



SOUP MEAL DEALS

£2.40

Choose from

- Sandwich, baguette or morning roll filled with cheese, tuna mayonnaise or chicken
- Filled toastie, baked potato or a pizza

Served with

Soup of the day with unlimited salad and a piece of fruit

Smarter Choices for
Healthier Minds



SALAD MEAL DEALS

£2.40

Choose from

- Traditional meal of the day
- Pasta of the day with garlic bread
- Assorted filled panini, wholemeal baguette, wrap or salad boxes
- Pizzini or hot filled roll

Served with

Unlimited salad and a piece of fruit and free bread

SMARTER CHOICES

Smarter Choice for a Healthier Mind



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTHY OPTION 1	Fish & chips, with garden peas Selection of crudities crusty bread Choice of fresh fruit (F)	Italian chicken pasta bake, with herb bread & green beans Selection of crudities crusty bread Choice of fresh fruit (C)	Beef madras, with boiled rice & sweetcorn Selection of crudities crusty bread Choice of fresh fruit (B)	Pasta bolognese, with garlic bread & fresh broccoli Selection of crudities crusty bread Choice of fresh fruit (B)	Quorn sausage arrabiatta, with pasta twist & garlic bread/salad Selection of crudities crusty bread Choice of fresh fruit (B)
HEALTHY OPTION 2	Golden lentil soup, with baked potato & cheese Selection of crudities crusty bread Choice of fresh fruit (V)	Cheese & tomato pizzini with salad Selection of crudities crusty bread Choice of fresh fruit (V)	Spicy tomato pasta, with garlic bread & salad Selection of crudities crusty bread Choice of fresh fruit (V)	Cheesy macaroni, with garlic bread & salad Selection of crudities crusty bread Choice of fresh fruit (V)	Lentil & vegetable soup, cheese & tomato pizza Selection of crudities crusty bread Choice of fresh fruit (V)
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTHY OPTION 1	Spicy tomato pasta, with garlic bread & salad Selection of crudities crusty bread Choice of fresh fruit (V)	Cheesy macaroni, with garlic bread & salad Selection of crudities crusty bread Choice of fresh fruit (V)	Steak pie, with baby boils & seasonal veg Selection of crudities crusty bread Choice of fresh fruit (B)	Chicken curry, with wild rice & sweetcorn Selection of crudities crusty bread Choice of fresh fruit (C)	Chilli beef, with wild rice & salsa Selection of crudities crusty bread Choice of fresh fruit (B)
HEALTHY OPTION 2	Golden lentil soup, chicken mayo baguette Selection of crudities crusty bread Choice of fresh fruit (C)	Panini, with tuna melt & salad Selection of crudities crusty bread Choice of fresh fruit (F)	Tomato & basil pasta, with garlic bread & salad Selection of crudities crusty bread Choice of fresh fruit (F)	Vegetable soup & baked potato with tuna mayonnaise Selection of crudities crusty bread Choice of fresh fruit (F)	Quorn sausage arrabiatta with pasta & salad Selection of crudities crusty bread Choice of fresh fruit (V)
WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HEALTHY OPTION 1	BBQ chicken panini, with salad Selection of crudities crusty bread Choice of fresh fruit (C)	Chicken bites in a warm wrap, with shredded lettuce Selection of crudities crusty bread Choice of fresh fruit (C)	Tomato & basil pasta, with garlic bread & salad Selection of crudities crusty bread Choice of fresh fruit (V)	Chicken bhuna, with wild rice & sweetcorn Selection of crudities crusty bread Choice of fresh fruit (C)	Vegetarian sausage roll, with diced potato & seasonal vegetables Selection of crudities crusty bread Choice of fresh fruit (V)
HEALTHY OPTION 2	Spicy tomato pasta, with salad & garlic bread Selection of crudities crusty bread Choice of fresh fruit (C)	Pizzini, with salad Selection of crudities crusty bread Choice of fresh fruit (V)	Golden lentil soup, baked potato with tuna mayonnaise Selection of crudities crusty bread Choice of fresh fruit (F)	Macaroni cheese, with garlic bread & salad Selection of crudities crusty bread Choice of fresh fruit (V)	Vegetable soup, with egg mayo sandwich Selection of crudities crusty bread Choice of fresh fruit (V)

THE MENU ABOVE HAS BEEN NUTRITIONALLY ANALYSED IN LINE WITH THE SCOTTISH NUTRITIONAL GUIDANCE FOR FOOD AND DRINK IN SCHOOLS. FOOD ALLERGIES – BEFORE YOU ORDER FOOD AND DRINK, PLEASE SPEAK TO A MEMBER OF THE CATERING TEAM IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE. ALL MEDICALLY PRESCRIBED DIETS ARE FULLY CATERED FOR ON COMPLETION OF MEDICALLY PRESCRIBED DIET REQUEST FORM.

NOTE: AFTER ANY HOLIDAY THE 1ST DAY BACK WILL ALWAYS BE THE MONDAY MENU AND THEN THE NORMAL DAYS WILL FOLLOW. (V) VEGETARIAN (C) CHICKEN (B) BEEF (F) FISH (T) TURKEY (P) PORK