGETARIAN CHOICE V	<i>Oven</i> Baked Potato with Cheese & salad (V)	<i>Oven</i> Vegan Sausage Roll (34545) with Diced Potatoes & Veg (Ve)	<i>Cooker</i> Vegetarian Bolognese with Pasta (Ve)	<i>Oven</i> Pizza Power & Vegetable Batons (V)
LIGHTER BITE OPTION	Soup and Chicken Wholemeal Roll with salad	Soup with Cheese Baguette With salad	Soup & Ham Sandwich with salad	Soup with Hummus & Grated carrot Wrap with Salad (Ve)
DESSERTS	Daily Choice	Custard / Ice-Cream & Seasonal Fruit or Fruit	Daily Choice	Vanilla Sponge & Seasonal Fruit or Fruit
DRINKS	Water Milk	Water Milk	Milk Water	Water Milk

- Free bread, soup and side salad are available daily
- A sandwich lunch is available on Friday:--a roll/sandwich, fresh fruit, vegetable sticks, yogurt and water
- Milk and water served every day to help growing teeth!
- Vegetarian choice **V** Vegan **Ve** Scottish/Local produce when available ♦
- Light Bite Option provides a fully balanced nutritional lunch
- Daily Choice: Fresh fruit, Fruit salad and/or yogurt

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP <i>Ve</i>	<i>Cooker top</i> Tomato & Basil Soup	<i>Cooker top</i> Lentil Soup	<i>Cooker top</i> Vegetable Soup	<i>Cooker top</i> Carrot & Coriander Soup
MAIN COURSE	<i>Cooker top</i> Macaroni Cheese (V)	<i>Oven/Cooker Top</i> Salmon Fillet with Potatoes & Veg	<i>Oven/Cooker top</i> Steak Pie with Potatoes & Veg	<i>Oven/Cooker Top</i> Chicken Enchiladas
VEGETARIAN CHOICE <i>V</i>	<i>Cooker top</i> Vegetable Curry with Rice <i>Ve</i>	<i>Cooker top</i> Tomato Pasta (<i>Ve</i>) with Garlic Bread (V)	<i>Cooker top</i> Leek & Pea Risotto (V)	<i>Oven</i> Baked Potato with Cheese and Salad (V)
LIGHTER BITE OPTION	Soup and Egg Mayo Wholemeal Roll with salad (V)	Soup with Cheese Baguette with salad (V)	Soup with Tuna Wrap with salad	Soup & Chicken Sandwich with Salad
DESSERTS	Daily Choice	Fruit Crumble Or Fruit	Daily Choice	Peach Melba Sponge Or Fruit
DRINKS	Water Milk	Water Milk	Milk Water	Water Milk
<ul style="list-style-type: none"> • Soup, bread and side salad are available daily • A sandwich lunch is available on Friday:–a roll/sandwich, fresh fruit, vegetable sticks, yogurt and water • Milk and water served every day to help growing teeth! • Vegetarian choice <i>V</i> Scottish/Local produce when available ◆ • Light Bite Option provides a fully balanced nutritional lunch • Daily Choice: Fresh fruit, Fruit salad and/or yogurt 				



Primary School Menu

Week 3 2022-23

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
SOUP V	<i>Cooker top</i> Tomato & Basil Soup	<i>Cooker top</i> Red Pepper & Tomato Soup	<i>Cooker top</i> Lentil Soup	<i>Cooker top</i> Vegetable Soup
MAIN COURSE	<i>Oven/Cooker Top</i> Chicken in Gravy with Roast Pots, Yorkshire Pudding & Veg	<i>Cooker top</i> Seasonal Penne Pasta (Ve)	<i>Cooker top</i> Mince & Mashed Potatoes with Vegetables	<i>Cooker top</i> Chicken Sausage Hot Dog in a roll (31298) with Vegetable Batons
VEGETARIAN CHOICE V	<i>Oven</i> Baked Potato with Beans and Salad (Ve)	<i>Oven</i> Loaded Tractor Wheels Quiche with Potatoes & Veg (V)	<i>Oven</i> Vegetable Nuggets (134570) with Rainbow rice (Ve)	<i>Oven</i> Sweet Potato & Lentil Curry with Rice (Ve)
LIGHTER BITE OPTION	Soup and Tuna Wholemeal Roll with salad	Soup with Cheese Baguette (V) with salad	Soup & Egg Mayo Sandwich (V) with salad	Soup with Cheese Wrap with Salad (V)
DESSERTS	Daily Choice	Angel Delight & Seasonal Fruit Or Fruit	Daily Choice	Chocolate Sponge & Seasonal Fruit Or Fruit
DRINKS	Water Milk	Water Milk	Milk Water	Water Milk
<ul style="list-style-type: none"> • Free bread, soup, side salad or vegetable sticks and fruit are available daily • A sandwich lunch is available on Friday:—a roll/sandwich, fresh fruit, vegetable sticks, yogurt and water • Milk and water served every day to help growing teeth! • Vegetarian choice V Scottish/Local produce when available ♦ • Light Bite Option provides a fully balanced nutritional lunch • Daily Choice: Fresh fruit, Fruit salad and/or yogurt 				