

SMARTER CHOICES



Oct 2023–24

Smarter choice for a healthier mind

| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|--|
| MEAL DEAL 1 £2.60 | Fish & Chips with Garden Peas (F) (F) (G) | Homemade Sausage Roll with Mashed Potatoes & Baked Beans (P) (G)(SU) | Beef Lasagne with Broccoli & Garlic Bread (B) (G)(M) | Chicken in Gravy with Yorkshire Pudding, New Potatoes & Fresh Carrots (CH) (G)(E) | Chickpea, Sweet Potato & Spinach Curry with Green Beans & Brown Rice (V) (S)(G) |
| MEAL DEAL 2 £2.60 | Golden Lentil Soup Baked Potato with Cheese & Mixed Salad (V) (G)(M) | Tuna Pasta with Mixed Salad (F) (G)(E)(F) | Golden Lentil Soup Tuna Mayo Baguette & Salad (F) (F)(E)(G) | Cheesy Macaroni with Garlic Bread & Salad (V) (M)(G) | Quorn Sausage Arrabiatta Pasta with Garlic Bread & Salad (V) (G)(E) |
| EACH MEAL DEAL COMES WITH A SELECTION OF CRUDITÉS CRUSTY BREAD & A CHOICE OF FRESH FRUIT | | | | | |

| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|---|
| MEAL DEAL 1 £2.60 | Sweet Potato Falafel with Indian Inspired Couscous & Salad (V) (G) | Cheesy Macaroni with Garlic Bread & Salad (V) (G)(M) | Steak Pie with Baby Boils & Carrots (B) (G) | Chicken Curry with Brown Rice & Garden Peas (CH) (G) | Golden Lentil Soup Cheese Baked Potato with Salad (V) (M)(G) |
| MEAL DEAL 2 £2.60 | Creamy Pesto Pasta with Garlic Bread & Salad (V) (G) | Cheese & Tomato Pizzini with Mixed Salad (V) (G)(M) | Tomato & Mascarpone Pasta with Garlic Bread & Salad (V) (G)(M) | Tomato, Mozzarella, Pesto Pasta Salad & Mixed Salad (V) (M)(G) | Salmon Goujons with Pitta Bread, shredded Lettuce & Mayonnaise (F) (E)(F)(G) |
| EACH MEAL DEAL COMES WITH A SELECTION OF CRUDITÉS CRUSTY BREAD & A CHOICE OF FRESH FRUIT | | | | | |

| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|--|
| MEAL DEAL 1 £2.60 | Fish with Diced Potatoes & Garden Peas (F) (F) (G) | Cheesy Macaroni with Garlic Bread & Salad (V) (G)(M) | Tomato & Mascarpone Pasta with Garlic Bread & Salad (V) (G)(M) | Mince Pie with Baby Boils & Fresh Carrots (B) (G) | Quorn Sausage Arrabiatta Pasta with Garlic Bread & Mixed Salad (V) (G)(E) |
| MEAL DEAL 2 £2.60 | Tuna Melt Panini with Mixed Salad (F) (G)(M)(F) | Cheese & Tomato Pizzini with Mixed Salad (V) (G)(M) | Golden Lentil Soup Tuna Mayonnaise Baked Potato with Salad (F) (E)(G)(F) | Tomato, Mozzarella & Pesto Pasta Salad with Mixed Salad (V) (M)(G) | Wholemeal Baguette with Chicken Mayonnaise & Mixed Salad (CH) (G)(E) |
| EACH MEAL DEAL COMES WITH A SELECTION OF CRUDITÉS CRUSTY BREAD & A CHOICE OF FRESH FRUIT | | | | | |

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.

PRODUCTS: CHICKEN(CH) PORK(P) BEEF(B) VEGETARIAN(V) FISH(F)

ALLERGIES: GLUTEN(G) CELERY(C) CRUSTACEANS(CR) EGG(E) FISH(F) LUPIN(L) MILK(M) MOLLUSCS(MO) MUSTARD(MU) NUTS(N) PEANUTS(PN) SESAME(SE) SOYA(S) SULPHITES(SU)

NOTE: AFTER ANY HOLIDAY THE 1ST DAY BACK WILL ALWAYS BE THE MONDAY MENU AND THEN NORMAL DAYS WILL FOLLOW.