




<b>Week 1</b> Week Begins: 30 October, 20 November 11 December, 15 January, 5 & 26 February, 19 March	
<b>Mon</b>	Organic Pork Meatballs in a Homemade BBQ Sauce Red Tractor Chicken Goujons Freshly Prepared Herbie Spaghetti ✓ <i>withs</i>   Noodles   Potato Wedges   Baked Beans   Sweetcorn Freshly Prepared Apple Crumble & Custard
<b>Tues</b>	 Tuna Mayonnaise Sandwiches <i>with Salad Bar Accompaniments</i> Freshly Prepared Bolognese Sauce Home Made Vegetable Fajitas ✓ <i>withs</i>   Spaghetti   Green Beans   Grated Carrots Freshly Prepared Lentil Soup
<b>Wed</b>	 Freshly Prepared Macaroni Cheese ✓ Home Made Quorn Pasties ✓ Jacket Potato with Baked Beans ✓ <i>withs</i>   Garlic Bread   Mixed Vegetables   Beetroot Freshly Baked Carrot Cake
<b>Thur</b>	Ham Sandwiches <i>with Salad Bar Accompaniments</i> Freshly Made Chicken Korma Vegetable Lasagne ✓ <i>withs</i>   Rice   Sweetcorn   Broccoli Freshly Baked Jam Shortcake & Custard
<b>Fri</b>	Crispy Battered Cod Fillet Freshly Prepared Spaghetti Carbonara Home Made Cheesy Oat Burger ✓ <i>withs</i>   Chips   Peas   Coleslaw Rice Pudding & Peaches

Menu choices may change at short notice



**QMS**  
QUALITY MEAT SCOTLAND  
We use locally grown produce where possible



<b>Week 2</b> Week Begins: 6 & 27 November, 18 December, 22 January, 12 February, 5 & 26 March	
<b>Mon</b>	Oven Baked Butchers Pork Sausages Oven Baked Quorn Sausages ✓ Freshly Made Broccoli Bake ✓ <i>with</i>   Mashed Potatoes   Baked Beans   Vegetable Medley Pears & Organic Chocolate Custard
<b>Tues</b>	 Ham Sandwiches <i>with Salad Bar Accompaniments</i> Red Tractor Roast Chicken Fillet with Mealie Fresh Baked Chickpea Enchilada ✓ <i>with</i>   Roast Potatoes   Carrots   Cucumber Sticks Freshly Baked Sticky Toffee Pudding & Custard
<b>Wed</b>	Home Made Steak Pie Baked Asian Style Honey Chicken 4 Cheese Ravioli in a Home Made Tomato Sauce ✓ <i>with</i>   Potato Croquettes   Rice   Mashed Turnip   Peas Vanilla Ice Cream with an Oven Baked Shortbread Finger
<b>Thur</b>	Cheese Sandwiches ✓ <i>with Salad Bar Accompaniments</i> Gluten Free Salmon Fish Fingers *ASSIST FM School Cook of the Year 2017 Chilli with Tortillas and Guacamole* <i>with</i>   Spaghetti Hoops   Broccoli   Salsa Freshly Prepared Tomato Soup
<b>Fri</b>	Butchers Beef Burger in a Bun Crispy Crumbed Vegetable Burger in a Bun ✓ Freshly Prepared Chicken Curry <i>with</i>   Rice   Sweetcorn Cobettes   Coleslaw Oven Baked Flapjack

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

<b>Week 3</b> Week Begins: 13 November, 4 December, 8 January, 29 January, 19 February, 12 March	
<b>Mon</b>	Traditional Scottish Steak Mince Oven Baked Cod Chunks Singapore Noodles ✓ <i>with</i>   Mashed Potatoes   Peas   Baked Beans Fresh Baked Chocolate Saucy Sponge with Custard
<b>Tues</b>	Home Made Chicken Pie Vegetable Risotto ✓ Fresh Baked Cheese Panini ✓ <i>with</i>   Roast Potatoes   Sweetcorn   Coleslaw Freshly Baked Oat Cookie
<b>Wed</b>	Tuna Mayonnaise Sandwiches <i>with Salad Bar Accompaniments</i> Steak Casserole with a Yorkshire Pudding Freshly Prepared Tomato & Basil Penne Pasta ✓ <i>with</i>   Boiled Potatoes   Carrots   Broccoli Fresh Baked Banoffee Flan
<b>Thur</b>	Ham Sandwiches <i>with Salad Bar Accompaniments</i> Freshly Made Beef Lasagne Breaded Vegetable Nuggets ✓ <i>with</i>   Spaghetti Hoops   Green Beans   Mixed Peppers Freshly Prepared Cream of Chicken Soup
<b>Fri</b>	Stuffed Crust Cheese & Tomato Pizza Stovies with Oatcake Freshly Prepared Chicken Stirfry <i>with</i>   Seasoned Diced Potatoes   Beetroot   Beetroot Home Made Winter Berry Muffin

Every day:



\*Options:



\*Alternatives to puddings

### Scottish School Cook of the Year 2017

#### Chilli with Tortilla Chips & Guacamole

**Ingredients (serves 4)**

<b>Chilli</b>	<b>Guacamole</b>
2.5g Oil	25g Avocado
25g Onions	2.5ml Lime Juice
2g Garlic Clove	10g Red Onions
2g Chilli Powder	25g Cherry Tomatoes
1g Paprika	1.5g Green Chilli
1g Cumin	
240g Steak Mince	
400g Chopped Tomatoes	
Taco Basket/Tortilla Chips	
4 Tortilla Wraps	

**Method Chilli**

- Prepare your veg, dice onion, peel and finely chop garlic. Put pan on the hob over a medium heat. Add the oil and once hot add the onions and cook, once translucent add in the garlic and the mince.
- Brown the mince in the pan, add chilli powder, paprika and the cumin keeping it hot enough to fry the mince and not allow it to stew in its own juices. Once the mince has browned, make the beef stock and add to the pan.
- Add the tomatoes sauce and season to taste if needed. Simmer for 20 minutes, if it seems like it's going to catch at the bottom of the pan add a couple of tablespoons of water. After simmering, the saucy mince mixture should look thick, moist and juicy. After about 10 minutes, turn off the heat and leave the chilli to stand for 10 minutes before serving to allow to cool.

**Tortilla** Rub the tortilla with a little oil. Cut the tortillas into triangles. Warm in the oven then remove

**Guacamole** Use a knife to pulverise the tomato to a pulp on a board, then tip into a bowl. Halve and stone the avocado (saving the stone) and use a spoon to scoop out the flesh into the bowl with the tomato. Tip all other ingredients into the bowl. Use a whisk to roughly mash everything together. (Sit the stone in the guacamole until it needs to be served as this stops the dish from browning) Cover with cling film and chill until needed.



**Cranachan Cup Cake Method**

- Weigh out all the ingredients. Mix the margarine and sugar till it has creamed together then add the egg & honey.
- Add in the flour and the oats and mix well.
- Add half raspberries and blend. Place in cupcake cases and bake in the oven until golden brown.
- Blend remaining raspberries with cream and icing sugar.
- Decorate cakes.

**Ingredients (serves 4)**

50g Self Raising Flour
50g Caster Sugar
50g Margarine
1 Egg
4g Honey
15g Oats
240g Raspberries
1g Icing Sugar
20g Whipping Cream



Lynn Ellington is the Cook in Charge at Northfield Academy. Lynn recently won a national award where she was crowned ASSIST FM Scottish School Cook of the Year 2017. The competition required Lynn to design a 2 course meal for a Primary School menu, with a total ingredient cost of £1.60, use Scottish produce and be fully compliant with the Scottish Government food in School guidelines.