



# Lunch Menu P1 to P3

# Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls
Main Course* Pork Sausages, Mashed Potato, Baked Beans or Vegetables	Main Course* Chicken and Vegetable Noodles <i>H</i>	Main Course* Homemade Pizza Garlic Bread / Wedges and Vegetables	Main Course* Vegetable Lasagne New Potatoes, Carrots and Peas <i>H</i>	Main Course* Breaded Pollock Chipped or New Potatoes Peas or Salad
Vegetarian Tomato and Basil Pasta <i>H</i>	Vegetarian Tomato and Pepper Pasta <i>H</i>	Vegetarian Arrabiata Pasta <i>H</i>	Vegetarian Tomato Pasta <i>H</i>	Vegetarian Tomato & Mozzarella Pasta <i>H</i>
<u>Accompaniment</u> Mashed Potato <i>H</i> Baked Beans <i>H</i> Vegetables <i>H</i> Salad <i>H</i>	<u>Accompaniment</u> Baked Beans <i>H</i> Vegetables <i>H</i> Salad <i>H</i>	<u>Accompaniment</u> Garlic Bread Wedges <i>H</i> Baked Beans <i>H</i> Vegetables / Salad <i>H</i>	<u>Accompaniment</u> New Potatoes <i>H</i> Carrots and Peas <i>H</i> Baked Beans <i>H</i> Salad <i>H</i>	<u>Accompaniment</u> Chipped or New Potatoes <i>H</i> Peas <i>H</i> Baked Beans <i>H</i> Salad <i>H</i>
Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans
Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise
Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a
<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>

Week 1 21/01/19, 18/02/19, 18/03/19, 29/04/19, 27/05/19, 24/06/19 \*

A variable daily special also features in addition to the advertised main course

*H = Healthy Choice*



# Lunch Menu

## P1 to P3

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls
Main Course* Beef Chilli and Turmeric Rice <i>H</i>	Main Course* Chicken and Vegetable Curry, Boiled Rice Wholemeal Pitta Bread	Main Course* Homemade Pizza Garlic Bread, Wedges, Vegetables	Main Course* Beef Bolognese Spaghetti, Crusty Bread	Main Course* Breaded Pollock Chipped or New Potatoes Vegetables or Salad
Vegetarian Tomato and Basil Pasta <i>H</i>	Vegetarian Arrabiata Pasta <i>H</i>	Vegetarian Mozzarella Pasta <i>H</i>	Vegetarian Napoli Pasta <i>H</i>	Vegetarian Tomato and Oregano Pasta <i>H</i>
<u>Accompaniment</u> Turmeric Rice <i>H</i> Baked Beans <i>H</i> Vegetables <i>H</i> Salad <i>H</i>	<u>Accompaniment</u> Boiled Rice <i>H</i> Pitta Bread <i>H</i> Baked Beans <i>H</i> Vegetables / Salad <i>H</i>	<u>Accompaniment</u> Garlic Bread Wedges <i>H</i> Baked Beans <i>H</i> Vegetables / Salad <i>H</i>	<u>Accompaniment</u> Spaghetti <i>H</i> Crusty Bread <i>H</i> Baked Beans <i>H</i> Vegetables / Salad <i>H</i>	<u>Accompaniment</u> Chipped Potatoes Baked Beans <i>H</i> Vegetables <i>H</i> Salad <i>H</i>
Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans
Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise
Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>
<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>

Week 2 28/01/19, 25/02/19, 25/03/19, 06/05/19, 03/06/19

\* A variable daily special also features in addition to the advertised main course

*H* = Healthy Choice



# Lunch Menu P1 to P3

# Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls
Main Course* Chicken Fajitas <i>H</i> Turmeric Rice <i>H</i>	Main Course* Mince Potatoes <i>H</i> Vegetables <i>H</i>	Main Course* Homemade Pizza Garlic Bread, Wedges <i>H</i> Vegetables <i>H</i>	Main Course* Beef Lasagne New Potatoes <i>H</i> Peas or Salad <i>H</i>	Main Course* Breaded Pollock, Chipped or New Potatoes, Peas & Carrots <i>H</i> Salad, Baked Beans <i>H</i>
Vegetarian Tomato and Basil Pasta <i>H</i>	Vegetarian Tomato & Mozzarella Pasta <i>H</i>	Vegetarian Tomato and Pepper Pasta <i>H</i>	Vegetarian Arrabiata Pasta <i>H</i>	Vegetarian Napoli Pasta <i>H</i>
<u>Accompaniment</u> Turmeric Rice <i>H</i> Baked Beans <i>H</i> Vegetables <i>H</i> Salad <i>H</i>	<u>Accompaniment</u> Peas <i>H</i> Baked Beans <i>H</i> Salad <i>H</i> New Potatoes <i>H</i>	<u>Accompaniment</u> Garlic Bread Wedges <i>H</i> Vegetables <i>H</i> Salad <i>H</i>	<u>Accompaniment</u> New Potatoes <i>H</i> Peas <i>H</i> Salad <i>H</i> Baked Beans <i>H</i>	<u>Accompaniment</u> Chipped Potatoes Peas & Carrots <i>H</i> Salad <i>H</i> Baked Beans <i>H</i>
Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans
Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise
Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>
<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>

Week 3 04/02/19, 04/03/19, 15/04/19, 13/05/19, 10/06/19

\* A variable daily special also features in addition to the advertised main course

*H* = Healthy Choice



# Lunch Menu P1 to P3

## Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls	Soup of the Day <i>H</i> Fresh Bread / Rolls
Main Course* Vegetarian Sausages Mashed Potato Baked Beans / Vegetables <i>H</i>	Main Course* Haggis, Neeps <i>H</i> and Tatties <i>H</i>	Main Course* Homemade Pizza, Garlic Bread, Wedges Vegetables <i>H</i>	Main Course* Chinese Chicken Curry Boiled Rice <i>H</i> or Noodles <i>H</i>	Main Course* Breaded Pollack, Chipped or New Potatoes, Peas <i>H</i> , Baked Beans, Salad <i>H</i>
Vegetarian Tomato and Basil Pasta <i>H</i>	Vegetarian Tomato & Mozzarella Pasta <i>H</i>	Vegetarian Napoli Pasta <i>H</i>	Vegetarian Tomato and Oregano Pasta <i>H</i>	Vegetarian Tomato Pasta <i>H</i>
<u>Accompaniment</u> Mashed Potato Baked Beans <i>H</i> Vegetables <i>H</i> Salad <i>H</i>	<u>Accompaniment</u> Neeps <i>H</i> Tatties <i>H</i> Baked Beans <i>H</i> Salad <i>H</i>	<u>Accompaniment</u> Garlic Bread Wedges <i>H</i> Baked Beans <i>H</i> Vegetables / Salad <i>H</i>	<u>Accompaniment</u> Boiled Rice <i>H</i> Noodles <i>H</i> Baked Beans <i>H</i> Vegetables / Salad <i>H</i>	<u>Accompaniment</u> Chipped Potatoes Peas <i>H</i> Baked Beans <i>H</i> Salad <i>H</i>
Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans	Hot Jacket Potatoes <i>H</i> Cheese Tuna with Low Fat Mayonnaise Baked Beans
Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise	Cold Pasta <i>H</i> Tuna Mayo Pasta Cheese Low Fat Mayonnaise
Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>	Wholemeal Sandwiches/ Baguettes/Wraps/Bagels with a choice of fillings <i>H</i>
<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>	<u>Dessert</u> Yoghurt Fresh Fruit/Fruit Salad <i>H</i>

Week 4 11/02/19, 11/03/19, 22/04/19, 20/05/19, 17/06/19

\* A variable daily special also features in addition to the advertised main course

*H* = Healthy Choice