

WINTER LUNCH MENU

	WEEK ONE	WEEK TWO	WEEK THREE	WEEK FOUR
M O N	Lentil Soup 🍏 Chicken & Ginger Stir Fry 🍏 Roast Vegetable & Yogurt Wrap 🍏 Fruit Filo Tarts 🍏	Winter Vegetable Soup 🍏 Lemon Chicken Risotto 🍏 Falafel Burgers & Pitas 🍏 Lemon Cake	Butternut Squash Soup 🍏 Sesame Chicken Wraps 🍏 Vegetable Quiche 🍏 Banana Pancakes	Cullen Skink 🍏 Spaghetti Bolognese 🍏 Healthy Egg Chips & Beans 🍏 Fruit Muffins
T U E	Sweet Potato & Coconut Soup 🍏 Chicken & Bean Enchiladas 🍏 Veggie Sausages & Gravy 🍏 Baked Cheesecake	Scotch Broth 🍏 Mackerel Tempura 🍏 Pizza Cinnamon Sultana Swirls	Chicken Noodle Soup 🍏 Salmon Fishcakes 🍏 Veggie Sheppard's Pie 🍏 Chewy Oat Cookies 🍏	Mulligatawny Soup 🍏 Sausages, Mash & Gravy 🍏 Macaroni Cheese Orange Layer Cake 🍏
W E D	Spicy Sausage & Chickpea Soup 🍏 Salmon Fillet 🍏 Bean burgers 🍏 Cereal Bars	Pea & Smoked Ham Soup 🍏 Lamb Sausages & Tomato Relish 🍏 Spinach & Potato Omelette 🍏 Apple Crumble 🍏	Cocky Leeky Soup 🍏 Steak Pie Spicy Root & Lentil Casserole 🍏 Apple Pie & Ice Cream	Roast Tomato Soup 🍏 Haggis Lasagne Spinach Feta & Red Onion Tart Toffee Apple Trifle
T H U	Green Lentil & Vegetable Soup 🍏 Local Farm Dish 🍏 Vegetable Biryani Curry 🍏 Spiced Apple Cake & Honey Yogurt 🍏	Leek & Potato Soup 🍏 Local Farm Dish 🍏 Tomato & Basil Pasta 🍏 Winter Peach Pie	Spinach & Rosemary Soup 🍏 Local Farm Dish 🍏 Squash Cannelloni 🍏 Coconut Rice Pudding & Mango Coulis 🍏	Moroccan Soup 🍏 Local farm Dish 🍏 Spicy Vegetable Noodles & Tofu 🍏 Lemon Sponge & Custard
F R I	Soup of the Day 🍏 Panini or Sandwiches Baked Potatoes/Salad Bar 🍏	Soup of the Day 🍏 Panini or Sandwiches Baked Potatoes/Salad Bar 🍏	Soup of the Day 🍏 Panini or Sandwiches Baked Potatoes/Salad Bar 🍏	Soup of the Day 🍏 Panini or Sandwiches Baked Potatoes/Salad Bar 🍏

3 different vegetables and a potato or rice dish are served with meals each day. Homemade Chips are served once a month. Every day Baked Potatoes, Fresh Fruit, and Salads are served.

🍏 Donates a 'Healthy Living Choice' meaning it is made with a minimum of fat and salt