

Week 1 – Aug -19th, Sep – 9th, 30th, Nov – 4th, 25th, Dec – 16th, Jan – 20th, Feb – 10th

Week 1	Soup	Main	Carb	Veg	Pudding
Monday	Vegetable	Chicken and carrot stir fry Chicken Pasta Vegetable pasta Bake	Garlic bread Rice	Fresh broccoli Sweetcorn	Semolina
Tuesday	Lentil	Chicken sausage roll Chicken Casserole Vegetable roll	Baked wedges Cous cous	Beans Mixed Vegetables	Chocolate orange sponge
Wednesday	Carrot & Parsnip	Breaded Haddock Fishless Fingers	Pasta Tatties	Neeps Sliced carrots	Fruit gingerbread
Thursday	Tomato	Roast Chicken Plant based chicken Smoked Haddock and white sauce	Roast Tatties Mashed tatties	Fresh cabbage Mixed veg	Creamed rice and fruit
Friday 29 th Nov – St Andrews day menu	Split Pea	Spaghetti Bolognaise Cottage pie Vegetable Pasta	Chips	Peas sweetcorn	Caramel Tart

Week 2 – Aug – 26th, Sep – 16th, Oct – 7th, Nov – 11th, Dec – 2nd, Jan – 6th, 27th

Week 2	Soup	Main	Carb	Veg	Pudding
Monday	Lentil	Sausages Mixed bean casserole Beef Goulash	Savoury potatoes Rice	Peas Sweetcorn	Chocolate banana sponge
Tuesday	Sweet potato and coconut	Macaroni Cheese Carbonara Poached Haddock & Egg	Boiled potatoes	Broccoli Cauliflower	Lemon Drizzle Traybake
Wednesday 4 th Dec – 'cookie day'	Vegetable	Breaded Haddock Fishless fingers Chicken fried rice	Chips Rice	Carrots Green beans	Carrot Cake
Thursday	Tomato	Lasagna Vegetable lasagna Lamb Tagine	Rice Garlic Bread	Mixed Vegetables Peas	Jelly and fruit
Friday	Pea	Chicken Curry Chickpea curry	Rice Naan Bread	Carrots Broccoli	Apple Traybake and ice cream

Week 3 – Sep – 2nd, 23rd, Oct – 28th, Nov – 18th, Dec – 9th, Jan – 13th, Feb – 3rd

Week 3	Soup	Main	Carb	Veg	Pudding
Monday	Sweet potato	Mince & Tatties Quorn Mince & Tatties Gammon and pineapple	Boiled Tatties	Carrots and sweetcorn	Ice cream and berry compote
Tuesday	Lentil	Chicken burger Vegetarian burger Sweet Chilli Chicken	Roll Potato wedges	Cauliflower and green beans	Steamed sponge
Wednesday 11 th Dec – Christmas Dinner	Vegetable	Roast Pork Fish cakes Lentil Patties	Roast potatoes Chips	Seasonal and roasted vegetables	Fruit Cheesecake
Thursday	Carrot & Parsnip	BBQ Chicken BBQ quern chicken Italian chicken pasta bake	Noodles Pasta	Mixed vegetables	Apple Crumble
Friday	Tattie & Leek	Salmon Pasta Tomato & cheese Pizza	Pasta Garlic bread	Sweetcorn and peas	Fruit Sorbet