



Week 1 Week Begins: 24 Oct, 14 Nov, 5 December, 9 & 30 January, 20 February, 13 March	
Mon	 Butchers Pork Sausages Vegetarian Sausages ✓ Herbie Spaghetti ✓ Mashed Potatoes Baked Beans Broccoli Seasonal Fruit Crumble & Custard
Tues	Tuna Mayonnaise Sandwiches Breadsticks Sweetcorn Chicken Pie NEW Falafel with Homemade Tomato Sauce ✓ Potato Croquettes Rice Sweetcorn Carrots Lentil Soup ✓
Wed	Chilli with Cheese, Homemade Nachos & Rice NEW NEW Vegetarian Chilli with Cheese, Homemade Nachos & Rice ✓ Cod & Salmon Fishcake Spaghetti Hoops Green Beans Coleslaw Chocolate Saucy Sponge & Custard
Thur	Roast Chicken in Gravy with Mealie Quorn Fillet in Gravy with Mealie ✓ Lasagne Roast Potatoes Vegetable Medley Cucumber Sticks Ice Cream Tub
Fri	 Egg Mayonnaise Sandwiches ✓ Homemade Pancake Beetroot Macaroni Cheese ✓ Baked Potato with Baked Beans ✓ Garlic Bread Peas Beetroot Iced Shortbread 

Menu choices may change at short notice



QMS
QUALITY MEAT SCOTLAND
We use locally grown produce where possible



Week 2 Week Begins: 31 Oct, 21 Nov, 12 Dec, 16 January, 6 & 27 February, 20 March	
Mon	 Cheese Sandwiches ✓ Pasta Salad Carrot Sticks Bolognese Sauce Bubble Bubble Fish Bites Chips Spaghetti Peas Carrot Batons Sticky Orange Sponge & Custard NEW
Tues	Chicken Korma NEW Quorn Burrito ✓ Vegetable Nuggets ✓ Rice Potatoes Baked Beans Sweetcorn Toffee Tart & Custard
Wed	Tuna Mayonnaise Sandwiches Chipolata Sausage Coleslaw Steak Pie NEW Tomato & Basil Penne Pasta ✓ Mashed Potatoes Carrots Coleslaw NEW Frazer's Butternut Squash & Sweet Potato Soup NEW
Thur	Organic Pork Meatballs in Gravy Sweet Chilli Chicken Baguette NEW Cauliflower Cheese ✓ Pasta Mixed Vegetables Pepper Sticks Brownie Cookie 
Fri	Cheese & Tomato Pizza ✓ Beef Teriyaki NEW NEW Quorn Teriyaki ✓ Garlic Bread Baby Corn Tomato & Cucumber Rice Pudding & Peaches

OCTOBER					NOVEMBER					DECEMBER					JANUARY					FEBRUARY					MARCH					APRIL				
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
3	4	5	6	7	1	2	3	4					1	2	HOLIDAYS							1	2	3			1	2	3	HOLIDAYS				
HOLIDAYS					7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	6	7	8	9	10	6	7	8	9	10	17	18	19	20	21
24	25	26	27	28	21	22	23	24	25	19	20	21	22	23	23	24	25	26	27	20	21	22	23	24	20	21	22	23	24	24	25	26	27	28
31					28	29	30			HOLIDAYS					30	31				27	28				27	28	29	30	31					

Week 3 Week Begins: 7 & 28 Nov, 19 Dec, 23 January, 16 February, 6 & 27 March	
Mon	 Egg Mayonnaise Sandwiches ✓ Pizza Finger Diced Cucumber Mince & Pastry Square Chicken Curry or Vegetable Curry ✓ Mashed Potatoes Rice Broccoli, Cauliflower & Carrot Mix Diced Cucumber Angel Whirl
Tues	Oriental Pork Noodles Cheese Panini ✓ Chicken Casserole & Yorkshire Pudding Roast Potatoes Green Beans Grated Carrots Seasonal Muffin
Wed	Gluten Free Salmon Fish Finger Beef Stovies & Oatcake Vegetarian Stovies & Oatcake ✓ Spaghetti Hoops Peas Beetroot Carrot Cake with Vanilla Sauce
Thur	Ham Sandwiches Cheesy Mini Loaf Sweetcorn Southern Style Chicken Goujons NEW Vegetable Risotto ✓ Potato Wedges Sweetcorn Baked Beans NEW Tomato & Red Pepper Soup
Fri	Beef Burger in a Bun Vegetarian Burger in a Bun ✓ Spaghetti Carbonara Garlic Bread Broccoli Coleslaw Oat Cookie 

Every day:



*Options:



*Alternatives to puddings

Frazer's Butternut Squash & Sweet Potato Soup

Method

- Melt butter and add onion. Stir occasionally and add garlic.
- Chop squash into 2.5cm cubes.
- Once onion is soft add chilli, cumin, coriander, salt & pepper. Fry for a few minutes then add squash.
- Add chopped potato. Pour in stock and make sure veg is covered, if not add boiling water.
- Bring to the boil and simmer until veg is soft.
- Liquidise and add coconut milk. **Enjoy**



Ingredients (for 6)

- 1 x onion
- 1 x garlic clove
- 1 x butternut squash
- 1 x sweet potato
- 1 tsp chilli powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 750ml vegetable stock
- 1 x tin coconut milk
- salt & pepper

Name: Frazer Low **School:** Culter Primary School
Age: 6 **Hobbies:** Playing football, playing with my toy tractors and feeding the sheep on my farm
Favourite Food: Fish & Chips
Ambition: I want to be a farmer and have sheep and cows

COMPETITION TIME Do you have a great idea for a dessert? Would you like to see your recipe featured on the next menu? If so, this is your chance!! Your dessert must include a portion of fruit and/or vegetable, and no chocolate is permitted. For further guidance on the do's and don'ts, please speak to your School's Cook in Charge. All entries should be submitted to the School kitchen no later than **Friday 16th December 2016**. A shortlist will be created from all suitable recipes. Shortlisted recipes will be tried and tested, and one winner will have their dessert featured on the next Summer Menu 2017.

Good Luck!!