

3 choice menu

with a 6 week cycle

2017/18



Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 or	Cheese & Pineapple Pizza	Chicken Curry & Rice	Pork or Vegetarian Sausage in a Hot Dog Roll	Fish Fingers	Roast Beef & Gravy
Main 2 or	Chicken Chow Mein	Macaroni Cheese	Mince Steak with Vegetables	Potato & Baked Bean Pie	Jacket Potato with Cheese
Main 3	Tuna Mayonnaise Tortilla Wrap	Salmon Fishcakes	Chicken Fajitas	Creamy Ham Pasta	Breaded Chicken Goujons
Starchy Dish	Potatoes	French Stick	Potatoes Chips	Potatoes	Potatoes
Vegetables	Mixed Salad Peas	Mixed Salad Broccoli	Mixed Salad Carrots	Mixed Salad Baked Beans	Mixed Salad Sweetcorn
Soup or	Lentil	Carrot & Potato	Chicken & Rice Broth	Scotch Broth	Potato Soup
Pudding	Fresh Fruit Yoghurt Sponge Cake	Fresh Fruit Yoghurt Crispy Cake	Yoghurt	Fresh Fruit Yoghurt Chocolate Sponge	Fresh Fruit Yoghurt Apple Muffins
Sauce	Custard	Custard			Custard

Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 or	Beef Casserole	Chicken Pie	Roast Chicken	Bubble Fish	Roast Pork with Apple Sauce & Gravy
Main 2 or	Sausage & Pasta Bake	Breaded Haddock	Pork or Vegetarian Sausage Roll & Baked Beans	Macaroni Cheese	Chicken Curry & Rice
Main 3	Cheese & Red Pepper Wrap	Jacket Potato with Coleslaw	Savoury Rice	Haggis / Vegetarian Haggis	Ham or Egg Baguette
Starchy Dish	Potatoes Brown Roll	Potatoes	Pasta Twirls Potatoes	Potatoes French Stick	Potatoes
Vegetables	Mixed Salad Broccoli	Mixed Salad Peas	Mixed Salad Sweetcorn	Mixed Salad Turnip	Mixed Salad Carrots
Soup or	Chicken & Pasta	Farmhouse Tomato	Split Yellow Pea	Leek & Potato	Lentil
Pudding	Fresh Fruit Yoghurt Lemon Drizzle Cake	Fresh Fruit Yoghurt Cornflake Biscuit	Yoghurt	Fresh Fruit Yoghurt Raspberry Buns	Fresh Fruit Yoghurt Fresh Fruit Salad
Sauce	Custard	Strawberry Milkshake			Ice Cream

Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 or	Pork or Vegetarian Sausages	Breaded Haddock	Pork Casserole	Minced Steak with Vegetables	Steak Pie
Main 2 or	Salmon Fishcakes	Vegetable Lasagne	Cheese Wheels	Cheese & Tomato Pizza	Macaroni Cheese
Main 3	Jacket Potato with Cheese & Pineapple	Chicken Fajitas	Beefburger or Vegetarian Burger in a Bun	Jacket Potato with Tuna	Chicken Mayo Baguette
Starchy Dish	Potatoes	Potatoes	Potatoes Pasta Twirls	Potatoes	Potatoes Chips
Vegetables	Mixed Salad Baked Beans	Mixed Salad Peas	Mixed Salad Broccoli	Mixed Salad Sweetcorn	Mixed Salad Carrots
Soup or	Lentil	Carrot & Potato	Tomato & Lentil	Chicken Noodle	Potato
Pudding	Fresh Fruit Yoghurt Jam Swiss Roll	Fresh Fruit Yoghurt Peaches	Yoghurt 	Fresh Fruit Yoghurt Chocolate Sponge	Fresh Fruit Yoghurt Jelly
Sauce	Custard	Hot Milk Pudding		Custard	Ice Cream

Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 or	Chinese Chicken	Breaded Fish Goujons	Roast Chicken	Cottage Pie	Roast Beef & Gravy
Main 2 or	Bacon & Cheese Melt Baguette	Corned Beef Stovies & Oatcakes	Cheese & Tomato Pizza	Pork or Vegetarian Sausage Roll	Chicken Curry & Rice
Main 3	Jacket Potato & Baked Beans	Pasta in Tomato Sauce	Fish Tortilla Wrap or Apple & Mackerel Paté in a Wrap	Bubble Fish	Vegetable Cous-Cous
Starchy Dish	Rice	Potatoes	Potatoes Jacket Wedges	Potatoes	Potatoes Brown Roll
Vegetables	Mixed Salad Peas	Mixed Salad Carrots	Mixed Salad Sweetcorn	Mixed Salad Baked Bean	Mixed Salad Broccoli
Soup or	Vegetable	Lentil	Carrot & Potato	Chicken & Pasta	Scotch Broth
Pudding	Fresh Fruit Yoghurt Sponge Cake	Fresh Fruit Yoghurt Apple Crumble	Yoghurt 	Fresh Fruit Yoghurt Crispy Cake	Fresh Fruit Yoghurt Fruit Salad
Sauce	Custard	Custard		Custard	Custard

Week Five

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 or	Steak & Vegetable Casserole	Sausage / Vegetarian Sausage & Pasta Bake	Pork Roast	Spaghetti Bolognese or Vegetarian Bolognese	Chicken Curry & Rice
Main 2 or	Cheese & Tomato Pizza	Chicken Pie	Macaroni Cheese	Breaded Haddock	Pasta in Tomato Sauce
Main 3	Jacket Potato with Chicken Mayonnaise	Jacket Potato with Cheesy Beans	Tuna Mayonnaise Tortilla Wrap	Chicken Fried Rice	Beefburger or Vegetarian Burger in a Bun
Starchy Dish	Potatoes Jacket Wedges	Potatoes	Potatoes	Potatoes Garlic Bread	Naan
Vegetables	Mixed Salad Sweetcorn	Mixed Salad Carrots	Mixed Salad Broccoli	Mixed Salad Peas	Mixed Salad Carrots
Soup or	Farmhouse Tomato	Lentil	Chicken Noodle	Yellow Split Pea	Potato & Leek
Pudding	Fresh Fruit Yoghurt Apple Muffins	Fresh Fruit Yoghurt Lemon Slice	Yoghurt	Fresh Fruit Yoghurt Sticky Toffee Pudding	Fresh Fruit Yoghurt Swiss Roll
Sauce	Custard	Custard			Custard

Week Six

	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1 or	Fish Fingers	Lasagne	Roast Chicken	Macaroni Cheese	Steak Pie
Main 2 or	Vegetable Stir Fry	Pork or Vegetarian Sausages	Meatballs in Tomato Sauce & Pasta	Bubble Fish	Breaded Chicken Goujons
Main 3	Bacon & Cheese Melt Baguette	Frittata	Jacket Potato with Cheese & Pineapple	Chicken Mayo Wrap	Egg Mayonnaise Baguette
Starchy Dish	Potatoes Potato Wedges	Potatoes French Stick	Potatoes	Potatoes French Stick	Potatoes
Vegetables	Mixed Salad Peas	Mixed Salad Baked Beans	Mixed Salad Carrots	Mixed Salad Sweetcorn	Mixed Salad Broccoli
Soup or	Chicken & Pasta	Lentil	Vegetable	Chicken Broth	Potato
Pudding	Fresh Fruit Yoghurt Carrot Cake Muffin	Fresh Fruit Yoghurt Chocolate Orange Puddle Pudding	Yoghurt	Fresh Fruit Yoghurt Cornflake Biscuits	Fresh Fruit Yoghurt Peaches
Sauce	Custard	Custard			Hot Milk Pudding



fresh milk

from Graham's Dairy in Nairn



free range eggs

from Allarburn in Elgin



fresh bread

from McLean's in Forres



seasonal vegetables

from Swansons Fruit & Veg in Elgin



quality meat

from Fraser Brothers Butchers in Forres



Check out our video on YouTube:
<https://youtu.be/-L0bBhvV16U>

