



Primary Menu 2023

Starts 17th April

Select a main meal, drink and dessert. Choose as much fruit and veg, soup and bread as you like.

- ✓ All meals include choice of plain semi-skimmed milk and refresh water
- ✓ All options include – yoghurt and fresh fruit for dessert
- ✓ All dishes are served with a choice of seasonal vegetables or side salad

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Tomato Pasta Garlic & Herb Bread	Potato Wedges Topped with Beef Chilli	Chicken Pie with Potatoes	Beef Italian Mince Garlic & Herb Bread	Breaded Fish with Potatoes
Choice 2	Cheese Omelette Oven Chips or Potatoes	Cheese & Tomato Pizza Herb or Plain Potato Wedges	Hot Dog Sausage & Onions Herb or Plain Potato Wedges	Chicken Burger in a Bun Plain or Spiced Diced Potatoes	Chicken & Rice Garlic & Herb Bread
Choice 3	Tomato Pasta Garlic & Herb Bread	Potato Wedges Topped with Vegetable Chilli	Quorn Hot Dog & Onions Herb or Plain Potato Wedges	Quorn Italian Mince Garlic & Herb Bread	Baked Potato Cheese & Coleslaw
Choice 4	Baked Beans on Toast	Turkey Sandwich or Roll	Chicken Sandwich or Roll	Tuna Melt Toastie	Cheese Sandwich or Roll

Medical Diet – If you have any dietary requirements please contact the catering manager

We also offer
Homemade soup with a
selection of bread



WEEK 1

WEEKLY CYCLE

(2023) 17/4, 8/5, 29/5,
19/6, 14/8, 4/9,
25/9, 23/10, 13/11,
4/12

(2024) 8/1, 29/1, 19/2,
11/3

We use UK seasonal produce when available and where possible use Scottish produce



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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Macaroni Cheese with Garlic & Herb Bread	Fish Fingers Oven Chips or Potatoes	Roast Chicken Yorkshire Pudding Potatoes	Beef Steak Pie with Potatoes	Sausages in Gravy with Potatoes
Choice 2	Vegetable Paella Crusty Bread	Beef & Tomato Hotpot	Baked Potato Tuna & Sweetcorn	Chicken Sweet & Sour Noodles	Chicken Tomato Pasta
Choice 3 V	Macaroni Cheese with Garlic & Herb Bread	Vegetable Hotpot	Broccoli & Cauliflower Pasta	Vegetable Sweet & Sour Noodles	Quorn Sausages in Gravy with Potatoes
Choice 4	Quorn Goujons Salad Wrap	Turkey Sandwich or Roll	Tuna Sandwich or Roll	Cheese Toastie	Chicken Sandwich or Roll

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WEEK 2

WEEKLY CYCLE

(2023) 24/4, 15/5, 5/6,
21/8, 11/9, 2/10,
30/10, 20/11, 11/12

(2024) 15/1, 5/2, 26/2,
18/3

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Choice 1	Falafel Burger in a Bun Herb or Plain Potato Wedges	Beef Spaghetti Bolognaise Garlic & Herb Bread	Chicken Meatballs with Pasta	Roast Beef in Gravy Yorkshire Pudding with potatoes	Mince Pie with Potatoes
Choice 2	Cheese & Tomato Pizza with Pasta	BBQ Chicken Salad Wrap	Fish Fingers Oven Chips or Potatoes	Chicken Pasta Salad	Chicken Curry with Rice
Choice 3 V	Cheese & Tomato Pizza with Pasta	Vegetable Spaghetti Bolognaise Garlic & Herb Bread	Vegetable Pie with Potatoes	Quorn Pasta Salad	Quorn Curry with Rice
Choice 4	Baked Potato Baked Beans	Cheese Sandwich or Roll	Turkey Sandwich or Roll	Tuna Sandwich or Roll	Cheese Toastie

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WEEK 3

WEEKLY CYCLE

(2023) 1/5, 22/5, 12/6,
28/8, 18/9, 9/10,
6/11, 27/11, 18/12

(2024) 22/1, 12/2, 4/3,
25/3

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