

Smart Lifestyle Spring Summer 2016

Served
EVERY DAY
with all meals

Seasonal
vegetables
and pick'n
mix salad.

Fresh
fruit or
yoghurt as an
alternative
to dessert.

Milk,
juice
or water
to drink.

Bread



All
our
chicken
is British.

All
our meat
is from the
Highlands.

*Vegetarian meal on request

**Venison Burger - 64% venison; 28% lamb

***Butchers Pork

(V) = Vegetarian

msc = Marine Stewardship Council

Occasionally the menus may have to be
changed because of supply issues.

Options

Week 1

Monday
Tuesday
*Wednesday
Thursday
*Friday

Macaroni Cheese (V)

Mince & Tatties

Chicken Curry & Rice

Sausage, Mash & Gravy

Cod Bites^{MSC} & Chips

or

Jacket Potato & Filling (V)

or

Pizza (V)

or

Salmon Nibbles^{MSC} with Cook's Potatoes

or

Homemade Soup & Sandwiches (V)

or

Chilli & Rice

Dessert

Ice Cream & Fruit

Cook's Fruit Pudding & Custard

Cook's Homebake & Milkshake

Mini Milk Lolly

Fruity Friday

WEEK 1: 11th April - 9th May - 6th June (schools closed) | 15th August (in-service day) - 12th September

Options

Week 2

Monday
*Tuesday
*Wednesday
Thursday
Friday

Chicken Fillet Bites with Cook's Potatoes

Homemade Sausage Roll

Beef or Venison Burger in a Bun

Roast Chicken, Vegetables & Roast Potatoes

Fish Fingers^{MSC}

or

Tomato Pasta Bake (V)

or

Herby Salmon^{MSC} with Mashed Potatoes

or

Jacket Potato & Filling (V)

or

Homemade Soup & Wrap (V)

or

Cook's Quiche & Chips

Dessert

Fruit Sorbet

Cook's Fruit Pudding & Custard

Cook's Homebake & Milkshake

Rice Pudding & Fruit

Fruity Friday

WEEK 2: 18th April - 16th May - 13th June - 22nd August - 19th September

Options

Week 3

Monday
*Tuesday
Wednesday
Thursday
*Friday

Macaroni Cheese (V)

Salmon Fish Fingers^{MSC} with Cook's Potatoes

Pizza (V)

Steak Pie & Mash

Cod Bites^{MSC} & Cook's Potatoes

or

Veggie Burger in a Bun & Potato Wedges (V)

or

Butchers Hot Dog Roll

or

Cook's Chicken Curry & Rice

or

Homemade Soup & Sandwich (V)

or

Pasta Bolognese

Dessert

Ice Cream & Fruit

Cook's Fruit Pudding & Custard

Cook's Homebake & Milkshake

Angel Delight & Fruit

Fruity Friday

WEEK 3: 25th April - 23rd May - 20th June - 29th August - 26th September

Options

Week 4

Monday
Tuesday
*Wednesday
Thursday
*Friday

Cheese & Tomato Pasta (V)

Mince & Tatties

Chicken Fried Rice

Meatballs, Mash & Gravy

Fish^{MSC} & Chips

or

Salmon Nibbles^{MSC} with Cook's Potatoes

or

Cheese Wheel (V)

or

Jacket Potato & Filling (V)

or

Homemade Soup & Wrap (V)

or

Beef or Venison Burger in a Bun & Chips

Dessert

Yogurt Ice Cream

Cook's Fruit Pudding & Custard

Cook's Homebake & Milkshake

Chocolate Semolina & Fruit

Fruity Friday

WEEK 4: 2nd May (school closed) - 30th May - 27th June - 5th September - 3rd October

Children's favourites made with healthier ingredients