

## School Year 2022/2023 Secondary Week 1

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup/Dessert</u>	Soup of the Day Cheese and Crackers Fresh Fruit	Soup of the Day Homemade Custard Creams Fresh Fruit	Soup of the Day Yoghurt Fresh Fruit	Soup of the Day Homemade Chocolate and Cinnamon Shortbread Fresh Fruit	Soup of the Day Yoghurt Fresh Fruit
<u>Hot mains</u>	Grilled Sausage, Gravy, Mash and Sweetcorn Homemade Chickpea Curry with rice, Naan Bread and Sweetcorn	BBQ Chicken Fillet in a Ciabatta Roll with Potato Wedges and Roast Vegetables Homemade Mediterranean Vegetable Bake with Potato Wedges and Roast Vegetables	Scottish Beef Lasagne with Garlic Bread and Carrots Veggie Sausage Rolls ,Potato Wedges and Beans	Chicken Fajita's with Diced Potatoes and Broccoli Hunter Style Vegetarian Fillets with Diced Potatoes and Broccoli	Breaded Fish with Chips and Peas Homemade Tomato Pasta with Chips and Peas
<u>Grab and Go</u>	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Chicken Burger Pasta Pot Philly Cheese Steak Hot Dog Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Southern Fried Quorn Burger Pasta Pot Hot Dog Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Pasta Pot Beef Burger Meatball Sub Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Pasta Pot Veggie Burger Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Chicken Burger Pasta Pot Hot Dog Baked Potato Pizza Slice

\* Selection includes: Cheese, Cheese and Pickle, Savoury Cheese, Chicken Mayonnaise, Sliced Chicken, Turkey, Coronation Chicken, Sweet Chilli Chicken, Chicken Tikka, Tuna Mayonnaise, Egg Mayonnaise, Salad

\*\* Selection includes: Cheese, Coronation Chicken, BBQ Chicken, Chicken Tikka, Tuna Mayonnaise, Chicken Strips, Cajun Chicken, Chicken Goujons, Sweet Chilli Chicken, Quorn Dipper, Roasted Vegetable, Salad



## School Year 2022/2023 Secondary Week 2

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup/Dessert</u>	Soup of the Day Yoghurt Fresh Fruit	Soup of the Day Homemade Shortbread Biscuit Fresh Fruit	Soup of the Day Yoghurt Fresh Fruit	Soup of the Day Homemade Scones Fresh Fruit	Soup of the Day Yoghurt Fresh Fruit
<u>Hot mains</u>	Beef Meatballs in Gravy with Boiled Potatoes and Carrots Mediterranean Pasta Bake with Mixed Salad	Chicken Tikka Curry with Rice and Naan Bread Homemade Macaroni Cheese with Garlic Bread and Mixed Salad	Chilli Beef Tacos with Mixed Salad Vegetarian Haggis, Neeps and Tatties	Chicken Pie with Potato Wedges and Sweetcorn Pizza with Potato Wedges and Sweetcorn	Breaded Fish with Chips and Peas Fishless Fingers with Chips and Peas
<u>Grab and Go</u>	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini*** Wrap** Chicken Burger Pasta Pot Philly Cheese Steak Hot Dog Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Southern Fried Quorn Burger Pasta Pot Hot Dog Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Pasta Pot Beef Burger Meatball Sub Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Pasta Pot Veggie Burger Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Chicken Burger Pasta Pot Hot Dog Baked Potato Pizza Slice

\* Selection includes: Cheese, Cheese and Pickle, Savoury Cheese, Chicken Mayonnaise, Sliced Chicken, Turkey, Coronation  
Chicken, Sweet Chilli Chicken, Chicken Tikka, Tuna Mayonnaise, Egg Mayonnaise, Salad

\*\* Selection includes: Cheese, Coronation Chicken, BBQ Chicken, Chicken Tikka, Tuna Mayonnaise, Chicken Strips, Cajun Chicken,  
Chicken Goujons, Sweet Chilli Chicken, Quorn Dipper, Roasted Vegetable, Salad



## School Year 2022/2023

### Secondary Week 3

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup/Dessert</u>	Soup of the Day Yoghurt Fresh Fruit	Soup of the Day Homemade Jammie Dodgers Fresh Fruit	Soup of the Day Yoghurt Fresh Fruit	Soup of the Day Homemade Tiffin Fresh Fruit	Soup of the Day Yoghurt Fresh Fruit
<u>Hot mains</u>	Cod and Salmon Fishcakes with Potato Wedges and Sweetcorn  Quorn Dippers in a Wrap with Wedges and Sweetcorn	Toad in the Hole with Mashed Potatoes and Broccoli  Homemade Italian Vegetable and Ricotta Bake with Garlic Bread and Broccoli	Homemade Scottish Steak Pie with Baby Boiled Potatoes and Seasonal Vegetables  Veggie Nuggets with Baby Boiled Potatoes and Seasonal Vegetables	Homemade Chicken Curry with Rice, Naan Bread and Carrots  Vegetable Fried Rice with Naan Bread	Breaded Fish with Chips and Peas  Vegetarian Burger in a Bun with Chips and Peas
<u>Grab and Go</u>	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Chicken Burger Pasta Pot Philly Cheese Steak Hot Dog Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Southern Fried Quorn Burger Pasta Pot Hot Dog Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Pasta Pot Beef Burger Meatball Sub Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Pasta Pot Veggie Burger Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Chicken Burger Pasta Pot Hot Dog Baked Potato Pizza Slice

\* Selection includes: Cheese, Cheese and Pickle, Savoury Cheese, Chicken Mayonnaise, Sliced Chicken, Turkey, Coronation

Chicken, Sweet Chilli Chicken, Chicken Tikka, Tuna Mayonnaise, Egg Mayonnaise, Salad

\*\* Selection includes: Cheese, Coronation Chicken, BBQ Chicken, Chicken Tikka, Tuna Mayonnaise, Chicken Strips, Cajun Chicken, Chicken Goujons, Sweet Chilli Chicken, Quorn Dipper, Roasted Vegetable, Salad



## School Year 2022/2023 Secondary Week 4

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup/Dessert</u>	Soup of the Day Yoghurt Fresh Fruit	Soup of the Day Homemade Oaty Creams Fresh Fruit	Soup of the Day Yoghurt Fresh Fruit	Soup of the Day Ice Cream, Homemade Melting Moment Fresh Fruit	Soup of the Day Yoghurt Fresh Fruit
<u>Hot mains</u>	Scottish Beef Burger in a Bun with Potato Wedges and Seasonal Vegetables  Quorn Sausage with Gravy, Potato Wedges and Seasonal Vegetables	Breaded Chicken Goujons with Duchesse Potatoes and Sweetcorn  Vegeballs in a Tomato Sauce with Duchesse Potatoes and Sweetcorn	Homemade Spaghetti Bolognese with Garlic Bread and Mixed Salad  Pizza with Garlic Bread and Mixed Salad	Roast Chicken with Boiled Potatoes, Gravy, Yorkshire Pudding and Roast Vegetables  Loaded Potato Skins with Mixed Salad	Breaded Fish or Salmon Fish Fingers with Chips and Peas  Homemade Macaroni Cheese with Chips and Peas
<u>Grab and Go</u>	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Chicken Burger Pasta Pot Philly Cheese Steak Hot Dog Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Southern Fried Quorn Burger Pasta Pot Hot Dog Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Pasta Pot Beef Burger Meatball Sub Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Pasta Pot Veggie Burger Baked Potato Pizza Slice	Salad Bowl Sandwich/Rolls* served with Soup Baguette Selection* Panini** Wrap** Chicken Burger Pasta Pot Hot Dog Baked Potato Pizza Slice

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\*\* Selection includes: Cheese, Coronation Chicken, BBQ Chicken, Chicken Tikka, Tuna Mayonnaise, Chicken Strips, Cajun Chicken, Chicken Goujons, Sweet Chilli Chicken, Quorn Dipper, Roasted Vegetable, Salad