

## 2018-2019 PRIMARY MENUS

<b>Week1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Starter</b>	<b>Homemade Lentil Soup (v)</b>		<b>Homemade Tomato Soup (v)</b>		
<b>Choice 1</b>	<b>Cheese and Tomato Pizza with Oven baked Potato Wedges (v)</b>	<b>Spaghetti Bolognese</b>	<b>Chicken and Vegetable Pie with New Potatoes</b>	<b>Dressed Fish and Chips</b>	<b>BBQ Chicken Wrap with Rice</b>
<b>Choice 2</b>	<b>Vegetable Pasta in Herby Tomato Sauce (v)</b>	<b>Jacket Potato with Tuna or Bolognese Filling</b>	<b>Macaroni Cheese with Garlic Bread (v)</b>	<b>Veggie Burger and Chips (v)</b>	<b>Quorn Sausage Casserole with Mashed Potatoes (v)</b>
<b>Choice 3</b>	<b>Ham in a Wholemeal Roll</b>	<b>Cheese Sandwich (v)</b>	<b>Tuna Sandwich</b>	<b>Chicken Sandwich</b>	<b>Selection of Ham, Tuna, Egg or Cheese Sandwich</b>
<b>Vegetables</b>	<b>Peas and Sweetcorn</b>	<b>Broccoli Florets and Carrots</b>	<b>Cauliflower Florets and Green Beans</b>	<b>Peas and Beans</b>	<b>Seasonal Cabbage and Carrots.</b>
<b>Dessert</b>	<b>Seasonal Fruit Selection. Fruit Yoghurt</b>	<b>Seasonal Fruit Selection. Fruit Yoghurt</b>	<b>Iced Sponge and Custard Seasonal Fruit Selection</b>	<b>Seasonal Fruit Selection. Fruit Yoghurt</b>	<b>Seasonal Fruit Selection. Fruit Yoghurt</b>
<b>Drinks</b>	<b>Milk or Water</b>	<b>Milk or Water</b>	<b>Milk or Water</b>	<b>Milk or Water</b>	<b>Milk or Water</b>
<b>Comments</b>	<b>Available Daily: Salad Pots &amp; Selection of Breads</b>				

## 2018-2019 PRIMARY MENUS

<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Starter</b>	Homemade Potato and Leek Soup (v)		Homemade Lentil Soup (v)		
<b>Choice 1</b>	Chicken and Sweetcorn Pasta	Beef Burger in a Bun with Oven Baked Wedges and Crunchy Coleslaw	Scottish Savoury Minced Beef with Mashed Potatoes	Crispy Dressed Fish Fingers and Chips	Sweet and Sour Chicken with Noodles
<b>Choice 2</b>	Quorn Fajitas with Rice (v)	Jacket Potato with Tuna or Cheese	Quorn Lasagne with Crusty Bread (v)	Cheese and Tomato Panini and Chips (v)	Neapolitan Pasta Bake (v)
<b>Choice 3</b>	Tuna Sandwich	Ham in a Wholemeal Roll	Chicken Mayo Sandwich	Ham Sandwich	Selection of Ham, Tuna, Egg or Cheese Sandwich
<b>Vegetables</b>	Seasonal Mixed Vegetables Mixed Bean Salad	Broccoli Florets and Carrot Batons	Green Beans and Mashed Swede	Peas and Sweetcorn	Broccoli and Cauliflower Florets
<b>Dessert</b>	Seasonal Fruit Selection. Fruit Yoghurt	Seasonal Fruit Selection. Fruit Yoghurt	Summer Fruit Crumble with Custard, Seasonal Fruit Selection	Seasonal Fruit Selection. Fruit Yoghurt	Seasonal Fruit Selection. Fruit Yoghurt
<b>Drinks</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>Comments</b>	Available Daily: Salad Pots & Selection of Breads				

## 2018-2019 PRIMARY MENUS

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Starter</b>	Homemade Seasonal Vegetable Soup (v)		Homemade Lentil Soup (v)		
<b>Choice 1</b>	Salmon Fish Fingers with New Potatoes	Chicken Curry with Rice	Sausage, Mash and Gravy	Dressed Fish and Chips	Chicken Casserole with Roast Potatoes
<b>Choice 2</b>	Macaroni Cheese with Garlic Bread (v)	Jacket Potato with Beans or Chicken Curry Fillings	Quorn and Vegetable Pie with Mashed Potatoes (v)	Quorn Sausage in a Hot Dog Roll and Chips (v)	Cheese and Onion Quiche with Roast Potatoes (v)
<b>Choice 3</b>	Chicken Mayo Wrap	Tuna Mayo in a Wholemeal Roll	Cheese Sandwich (v)	Ham Sandwich	Selection of Ham, Tuna, Egg or Cheese Sandwich
<b>Vegetables</b>	Green Beans and Carrots	Broccoli Florets and Sweetcorn	Green Beans and Cauliflower	Peas and Beans	Broccoli Florets and Carrot Batons
<b>Dessert</b>	Seasonal Fruit Selection. Fruit Yoghurt	Seasonal Fruit Selection. Fruit Yoghurt	Lemon Sponge and Custard, Seasonal Fruit Selection	Seasonal Fruit Selection. Fruit Yoghurt	Seasonal Fruit Selection. Fruit Yoghurt
<b>Drinks</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>Comments</b>	Available Daily: Salad Pots & Selection of Breads				

## 2018-2019 PRIMARY MENUS

<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Starter</b>	Potato Soup (v)		Homemade Tomato Soup (v)		
<b>Choice 1</b>	Ham and Tomato Pasta with Garlic Bread	Chicken Fajitas and Rice	Scottish Beef Bolognese with Wholemeal Pasta	Crispy Dressed Fish Fingers and Chips	Sausage Casserole with New Potatoes
<b>Choice 2</b>	Tomato and Cheese Pizza with Garlic Bread (v)	Jacket Potato with Beans or Cheese (v)	Vegetable Curry with Rice (v)	Battered Quorn Goujons and Chips(v)	Plain Omelette with New Potatoes (v)
<b>Choice 3</b>	Chicken Sandwich	Ham and Tomato in a Wholemeal Roll	Cheese Finger Roll (v)	Tuna Sandwich on Brown Bread	Ham, Tuna , Egg or Cheese Sandwich
<b>Vegetables</b>	Carrots and Peas	Broccoli and Cauliflower Florets	Carrot Batons and Green Beans	Peas and Sweetcorn	Green Beans and Swede
<b>Dessert</b>	Seasonal Fruit Selection. Fruit Yoghurt	Seasonal Fruit Selection. Fruit Yoghurt	Hot Chocolate Sponge and Custard, Seasonal Fruit Selection	Seasonal Fruit Selection. Fruit Yoghurt	Seasonal Fruit Selection. Fruit Yoghurt
<b>Drinks</b>	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
<b>Comments</b>	Available Daily: Salad Pots & Selection of Breads				