





Week 1 Week Begins: 17 April, 8 & 29 May, 19 June, 28 August, 18 September, 9 October	
Mon	Tuna Mayonnaise Sandwiches Breadsticks Grated Carrots Bolognese Sauce Vegetable Nuggets ✓ Spaghetti Green Beans Grated Carrots Iced Sponge & Custard
Tues	 Butchers Pork Sausages Quorn Sausages ✓ Hot Kickin Chicken Mashed Potatoes Rice Baked Beans Broccoli Seasonal Fruit Crunch & Cream
Wed	Ham Sandwiches Pancake Cherry Tomatoes Chicken Curry Tomato Penne Pasta ✓ Rice Sweetcorn Coleslaw Frozen Yoghurt
Thur	MSC Fish Fillet NEW Beef Stirfry Cheese & Pineapple Salad ✓ Chips Peas Cherry Tomatoes Pears & Chocolate Custard
Fri	 Egg Mayonnaise Sandwiches ✓ Banana Loaf Beetroot Cheese & Tomato Pizza ✓ Vegetable Risotto ✓ Garlic Bread Carrots Beetroot Brownie Cookie

Menu choices may change at short notice





QMS
QUALITY MEAT SCOTLAND
We use locally grown produce where possible



Week 2 Week Begins: 24 April, 15 May, 5 & 26 June 4 & 25 September	
Mon	Turkey Sandwiches Summer Berry Scone Beetroot Organic Pork Meatballs in Gravy Macaroni Cheese ✓ Mashed Potatoes Peas Beetroot Ice Cream with Fruit
Tues	Ham Sandwiches Cheese Biscuit Pineapple Gluten Free Salmon Fish Finger NEW Italian Bean Bake ✓  Spaghetti Hoops Sweetcorn Cucumber Sticky Toffee Pudding & Custard
Wed	Hummus & Carrot Wrap ✓ Vegetarian Sausage Roll Cucumber Chicken Korma Baked Potato with Tuna Mayonnaise Rice Green Beans Grated Carrots Chocolate Shortbread NEW
Thur	 Traditional Mince BBQ Chicken with Pitta Bread NEW NEW Cherry Tomato, Chilli and Herb Spaghetti ✓ Baby Boiled Potatoes Carrots Mixed Peppers Fresh Fruit Salad with Natural Yoghurt
Fri	Hot Dog Roll with Tomato Sauce Vegetarian Hot Dog Roll with Tomato Sauce ✓ Cheese & Tomato Quiche ✓ Seasoned Wedges Broccoli Coleslaw Seasonal Muffin

APRIL					MAY					JUNE					JULY					AUGUST					SEPTEMBER					OCTOBER						
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		
HOLIDAYS					HOL	HOL	3	4	5					1	2	HOLIDAY					HOLIDAY									1	2	3	4	5	6	
					8	9	10	11	12	5	6	7	8	9	HOLIDAY					4	5	6	7	8	9	10	11	12	13	HOLIDAY						
HOL	18	19	20	21	15	16	17	18	19	12	13	14	15	16	HOLIDAY					HOL	22	23	24	25	18	19	20	21	HOL	HOLIDAY						
	24	25	26	27	28	22	23	24	25	26	19	20	21	22	23						HOL	28	29	30	31	HOL	26	27	28	29	30	31				

Week 3 Week Begins: 1 & 22 May, 12 June, 21 August, 11 September, 2nd October	
Mon	Egg Mayonnaise Sandwiches ✓ Mini Cheese Loaf Carrot Sticks Chilli Wedge Bake NEW Salmon Nuggets Pasta Twists Baked Beans Vegetable Medley Rice Pudding & Peaches
Tues	 Tuna Mayonnaise Sandwiches Pizza Fingers Diced Tomato & Cucumber Roast Chicken with Mealie NEW Quorn Toad in the Hole ✓ Roast Potatoes Carrots Diced Tomato & Cucumber Tiffin
Wed	Steak Casserole Chicken & Cheese Enchilada NEW Vegetable Vol-au-Vent ✓ Mashed Potatoes Peas Sweetcorn Raspberry Sponge with Vanilla Sauce NEW
Thur	Italian Beef Turkey Burger Singapore Noodles ✓ Garlic Bread Mixed Vegetables Coleslaw Fruit Cheesecake
Fri	Cold Roast Pork Sandwiches Pasta Salad Diced Peppers Chicken Pie 4 Cheese Ravioli with Homemade Tomato Sauce ✓  Potato Croquettes Broccoli Beetroot NEW Jason's Eton Mess NEW

Every day:



*Options:



*Alternatives to puddings

Jason's Sliced Frozen Eton Mess

Method

- Chop the strawberries into pieces.
- Whip the double cream until stiff peaks form, then fold in the chopped strawberries, crushed meringue and apple juice.
- Line a bread tin with cling film, leaving enough over the sides to cover.
- Transfer mixture into the cling film into the bread tin then fold over the cling film to cover.
- Place the dish into the freezer and freeze overnight.
- Remove the cling film and desert from the tin then slice.
- Serve with Strawberry Coulis and some more fresh Strawberries.

Enjoy

Name: Jason Selbie **School:** Milltimber Primary School
Age: 12 **Hobbies:** Football, Street Dancing, Scouts
Favourite Food: Steak and Chips
Ambition: To be a zoo keeper or a footballer



Jason pictured with Lindsey Georjeson, Cook in Charge Milltimber School

Ingredients (serves 6)

- 500g strawberries, hulls removed
- 400ml double cream
- 4 ready-made meringue nests, crushed
- 1 tbsp apple juice
- sprigs of fresh mint, to garnish

Serve with Strawberry Coulis and Fresh Strawberries.

NEXT COMPETITION International Dish – Do you have a great idea for an International Dish that you would like to see featured on the next menu? If so, this is your chance!! Your dish must include a minimum 60g of protein per portion and a portion of vegetables. For further guidance please speak to your Schools Cook in Charge. All entries should be submitted to the School Kitchen no later than **FRIDAY 23 JUNE**. Shortlisted recipes will be tried and tested, and one winner will have their Dish featured on the next Winter Menu 2017.

Good Luck!!