

WEEK ONE					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main course 1	Macaroni cheese	Chicken curry Long grain rice	Minced steak with vegetable	Golden whales	Roast beef in gravy
Starchy dish	Mashed potato	Boiled potatoes	Mashed potato	Mashed potato	Boiled potatoes
Vegetables	Peas Green salad	Broccoli florets Green salad	Carrots Green salad	Baked beans Green salad	Turnip Green salad
Soups/ Puddings	Sponge cake Selection of fresh fruit Selection of yoghurts	Cream of Lentil soup	Peach goodie Selection of yoghurts Selection of fresh fruit	Selection of yoghurts Selection of fresh fruit Chocolate orange delight	Selection of yoghurts Selection of fresh fruit Peaches
Sauce	Custard		Custard		Semolina

WEEK TWO					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main course 1	Minced beef stovies	Chicken pie	Beef casserole	Breaded haddock	Roast pork with apple sauce and gravy
Starchy dish	Oatcakes	Mashed potato	Mashed potato	Mashed potato	Mashed potato
Vegetables	Grated carrot salad Sweetcorn	Peas Green salad	Carrots	Broccoli florets Green salad	Turnip Green salad
Soups/ Puddings	Selection of fresh fruit Selection of yoghurts Lemon citrus sponge	Cream of cauliflower and broccoli soup	Selection of yoghurts Fresh fruit salad	Carrot cake Selection of fresh fruit Selection of yoghurts	Selection of yoghurts Selection of fresh fruit Rice pudding
Sauce	Custard		Vanilla ice cream	Custard	Peaches

WEEK THREE					
	Monday	Tuesday	Wednesday	Thursday	Friday
Main course 1	Sausages	Cheese and tomato pizza	Chicken fricassee Rice	Minced steak with vegetable	Crispy cod bites
Starchy dish	Mashed potato	Boiled potatoes	Mashed potato	Mashed potato	Jacket wedges Mashed potato
Vegetables	Mixed salad Baked beans	Beetroot	Green salad Peas	Broccoli florets Green salad	Coleslaw Green salad
Soups/ Puddings	Selection of fresh fruit Selection of yoghurts Apple crumble	Chicken broth	Selection of fresh fruit Selection of yoghurts Syrup sponge	Fresh fruit salad Selection of yoghurts	Swiss roll with jam Selection of fresh fruit Selection of yoghurts
Sauce	Custard		Custard	Jelly	Custard

A Selection of fresh vegetables, milk and bread available daily. Homemade soup available weekly.

WEEK 1

WEEK 2

WEEK 3

Where possible all meat used is Scottish beef sourced locally.