












Monday	Tuesday	Wednesday	Thursday	Friday
V Scottish vegetable and Lentil broth with homemade crusty bloomer GF	V Scotch Broth Soup served with Oven Baked Rolls	Chicken Noodle Soup Served with Oven Baked Rolls	V Roasted Tomato and Butterbean Soup Served with Oven Baked Rolls V, GF	V Chunky leek and Potato Soup served with homemade oven baked rolls GF N
Traditional Option	Traditional Option	Traditional Option	Traditional Option	Traditional Option
Slow cooked Cajun chicken served with a soft tortilla wrap with crunchy slaw and tangy tomato salsa  GF	Teriyaki Glazed Salmon Oven baked Salmon glazed with ginger, garlic and soy sauce.  GF	WOK WEDNESDAY Choice of Wok cooked vegetarian or Meat options from the chef's theatre.  GF	Cottage Pie succulent Scottish steak mince with sautéed root vegetables topped with a cheddar Mash 	Fresh breaded Haddock with Lemon & Tartare Sauce fillet of sustainable haddock breaded and served with a lemon wedge and tartare sauce. 
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
Courgette, aubergine and Spinach Lasagne A medley of vegetables in a Tomato and herb sauce layered with pasta sheets and topped with a béchamel sauce.	Vegetable and Quorn Fajitas Stir fried vegetables with Fajita spice served with flour tortillas.	Classic Macaroni Cheese Macaroni in a rich cheddar sauce served with garlic bread	Tempura Vegetables Served with Tangy Sweet and sour sauce.	Vegetarian Shepherd's Pie chunky seasonal vegetables in a Pomodoro sauce topped with cheese mash GF
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
Sweet Potatp Fries Fresh Organic Carrots Wild and Basmati rice	Parsley Potatoes Braised red cabbage Pomme Noisette	Oven baked potato wedges Baby Boil Potatoes Medley of Seasonal Organic Roots	Potato Croquettes Sweetcorn and Peas Basmati rice	New baby jacket Potatoes Fresh Garden peas Chipped Potatoes
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Apple and Raspberry Crumble	Chocolate Bread and Butter Pudding	Rocky Road	Sticky toffee Pudding	Lemon Drizzle Cake
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




V Denotes Vegetarian/Vegan N may contains Nuts  Denotes Scottish produce

GF DENOTES GLUTEN FREE






Available – 15th April -6th May -3rd June

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 15th April -06th May -3rd June

Monday	Tuesday	Wednesday	Thursday	Friday
V Tomato and Red Pepper Soup GF served with homemade oven baked rolls N	V Mushroom and Tarragon Soup served with homemade bread rolls	V Chicken and sweetcorn Soup GF served with homemade oven baked rolls	V Carrot and Coriander Soup GF served with homemade oven baked rolls N	V Green Split Pea Soup GF served with homemade oven baked rolls N
Traditional Option	Traditional Option	WOK WEDNESDAY	Traditional Option	Traditional Option
Beef Olives Prime, Scottish steak Beef Olives cooked in a casserole of root vegetables. 	Mild Chicken Tikka Marinated Chicken Fillets with natural yoghurt, coriander, lemon juice, cayenne pepper and Garam Marsala.  GF	Asian Inspired Dishes cooked in the chefs Theatre Thai Green Curry with kumquat Chutney Vegetable Stir Fry GF	24 hour Pulled Ayrshire pork slow roasted shoulder of Pork in a Peri Peri sauce with tortilla wraps and crunchy slaw  GF	Fresh breaded Haddock with Lemon & Tartare Sauce fillet of sustainable haddock breaded served with a lemon wedge and tartare sauce Chefs special Dish
Vegetarian Option	Vegetarian Option		Vegetarian Option	Vegetarian Option
Vegetable Balti Shallots, Broccoli, peppers, sweet potato and mushrooms in a lightly spiced curry sauce enhanced with coriander. Vegan/Vegetarian	Cauliflower and Broccoli Mornay In a Cheddar Cheese Sauce with a crispy onion topping.	Vegetable Stir Fry GF	Black Bean, Pepper and Coriander tacos served with Guacamole	Sweet and Sour Vegetables A selection of market vegetables in a tangy sweet and sour sauce. GF
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 Basmati and wild Rice	Oven Roasted Ayrshire Potatoes Garden Peas Baby sweetcorn Chipped Potatoes
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Homemade Doughnuts	Carrot Cake	Caramel Shortcake	Chocolate Orange Cookies	Flapjack
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 –22nd April, 20th May, 10th June


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 oven 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 	Escalope 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 22nd April-20th May, 10th June,

Monday	Tuesday	Wednesday	Thursday	Friday
Parsnip and Chilli Soup served with homemade oven baked rolls V GF	Sweet potato and Carrot soup served with oven baked rolls V GF	Spiced Lentil and Coriander Soup served with homemade oven baked rolls N 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
Southern Fried Chicken Tender pieces of Scottish chicken In Paprika Breadcrumbs served with sweetcorn fritters. 	Swedish Style Meatballs In a tomato and Basil sauce  GF	Vegetarian Stir Fry option Sweet Chilli chicken GF From the Chefs Theatre	Roast Pork With Stornoway Black pudding and Candied Apple Ayrshire pork served with gravy and Traditional Black pudding.  GF	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	Vegetarian Option
Vegetable Chilli Seasonal vegetables baked in Mexican spiced Salsa and served in a taco GF	Thai Vegetable Curry Seasonal vegetables in a Thai Curry Sauce GF	Vegetarian Stir Fry GF	Mixed Vegetable Enchiladas Mixed seasonal vegetables with Cajun spices and guacamole topped with cheese and salsa	Spiced Vegetable Tomato and Quinoa casserole
				Chefs special
Baked Jacket Potato With a choice of fillings GF Sweet corn kernels broccoli, Garlic & rosemary roast potatoes	Baked Sweet Potato With a choice of fillings GF Sweetcorn and diced Peppers Savoy cabbage Mash	Baked Jacket Potato With a choice of fillings GF Jacket wedges Sliced green Beans Oven roasted vegetables	Baked Sweet Potato With a choice of fillings GF Broccoli Baton carrots Sweet Potato Mash	Baked Jacket Potato With a choice of fillings GF Mushy peas, Seasonal vegetable medley Boiled Potatoes Chipped Potatoes
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Chocolate and Orange Marble Cake	Swiss Roll	Mixed Fruit Crumble	Iced Ginger Bread Sponge	Chocolate Brownie
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 –29th April,27th May,17th June

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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