

| <b>Week 1</b> Week Begins: 27 October, 24 November<br>5 January, 2 February, 2 March, 30 March |  |
|--|--|
| <b>Mon</b>   | Assorted Bread Sandwiches – Tuna – Cheese ✓<br>British Steak Casserole<br>Vegetarian Stovies ✓<br>Baby Boiled Potatoes   Roasted Vegetables   Coleslaw<br>-----<br>Naan Bread   Cracknel & Custard |
| <b>Tues</b>  | Chicken Korma<br>4 Cheese Ravioli in Home Made Tomato Sauce ✓<br>Rice   Sweetcorn   Diced Cucumber<br>-----<br>Assorted Bread   Sticky Toffee Pudding & Custard                                    |
| <b>Wed</b>   | Cheese Panini ✓<br>Gammon Ham & Cheese Panini<br>Marzetti<br>Oven Baked Potato Wedges   Broccoli   Tomato & Cucumber<br>-----<br>Assorted Bread   Lentil Soup                                      |
| <b>Thur</b>  | Seasoned Chicken Wrap<br>Macaroni Cheese ✓<br>Boiled Potatoes   Peas   Grated Carrots<br>-----<br>Crusty Bread   Raspberry Brownie   |
| <b>Fri</b>   | Assorted Bread Sandwiches – Egg ✓ – Sliced Chicken<br>Fish Goujon<br>Quorn Paella ✓<br>Spaghetti Hoops   Mixed Vegetables   Beetroot<br>-----<br>Garlic Bread   Seasonal Fruit Crumble             |

**Menu choices may change at short notice**



**QMS**  
QUALITY MEAT SCOTLAND  
**We use locally grown produce where possible**



**Packed lunches for school trips are available to order**

| <b>Week 2</b> Week Begins: 3 November, 1 December<br>12 January, 9 February, 9 March |   |
|--|---|
| <b>Mon</b>   | Butcher's Sausages<br>Quorn Sausages ✓<br>Salmon Tagliatelle<br>Mashed Potatoes   Baked Beans   Cold Sweetcorn<br>-----<br>Assorted Bread   Apple Shortcake & Custard           |
| <b>Tues</b>  | Assorted Bread Sandwiches – Tuna – Cheese ✓<br>Chicken Pie<br>Vegetable Grill ✓<br>Potato Croquettes   Green Beans   Sliced Tomatoes<br>-----<br>Crusty Bread   Very Berry Fool |
| <b>Wed</b>   | Cheese & Tomato Pizza ✓<br>Crispy Stuffed Potato Skins ✓<br>Pasta Salad   Sliced Peppers   Sliced Tomatoes<br>-----<br>Assorted Bread   Spicy Carrot Soup                       |
| <b>Thur</b>  | Assorted Bread Sandwiches – Ham – Egg ✓<br>Fish Cake<br>Chicken Chow Mein<br>Chips   Peas   Beetroot<br>-----<br>Assorted Bread   Tiffin  |
| <b>Fri</b>   | Italian Style Bolognese Sauce<br>Cheesy Wheel ✓<br>Spaghetti   Baby Carrots   Cucumber Sticks<br>-----<br>Garlic Bread   Ice Cream Tub with Fruit                               |

| OCTOBER  |     |     |     |     | NOVEMBER |     |     |     |     | DECEMBER |     |     |     |     | JANUARY  |     |     |     |     | FEBRUARY |     |     |     |     | MARCH |     |     |     |     | APRIL    |     |     |     |          |  |  |  |  |
|----------|-----|-----|-----|-----|----------|-----|-----|-----|-----|----------|-----|-----|-----|-----|----------|-----|-----|-----|-----|----------|-----|-----|-----|-----|-------|-----|-----|-----|-----|----------|-----|-----|-----|----------|--|--|--|--|
| Mon      | Tue | Wed | Thu | Fri | Mon      | Tue | Wed | Thu | Fri | Mon      | Tue | Wed | Thu | Fri | Mon      | Tue | Wed | Thu | Fri | Mon      | Tue | Wed | Thu | Fri | Mon   | Tue | Wed | Thu | Fri | Mon      | Tue | Wed | Thu | Fri      |  |  |  |  |
|          |     | 1   | 2   | 3   | 3        | 4   | 5   | 6   | 7   | 1        | 2   | 3   | 4   | 5   | HOLIDAYS |     |     |     |     | 2        | 3   | 4   | 5   | 6   | 2     | 3   | 4   | 5   | 6   |          |     | 1   | 2   | HOL      |  |  |  |  |
| 6        | 7   | 8   | 9   | 10  | 10       | 11  | 12  | 13  | 14  | 8        | 9   | 10  | 11  | 12  | 5        | 6   | 7   | 8   | 9   | 9        | 10  | 11  | 12  | 13  | 9     | 10  | 11  | 12  | 13  | HOLIDAYS |     |     |     |          |  |  |  |  |
| HOLIDAYS |     |     |     |     | HOL      | 18  | 19  | 20  | 21  | 15       | 16  | 17  | 18  | 19  | 12       | 13  | 14  | 15  | 16  | HOLIDAYS |     |     |     |     | 19    | 20  | 19  | 20  | 16  | 17       | 18  | 19  | 20  | HOLIDAYS |  |  |  |  |
| HOLIDAYS |     |     |     |     | 24       | 25  | 26  | 27  | 28  | HOLIDAYS |     |     |     |     | 19       | 20  | 21  | 22  | 23  | 23       | 24  | 25  | 26  | 27  | 23    | 24  | 25  | 26  | 27  | 20       | 21  | 22  | 23  | 24       |  |  |  |  |
| 27       | 28  | 29  | 30  | 31  |          |     |     |     |     | HOLIDAYS |     |     |     |     | 26       | 27  | 28  | 29  | 30  |          |     |     |     |     | 30    | 31  |     |     |     | 27       | 28  | 29  | 30  | 31       |  |  |  |  |

| <b>Week 3</b> Week Begins: 10 November, 8 December<br>19 January, 19 February, 16 March |  |
|---|--|
| <b>Mon</b>  | Assorted Bread Sandwiches – Egg ✓ – Sliced Chicken<br>Mexican Chilli<br>Macaroni Cheese ✓<br>Rice   Broccoli, Cauliflower & Carrots   Beetroot<br>-----<br>Garlic Bread   Angel Delight with Fruit |
| <b>Tues</b>   | Scottish Beef Burger in a Bun<br>Quorn Burger in a Bun ✓<br>Hot Kickin Chicken<br>Pasta Twists   Baked Beans   Cold Sweetcorn<br>-----<br>Assorted Bread   Iced Sponge & Custard                   |
| <b>Wed</b>  | Assorted Bread Sandwiches – BLT<br>Breaded Haddock<br>Pulled Pork Wrap<br>Vegetable Wrap ✓<br>Chips   Peas   Coleslaw<br>-----<br>Assorted Bread   Rice Pudding                                    |
| <b>Thur</b>   | Traditional Mince<br>Quorn Mince ✓<br>Spaghetti Carbonara<br>Boiled Potatoes   Yorkshire Pudding   Savoy Cabbage   Tomato & Cucumber<br>-----<br>Crusty Bread   Lentil Soup                        |
| <b>Fri</b>  | Chicken Curry<br>Vegetable Curry ✓<br>Tuna Melt Panini<br>Rice   Sweetcorn   Grated Carrots<br>-----<br>Naan Bread   Seasonal Berry Muffin   |

**Every day:**



| <b>Week 4</b> Week Begins: 18 November, 15 December<br>26 January, 23 February, 23 March |   |
|--|---|
| <b>Mon</b>   | Hot Gammon with Pineapple<br>Chicken Poppers<br>Vegetable Nuggets ✓<br>Savoury Rice   Baked Beans   Coleslaw<br>-----<br>Assorted Bread   Ice Cream Sundae  |
| <b>Tues</b>  | Succulent Roast Chicken Fillet<br>Juicy Quorn Fillet ✓<br>Baked Asian Style Honey Pork<br>Oven Baked Roast Potatoes   Mealie   Brussels Sprouts   Tomato & Cucumber<br>-----<br>Crusty Bread   Eves Pudding & Custard |
| <b>Wed</b>   | Assorted Bread Sandwiches – Tuna – Cheese ✓<br>British Beef Steak Pie<br>Ratatouille Pasta Bake ✓<br>Creamed Potatoes   Broccoli   Carrot Sticks<br>-----<br>Assorted Bread   Vegetable Noodle Soup                   |
| <b>Thur</b>  | Assorted Bread Sandwiches – Egg ✓ – Turkey<br>Salmon Nibbles<br>Nacho Chicken<br>Spaghetti Hoops   Peas   Beetroot<br>-----<br>Garlic Bread   Chocolate Krispie & Custard   |
| <b>Fri</b>   | Cheese & Tomato Pizza ✓<br>Creamy Vegetable Pasta ✓<br>Oven Baked Diced Potatoes   Sweetcorn<br>Carrot & Apple Salad<br>-----<br>Assorted Bread   Cookie  |