

Primary Menu - Week 1

£2.43 - Starter, main choice or light option accompanied with carbohydrate and vegetables, water, milk or flavoured milk and dessert - pupils can have as much salad, bread and water as they want.

	Meat Free Monday	Slow Cook Tuesday	Home Grown Wednesday	Around the World Thursday	Fishing Friday
Starters	Lentil soup or yoghurt	Chicken noodle soup or yoghurt	Lentil soup or yoghurt	Tomato soup or yoghurt	Lentil soup or yoghurt
Main	Shepherd-less pie (quorn mince)	Chicken meatballs in a tomato sauce	Scottish steak pie	Chicken breast in Spanish sauce	Breaded haddock fillet
Main Option Vegetarian	Cheese pizza	Quorn fillet in a creamy mushroom sauce	Seasonal vegetable pie in a white sauce	Meat free meatballs in a Spanish sauce	Vegan Sausage Rolls
Main Option Gluten Free	Shepherd-less pie (quorn mince)	Vegan meatballs in tomato sauce with gluten free pasta	Scottish steak pie (no Pastry lid)	Chicken breast in Spanish sauce	Bubble fish fillet
Lighter Option	Sandwich of choice	Sandwich of choice	Sandwich of choice	Baked potato with choice of topping Sandwich of choice	Sandwich of choice
Carbohydrate/ Vegetable	Potato cubes	Pasta	Roast potatoes	Pasta	Chips
	Roasted green beans and carrots	Italian roasted vegetables	Swede and broccoli	Steamed cabbage and peas	Carrot and cucumber sticks
Salad	Green garden salad	Green garden salad	Green garden salad	Green garden salad	Green garden salad
Breads	Baked rolls and bread	Baked rolls and bread	Baked rolls and bread	Baked rolls and bread	Baked rolls and bread
Desserts	Fruit and pop oats	Fruit	Fruit and pop oats	Fruit	Fruit and jelly