



# MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<b>Week 1</b>	22 April 19	9 Sept 19	3 Feb 20	<b>Mega Monday goes round the world “Trip to Italy”</b> Tomato and red pepper soup 🍴 ~~~~~ Cheese and tomato pizza with herby wedges and homemade coleslaw 🍴 Mediterranean vegetable fusilli with sweetcorn 🍴 Baked potato with a choice of fillings ~~~~~ A selection of frozen yogurts (gelato) or fruit pots	Lentil soup 🍴 ~~~~~ Home comforts - Scottish beef mince in gravy with mash and carrot batons Homemade Quorn Cumberland sausage swirl, chips and beans 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Sweet potato soup with homemade bread 🍴 ~~~~~ Cook’s chicken curry with wholegrain rice and cucumber dip Macaroni cheese with steamed broccoli and crusty bread 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Cook’s choice vegetable soup 🍴 ~~~~~ Bubble coated salmon, chips and steamed peas Quorn and veggie bake 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Packed Lunch ~~~~~ Filled Rolls/Sandwiches Yoghurt Fresh Fruit Bottle of Water
	20 May 19	7 Oct 19	2 Mar 20					
	17 June 19	4 Nov 19	30 Mar 20					
	15 July 19	2 Dec 19						
	12 Aug 19	6 Jan 20						

<b>Week 2</b>	29 April 19	16 Sept 19	10 Feb 20	<b>Mega Monday – Takes a Trip to Asia</b> Asian sweetcorn soup 🍴 ~~~~~ Crispy Quorn dippers with a tangy sweet and sour sauce and noodles 🍴 Chinese style chunky vegetable curry with wholegrain rice 🍴 Baked potato with a choice of fillings ~~~~~ Iced mango smoothie or oriental fruit platter	Homemade tomato soup 🍴 ~~~~~ Crunchy MSC cod goujon chips and steamed peas Taste of Scotland Veggie haggis, neeps and tatties 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Sweet potato soup with homemade bread 🍴 ~~~~~ Sizzling Piri piri chicken with vegetable rice Quorn hot dog with corn on the cob and potato wedges 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Cook’s choice vegetable soup 🍴 ~~~~~ Home comforts Butcher’s pork sausage, mash and beans Red pesto rainbow pasta with steamed broccoli and crusty bread 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Packed Lunch ~~~~~ Filled Rolls/Sandwiches Yoghurt Fresh Fruit Bottle of Water
	27 May 19	14 Oct 19	9 Mar 20					
	24 June 19	11 Nov 19	6 April 20					
	22 July 19	9 Dec 19						
	19 Aug 19	13 Jan 20						

<b>Week 3</b>	6 May 19	23 Sept 19	17 Feb 20	<b>Mega Monday – Takes a trip to India</b> Spicy lentil soup 🍴 ~~~~~ Tandoori Quorn fillets, flatbread, minty yogurt sauce and crunchy salad 🍴 Chunky vegetable Korma with wholegrain rice 🍴 Baked potato with a choice of fillings ~~~~~ A selection of frozen yogurts or tropical fruit platter	Homemade tomato soup 🍴 ~~~~~ Bubble coated fish with baby new potatoes and beans Pasta Arrabbiata with garlic bread and crunchy salad 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Sweet potato soup with homemade bread 🍴 ~~~~~ Simon Howie burger in a bun, chips and peas Veggie balls in gravy in a Yorkshire pudding with peas and crunchy roast potatoes 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Cook’s choice vegetable soup 🍴 ~~~~~ Home comforts chicken & season’s best veg casserole with mashed potatoes and steamed broccoli Cheese and tomato pizza with wedges and homemade coleslaw 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Packed Lunch ~~~~~ Filled Rolls/Sandwiches Yoghurt Fresh Fruit Bottle of Water
	3 June 19	21 Oct 19	16 Mar 20					
	1 July 19	18 Nov 19						
	29 July 19	16 Dec 19						
	26 Aug 19	20 Jan 20						

<b>Week 4</b>	13 May 19	30 Sept 19	23 Mar 20	<b>Mega Monday – “Taste of America”</b> Cajun spiced squash soup 🍴 ~~~~~ Quorn burger with corn on the cob and red slaw 🍴 Cowboy Quorn chunky beans and baby bakers 🍴 Baked potato with a choice of fillings ~~~~~ Fresh fruit dippers with yogurt	Season’s best vegetable soup 🍴 ~~~~~ Chicken meatballs in tomato sauce with rice and steamed broccoli Vegetable nuggets, broccoli and baby potatoes 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Sweet potato soup with homemade bread 🍴 ~~~~~ Home comforts cook’s homemade Scottish steak pie cabbage and mash Sweet chilli Asian vegetables and noodles 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Homemade tomato soup 🍴 ~~~~~ Salmon and sweet potato fishcake with peas and sauté potatoes Macaroni cheese, peas and crusty bread 🍴 Baked potato with a choice of fillings ~~~~~ A selection of yogurts or seasonal fruit and fruit pots	Packed Lunch ~~~~~ Filled Rolls/Sandwiches Yoghurt Fresh Fruit Bottle of Water
	10 June 19	28 Oct 19						
	8 July 19	25 Nov 19						
	5 Aug 19	27 Jan 20						
	2 Sept 19	24 Feb 20						