















Monday	Tuesday	Wednesday	Thursday	Friday
<p>✓ Tomato and Basil Soup served with homemade oven baked rolls N GF</p>	<p>✓ Lentil and Leek Soup served with homemade oven baked rolls N GF</p>	<p>✓ Potato and Leek Soup served with homemade oven baked rolls GF</p>	<p>✓ Chicken noodle Soup served with homemade oven baked rolls</p>	<p>✓ Green split pea and carrot Soup served with homemade oven baked rolls N</p>
Traditional Option	Traditional Option	Traditional Option	Traditional Option	Traditional Option
<p>Baked Scottish Chicken Cajun marinated chicken breast lightly spiced served with a red pepper and tomato Pomodoro sauce. </p>	<p>Traditional Steak Pie Scottish beef slow cooked with Onions and carrots with puff pastry </p>	<p>WOK WEDNESDAY Choice of Wok cooked vegetarian or Meat options from the chef's theatre. </p>	<p>Prime Scottish Beef Lasagne succulent Scottish steak mince in a tomato sauce layered between sheets of lasagne topped with a smooth cheese sauce & finished in the oven </p>	<p>Fresh breaded Haddock with Lemon & Tartare Sauce fillet of sustainable haddock breaded and served with a lemon wedge and tartare sauce. </p>
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
<p>Chilli Vegetable Lasagne A medley of vegetables in a chilli sauce layered with pasta sheets and topped with a béchamel sauce.</p>	<p>Vegetable Fajitas Stir fried vegetables with Fajita spice served with flour tortillas. ✓</p>	<p>Vegetable Tikka served with Naan Bread & Saffron Rice a mild vegetable curry blended with yoghurt served with saffron rice</p>	<p>Mushroom Ragout In a sauce of Tomatoes, French mustard, onions, Mixed peppers and shallots. Vegan/Vegetarian</p>	<p>Vegetarian Shepherd's Pie chunky seasonal vegetables in a light cream sauce topped with cheese mash Vegan</p>
Baked Jacket Potato GF with a choice of fillings or pasta bar	Baked Jacket Potato GF with a choice of fillings	Baked Jacket Potato GF with a choice of fillings or pasta bar	Baked Jacket Potato GF with a choice of fillings	Baked Jacket Potato GF with a choice of fillings or pasta bar
Gratin Potato Fresh Organic Carrots Whole green beans	Parsley Potatoes Braised red cabbage Pomme Noisette	Oven baked potato wedges Baby Boil Potatoes Medley of Seasonal Organic Roots	Potato Croquettes Sweetcorn and Peas Wok fried winter roots	New baby jacket Potatoes Fresh Garden peas Chipped Potatoes Balsamic roast onions
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Home Made Rocky Road	Rice pudding with spiced apple	Flapjacks	Sticky toffee date pudding with toffee sauce	Apple Crumble with Custard Sauce
Selection of fruit pots , GF cheese or low fat yoghurt	Seasonal Fruit Pot , GF cheese or low fat yoghurt	Selection of fruit pots , GF cheese or low fat yoghurt	Seasonal Fruit Pot , GF cheese or low fat yoghurt	Selection of fruit pots GF , cheese or low fat yoghurt

✓ Denotes Vegetarian/Vegan N may contains Nuts  Denotes Scottish produce
GF DENOTES GLUTEN FREE






Available – 3/9/2018, 24/9/2018, 15/10/2018

Monday	Tuesday	Wednesday	Thursday	Friday
V Freshly prepared soup of the day	Freshly prepared soup of the day	Freshly prepared soup of the day	Freshly prepared soup of the day	Freshly prepared soup of the day
Traditional Option	Traditional Option	Traditional Option	Traditional Option	Traditional Option
Freshly made Beefburger Scottish beef pressed with onion, herbs and spices and grilled served with a seeded bun and tomato chutney  N	Macaroni Cheese classic macaroni pasta combined with a delicious mornay sauce with double the cheese	Baked Honey Roast Ayrshire Gammon with Pineapple Slow cooked Ayrshire gammon glazed with heather honey with pineapple 	Authentic Texan beef chilli with fluffy boiled rice Minced Scottish beef in a rich spiced tomato sauce with kidney beans served with boiled rice 	Steak pie Prime Scottish beef with vegetables and golden puff pastry 
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
V Butternut Squash & Chickpea Balti with Basmati Rice tender squash and chickpeas in a hot spicy balti sauce served with basmati rice	V Chinese style vegetable chow mien served with prawn crackers 5 spice scented seasonal vegetables tossed with soy noodles N	V Roast Vegetables, Tomato & Spinach Lasagne roasted pumpkin, tomato & spinach in a rich tomato sauce layered between sheets of lasagne finished with a smooth cheese sauce	V Broccoli & Potato Pie with Golden Puff Pastry Square chunks of fresh broccoli & potatoes smothered in a light white sauce & topped with a light flaky pastry	V Seasonal Root Vegetable Enchilada Seasonal root vegetable combined in a tomato sauce and wrapped in a flour tortilla
Baked salmon filet with lemon Hollandaise  GF	Haggis neeps and tatties 	Seabass filet with sweet chilli sauce and Lime scented rice	Chicken curry with savoury rice	Ham and gruyere cheese flan , with chives
Oven baked fries Mini Sweet Corn Cobs Steamed Cabbage	Mashed potatoes French Beans Neeps Baked Beans	Champ Courgettes Provencal, Cauliflower florets,	Creamed Potatoes broccoli, Braised onions	Boiled Potatoes Seasonal vegetable medley
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Apple and Apricot crumble With Vanilla Custard	Lemon Meringue Tart with Custard Sauce	Bread and butter Pudding with Custard Sauce	Chocolate Ripple Sponge with Custard Sauce	A Selection Of Ice Creams
Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt



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 GF DENOTES GLUTEN FREE Available –3/9/2018,24/9/2018, 15/10/2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>V</p> <p>Tomato and Red Pepper Soup GF served with homemade oven baked rolls N</p>	<p>V</p> <p>Green Pea and Carrot Soup N gf</p>	<p>V</p> <p>Winter Vegetable Soup GF served with homemade oven baked rolls</p>	<p>V</p> <p>Carrot, Honey and Ginger Soup GF served with homemade oven baked rolls N</p>	<p>V</p> <p>Chicken and Rice Soup GF served with homemade oven baked rolls N</p>
Traditional Option	Traditional Option	WOK WEDNESDAY	Traditional Option	Traditional Option
<p>Mince and Potatoes Prime, Scottish steak mince cooked in a casserole of root vegetables. </p>	<p>Lamb Provencale In a tomato, garlic and roasted red pepper sauce. </p>	<p>Asian Inspired Dishes cooked in the chefs Theatre Beef Black bean and green Pepper sauce Vegetable Stir Fry</p>	<p>24 hour Pulled Ayrshire pork slow roasted shoulder of pork crusted with Piri Piri Spices served with tortilla wraps and roasted red peppers. </p>	<p>Fresh breaded Haddock with Lemon & Tartare Sauce fillet of sustainable haddock breaded served with a lemon wedge and tartare sauce Chefs special Dish</p>
Vegetarian Option	Vegetarian Option		Vegetarian Option	Vegetarian Option
<p>Vegetable Balti Shallots, Broccoli, peppers, sweet potato and mushrooms in a lightly spiced curry sauce enhanced with coriander. Vegan/Vegetarian</p>	<p>Stuffed peppers with a cous cous and roasted vegetable</p>	<p>Mild Chicken Tikka Marinated Chicken Fillets with natural yoghurt, coriander, lemon juice, cayenne pepper and Garam Marsala.</p>	<p>Macaroni Cheese In a béchamel and mature Scottish cheddar cheese sauce..</p>	<p>Sweet and Sour Vegetables A selection of market vegetables in a tangy sweet and sour sauce. GF</p>
Baked Jacket Potato GF with a choice of fillings or pasta bar	Baked Jacket Potato GF with a choice of fillings	Baked Jacket Potato GF with a choice of fillings or pasta bar	Baked Sweet Potato with a choice of fillings GF	Baked Jacket Potato GF with a choice of fillings or pasta bar
Parsley Potatoes Spiced parsnips Baby sweetcorn kernels	Mashed Potato Organic Turnip Braised savoy cabbage	Jacket wedges Sweetcorn and peppers Pak Choi	Mustard Mash Balsamic Roasted Organic Vegetables	Oven Roasted Ayrshire Potatoes Garden Peas Baby sweetcorn Chipped Potatoes
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Chocolate Brownie	Eves Pudding	Lemon Mousse	Chocolate fudge cake	Rhubarb Crumble with Custard
Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit pot , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Pot , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt





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 GF DENOTES GLUTEN FREE Available –10/9/2018,01/01/2018, 22/10/2018

Monday	Tuesday	Wednesday	Thursday	Friday
Freshly prepared soup of the day	Freshly prepared soup of the day	Freshly prepared soup of the day	Freshly prepared soup of the day	Freshly prepared soup of the day
Traditional Option	Traditional Option	Traditional Option	Traditional Option	Traditional Option
BBQ Jerk Supreme of Scottish Chicken with Pineapple Creole Rice tangy supreme and chicken marinated in a BBQ jerk sauce and roasted in the over served with tangy Creole pineapple rice  GF	Prime Scottish Beef Pie with Buttery Puff Pastry succulent chunks of beef in a rich gravy and baked with a topping of light puff pastry 	Escalpoes of Turkey Braised in Tomato sauce fresh escalope of Scottish turkey slowly braised in a light tomato and herb sauce  GF	Chicken Jalfrezi and steamed rice pieces of tender Scottish chicken breast in a medium spiced blend of chilli, tomato and onion served with steamed rice 	Breaded Scottish scampi, with lemon mayonnaise 
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
Fresh Parmesan Crusted Ratatouille Bake courgette, aubergine, peppers, onion, tomato and herbs topped with parmesan breadcrumbs	Organic Mushroom Stroganoff Served on a Bed of Wild Rice sauté mushrooms and onions in a creamy French mustard and garlic sauce	Mixed Pepper and Bean Burritos sliced mixed peppers, kidney beans, haricot beans combined with Mexican herbs and spices and wrapped in a flour tortilla	Baked Penne Pasta with Cherry Tomato & Basil tangy tomato sauce mixed with cherry tomato and basil	Roast Vegetable Sage & Onion Crumble seasonal roots in a light sauce with caramelized onion topped with sage crumble N
Freshly Baked Snacks	Freshly Baked Snacks	Freshly Baked Snacks	Freshly Baked Snacks	Freshly Baked Snacks
Haggis, Neeps & Tattie pastry	Sausage Plait	Cheddar Cheese & Onion Roll	Corned Beef & Onion Slice	Mutton & Potato Bridie
Boiled Potatoes with Parsley Mixed Fresh Seasonal Roots Pickled red cabbage	Oven Roasted New Ayrshire Potatoes Fresh Organic Carrots Baked parmesan tomatoes	Fondant Potatoes Mixed seasonal vegetables Broccoli spears	Lightly Spiced New Baby Jackets Organic Roasted Baby Corn French beans	Champ Fresh Garden Peas Diced swede Chipped Potatoes
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Peppered Pineapple & Lemon Pie with Custard	Goosey Chocolate Fudge Pudding & Toffee Sauce	Classic Apple Pie with Custard	Plum Tarte Tatin with Custard Sauce	Iced Gingerbread with Custard Sauce N
Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt

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 GF DENOTES GLUTEN FREE Available –10/9/2018,01/01/18, 22/10/2018

Monday	Tuesday	Wednesday	Thursday	Friday
Forrest Mushroom Soup served with homemade oven baked rolls N V GF	Butternut squash and sweet potato soup N V	Lentil and Coriander Soup served with homemade oven baked rolls V GF	Leek and Potato Soup served with homemade oven baked rolls V GF	Chicken and Rice Soup served with homemade oven baked rolls GF
Traditional Option	Traditional Option	WOK WEDNESDAY	Traditional Option	Traditional Option
Chicken And Sweetcorn pie Tender pieces of Scottish chicken in a creamy sauce with sweetcorn kernels, Topped with puff pastry. 	Homemade Haggis Burger 4oz Beefburger with Locally sourced haggis served in a brioche bun. 	Vegetarian Stir Fry option Sweet Chili chicken From the Chefs Theatre	Moroccan spiced Pork Tagine Ayrshire pork scented in Moroccan spices with apricots served with cous cous 	Fresh breaded Haddock with Lemon & Tartare Sauce fillet of sustainable haddock breaded served with a lemon wedge and tartare sauce
Vegetarian Option	Vegetarian Option		Vegetarian Option	Vegetarian Option
Vegetable Chilli Seasonal vegetables baked in Mexican spiced Salsa and served in a taco N	Provencal Vegetable And Mushroom Ragout with Goats Cheese Crust Seasonal vegetables in a chunky tomato sauce GF	Beef Bourignonne Tender strips of Scottish beef slow cooked in a rich mushroom sauce.	Mixed Vegetable Enchiladas Mixed seasonal vegetables with Cajun spices and guacamole topped with cheese and salsa	Spiced Tomato Falafel with Yoghurt and Pitta Bread Lightly spiced chickpea falafel served with salad and pitta N
				Chefs special
Baked Jacket Potato With a choice of fillings GF	Baked Sweet Potato With a choice of fillings GF	Baked Jacket Potato With a choice of fillings GF	Baked Sweet Potato With a choice of fillings GF	Baked Jacket Potato With a choice of fillings GF
Sweet corn kernels, broccoli, Garlic & rosemary roast potatoes	Tumeric Courgettes Savoy cabbage Grain mustard mash	Jacket wedges Sliced green Beans Oven roasted vegetables	Broccoli Baton carrots Sweet Potato Mash	Mushy peas, Seasonal vegetable medley Boiled Potatoes Chipped Potatoes
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Carrot Cake	Bakewell Tart with Custard Sauce N	Steamed Syrup Pudding and Custard	Chocolate Fudge Cake	Semolina Pudding with Poached Fruit GF
Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt

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GF DENOTES GLUTEN FREE Available -17/9/2018,08/10/2018, 29/10/2018

Monday	Tuesday	Wednesday	Thursday	Friday
Freshly prepared soup of the day	Freshly prepared soup of the day	Freshly prepared soup of the day	Freshly prepared soup of the day	Freshly prepared soup of the day
Traditional Option	Traditional Option	Traditional Option	Traditional Option	Traditional Option
Minced Beef with Savoury Pastry Crust Scottish steak mince braised with onions and herbs topped with a savoury pastry 	Macaroni double cheese bake classic macaroni pasta combined with a delicious mornay sauce with double the cheese	Roast topside of Scottish beef oven roasted topside of beef hand carved with roast gravy and presented with Yorkshire pudding 	Creamy coconut chicken korma tender pieces of Scottish chicken in a mild coconut scented korma sauce served with saffron rice  GF N	Lamb korma with savoury rice and poppadum's 
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
Vegetable lasagne seasonal vegetables in a light tomato sauce layered between sheets of lasagne and topped with mornay sauce	Winter Vegetable and Chickpea Balti seasonal chunky roots with chickpeas in a spiced balti sauce and served with coriander rice GF	Quorn and Vegetable Stir Fry with Korean Noodles stir fried quorn with seasonal vegetables combined with Spiced noodles	Mushroom & spinach Quiche forest mushrooms and fresh spinach in a savoury pastry case and baked in a light egg custard	Courgette, Red Pepper & Pasta Bake with Golden Cheese Topping fresh vegetables in a light tomato sauce baked in the oven and topped with cheddar GF
Freshly Baked Snacks	Freshly Baked Snacks	Freshly Baked Snacks	Freshly Baked Snacks	Freshly Baked Snacks
Cornish pastry	Freshly made bridie	Bacon an egg plait	Selection of toasties	Cajun chicken Panini
Courgettes Provencal, Cauliflower florets, Mashed Potatoes	Steamed carrots, Garden peas, Croquette Potatoes	Oven roasted potatoes Brussel sprouts, Cumin spiced parsnips	Balsamic Roasted Organic Vegetables Spinach Minted new potatoes	Champ Fresh Garden Peas Mixed beans Chipped Potatoes
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Cinnamon and Apple Bread & Butter Pudding with Marmalade Glaze	Orange and Poppy Seed Sponge With Vanilla Custard N	Classic Apple pie with Custard	Chocolate chip & banana steam pudding With Chocolate Sauce	Rhubarb and Ginger Crumble with Custard Sauce
Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt	Seasonal Fruit Basket , GF cheese or low fat yoghurt

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