












Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">V</p> <p>Scottish vegetable and Lentil broth with homemade crusty bloomer</p> <p style="text-align: center;">GF</p>	<p style="text-align: center;">V</p> <p>Scotch Broth Soup served with Oven Baked Rolls</p>	<p>Chicken Noodle Soup Served with Oven Baked Rolls</p>	<p style="text-align: center;">V</p> <p>Roasted Tomato and Butterbean Soup Served with Oven Baked Rolls</p> <p style="text-align: center;">V, GF</p>	<p style="text-align: center;">V</p> <p>Chunky leek and Potato Soup served with homemade oven baked rolls</p> <p style="text-align: center;">GF N</p>
<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>
<p><b>Slow cooked Cajun chicken served with a soft tortilla wrap with crunchy slaw and tangy tomato salsa</b></p> <p style="text-align: center;"> GF</p>	<p><b>Teriyaki Glazed Salmon</b> Oven baked Salmon glazed with ginger, garlic and soy sauce.</p> <p style="text-align: center;"> GF</p>	<p style="text-align: center;"><b>WOK WEDNESDAY</b></p> <p><b>Choice of Wok cooked vegetarian or Meat options from the chef's theatre.</b></p> <p style="text-align: center;"> GF</p>	<p style="text-align: center;"><b>Cottage Pie</b> succulent Scottish steak mince with sautéed root vegetables topped with a cheddar Mash</p> <p style="text-align: center;"></p>	<p style="text-align: center;"><b>Fresh breaded Haddock with Lemon &amp; Tartare Sauce</b> fillet of sustainable haddock breaded and served with a lemon wedge and tartare sauce.</p> <p style="text-align: center;"></p>
<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>
<p><b>Courgette, aubergine and Spinach Lasagne</b> A medley of vegetables in a Tomato and herb sauce layered with pasta sheets and topped with a béchamel sauce.</p>	<p><b>Vegetable and Quorn Fajitas</b> Stir fried vegetables with Fajita spice served with flour tortillas.</p>	<p><b>Classic Macaroni Cheese</b> Macaroni in a rich cheddar sauce served with garlic bread</p>	<p><b>Tempura Vegetables</b> Served with Tangy Sweet and sour sauce.</p>	<p><b>Vegetarian Shepherd's Pie</b> chunky seasonal vegetables in a Pomodoro sauce topped with cheese mash GF</p>
<p><b>Baked Jacket Potato GF</b> with a choice of fillings or pasta bar</p>	<p><b>Baked Jacket Potato GF</b> with a choice of fillings</p>	<p><b>Baked Jacket Potato GF</b> with a choice of fillings or pasta bar</p>	<p><b>Baked Jacket Potato GF</b> with a choice of fillings</p>	<p><b>Baked Jacket Potato GF</b> with a choice of fillings or pasta bar</p>
<p>Sweet Potato Fries Fresh Organic Carrots Wild and Basmati rice</p>	<p>Parsley Potatoes Braised red cabbage Pomme Noisette</p>	<p>Oven baked potato wedges Baby Boil Potatoes Medley of Seasonal Organic Roots</p>	<p>Potato Croquettes Sweetcorn and Peas Basmati rice</p>	<p>New baby jacket Potatoes Fresh Garden peas Chipped Potatoes</p>
<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>
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 – 19 September, 9<sup>th</sup> September, 30<sup>th</sup> September,

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
<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>
<p><b>Freshly made Beefburger</b> Scottish beef pressed with onion, herbs and spices and grilled served with a seeded bun and tomato chutney</p> <p style="text-align: center;"> N</p>	<p><b>Macaroni Cheese</b> classic macaroni pasta combined with a delicious mornaysauce with double the cheese</p>	<p><b>Baked Honey Roast Ayrshire Gammon with Pineapple</b> Slow cooked Ayrshire gammon glazed with heather honey with pineapple</p> <p style="text-align: center;"></p>	<p><b>Authentic Texan beef chilli with fluffy boiled rice</b> Minced Scottish beef in a rich spiced tomato sauce with kidney beans served with boiled rice</p> <p style="text-align: center;"></p>	<p><b>Steak pie</b> Prime Scottish beef with vegetables and golden puff pastry</p> <p style="text-align: center;"></p>
<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>
<p style="text-align: center;">∨</p> <p><b>Butternut Squash &amp; Chickpea Balti with Basmati Rice</b> tender squash and chickpeas in a hot spicy balti sauce served with basmati rice</p>	<p style="text-align: center;">∨</p> <p><b>Chinese style vegetable chow mien served with prawn crackers</b> 5 spice scented seasonal vegetables tossed with soy noodles</p> <p style="text-align: center;">N</p>	<p style="text-align: center;">∨</p> <p><b>Roast Vegetables, Tomato &amp; Spinach Lasagne</b> roasted pumpkin, tomato &amp; spinach in a rich tomato sauce layered between sheets of lasagne finished with a smooth cheese sauce</p>	<p style="text-align: center;">∨</p> <p><b>Broccoli &amp; Potato Pie with Golden Puff Pastry Square</b> chunks of fresh broccoli &amp; potatoes smothered in a light white sauce &amp; topped with a light flaky pastry</p>	<p style="text-align: center;">∨</p> <p><b>Seasonal Root Vegetable Enchilada</b> Seasonal root vegetable combined in a tomato sauce and wrapped in a flour tortilla</p>
<p><b>Baked salmon filet</b> with lemon Hollandaise</p> <p style="text-align: center;"> GF</p>	<p><b>Haggis neeps and tatties</b></p> <p style="text-align: center;"></p>	<p><b>Seabass filet</b> with sweet chilli sauce and Lime scented rice</p>	<p><b>Chicken curry</b> with savoury rice</p>	<p><b>Ham and gruyere</b> cheese flan , with chives</p>
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
<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>
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    19<sup>th</sup> August, 9<sup>th</sup> September, 30<sup>th</sup> September

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">V</p> Tomato and Red Pepper Soup <b>GF</b> served with homemade oven baked rolls <b>GF</b>	<p style="text-align: center;">V</p> Mushroom and Tarragon Soup served with homemade bread rolls <b>GF</b>	<p style="text-align: center;">V</p> Chicken and sweetcorn Soup <b>GF</b> served with homemade oven baked rolls	<p style="text-align: center;">V</p> Lentil and Carrot Soup <b>GF</b> served with homemade oven baked rolls <b>N</b>	<p style="text-align: center;">V</p> Green Split Pea Soup <b>GF</b> served with homemade oven baked rolls <b>N</b>
<b>Traditional Option</b>	<b>Traditional Option</b>	<b>WOK WEDNESDAY</b>	<b>Traditional Option</b>	<b>Traditional Option</b>
Prime, Scottish steak Beef Olives cooked in a casserole of root vegetables. 	<b>Katsu Chicken Curry</b> Breast of Chicken In a Mild Katsu Curry sauce. <b>GF</b> 	<b>Asian Inspired Dishes cooked in the chefs Theatre</b>  <b>Thai Green Curry with kumquat Chutney</b>  <b>Vegetable Stir Fry <b>GF</b></b>	<b>24 hour Pulled Ayrshire pork</b> slow roasted shoulder of Pork in a Barbecue sauce with tortilla wraps and crunchly slaw  <b>GF</b>	<b>Fresh breaded Haddock with Lemon &amp; Tartare Sauce</b> fillet of sustainable haddock breaded served with a lemon wedge and tartare sauce  <b>Chefs special Dish</b> <b>Vegetarian Option</b>
<b>Vegetarian Option</b>	<b>Vegetarian Option</b>		<b>Vegetarian Option</b>	<b>Vegetarian Option</b>
<b>Vegetable Balti</b> Shallots, Broccoli, peppers, sweet potato and mushrooms in a lightly spiced curry sauce enhanced with coriander. <b>Vegan/Vegetarian</b>	<b>Cauliflower and Broccoli Mornay</b> In a Cheddar Cheese Sauce with a crispy onion topping.	<b>Vegetable Stir Fry <b>GF</b></b>	<b>Black Bean, Pepper and Coriander tacos served with Guacamole</b>	<b>Sweet and Sour Vegetables</b> A selection of market vegetables in a tangy sweet and sour sauce. <b>GF</b>
<b>Baked Jacket Potato <b>GF</b></b> with a choice of fillings or pasta bar	<b>Baked Jacket Potato <b>GF</b></b> with a choice of fillings	<b>Baked Jacket Potato <b>GF</b></b> with a choice of fillings or pasta bar	<b>Baked Sweet Potato</b> with a choice of fillings <b>GF</b>	<b>Baked Jacket Potato <b>GF</b></b> with a choice of fillings or pasta bar
Parsley Potatoes Spiced parsnips Baby sweetcorn kernels	Steamed White Rice Organic Carrots 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
<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>
Homemade Doughnuts	Carrot Cake	Caramel Shortcake	Chocolate Orange Cookies	Flapjack
Seasonal Fruit Basket , <b>GF</b> cheese or low fat yoghurt	Seasonal Fruit pot , <b>GF</b> cheese or low fat yoghurt	Seasonal Fruit Basket , <b>GF</b> cheese or low fat yoghurt	Seasonal Fruit Pot , <b>GF</b> cheese or low fat yoghurt	Seasonal Fruit Basket , <b>GF</b> cheese or low fat yoghurt





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**GF DENOTES GLUTEN FREE** Available –26<sup>th</sup> August, 16<sup>th</sup> September, 7<sup>th</sup> October

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
<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>
<b>BBQ Jerk Supreme of Scottish Chicken with Pineapple Creole Rice</b> tangy supreme and chicken marinated in a BBQ jerk sauce and roasted in the oven served with tangy Creole pineapple rice  GF	<b>Prime Scottish Beef Pie with Buttery Puff Pastry</b> succulent chunks of beef in a rich gravy and baked with a topping of light puff pastry 	<b>Escalope of Turkey Braised in Tomato sauce</b> fresh escalope of Scottish turkey slowly braised in a light tomato and herb sauce  GF	<b>Chicken Jalfrezi and steamed rice</b> pieces of tender Scottish chicken breast in a medium spiced blend of chilli, tomato and onion served with steamed rice 	<b>Breaded Scottish scampi, with lemon mayonnaise</b> 
<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>
<b>Fresh Parmesan Crusted Ratatouille Bake</b> courgette, aubergine, peppers, onion, tomato and herbs topped with parmesan breadcrumbs	<b>Organic Mushroom Stroganoff Served on a Bed of Wild Rice</b> sauté mushrooms and onions in a creamy French mustard and garlic sauce	<b>Mixed Pepper and Bean Burritos</b> sliced mixed peppers, kidney beans, haricot beans combined with Mexican herbs and spices and wrapped in a flour tortilla	<b>Baked Penne Pasta with Cherry Tomato &amp; Basil</b> tangy tomato sauce mixed with cherry tomato and basil	<b>Roast Vegetable Sage &amp; Onion Crumble</b> seasonal roots in a light sauce with caramelized onion topped with sage crumble N
<b>Freshly Baked Snacks</b>	<b>Freshly Baked Snacks</b>	<b>Freshly Baked Snacks</b>	<b>Freshly Baked Snacks</b>	<b>Freshly Baked Snacks</b>
<b>Haggis, Neeps &amp; Tattie pastry</b>	<b>Sausage Plait</b>	<b>Cheddar Cheese &amp; Onion Roll</b>	<b>Corned Beef &amp; Onion Slice</b>	<b>Mutton &amp; Potato Bridie</b>
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
<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>
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 26<sup>th</sup> August, 16<sup>th</sup> September, 7<sup>th</sup> October,

Monday	Tuesday	Wednesday	Thursday	Friday
Parsnip and Chilli Soup served with homemade oven baked rolls V GF	Butternut squash 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
<b>Traditional Option</b>	<b>Traditional Option</b>	<b>WOK WEDNESDAY</b>	<b>Traditional Option</b>	<b>Traditional Option</b>
<b>Southern Fried Chicken</b> Tender pieces of Scottish chicken In Paprika Breadcrumbs served with sweetcorn fritters. 	<b>Swedish Style Meatballs</b> In a tomato and Basil sauce  GF	Vegetarian Stir Fry option Sweet Chilli chicken GF From the Chefs Theatre	<b>Roast Pork With Stornoway Black pudding and Candied Apple</b> Ayrshire pork served with gray and Traditional Black pudding.  GF	<b>Fresh breaded Haddock with Lemon &amp; Tartare Sauce</b> Fillet of sustainable haddock breaded served w ith a lemon w edge and tartare sauce
<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>
<b>Vegetable Chilli</b> Seasonal vegetables baked in Mexican spiced Salsa and served in a taco GF	<b>Thai Vegetable Curry</b> Seasonal vegetables in a Thai Curry Sauce GF	<b>Vegetarian Stir Fry</b> GF	<b>Mixed Vegetable Enchiladas</b> Mixed seasonal vegetables with Cajun spices and guacamole topped with cheese and salsa	<b>Spiced Vegetable Tomato and Quinoa casserole</b>
				<b>Chefs special</b>
<b>Baked Jacket Potato</b> With a choice of fillings GF Sweet corn kernels broccoli, Garlic & rosemary roast potatoes	<b>Baked Sweet Potato</b> With a choice of fillings GF Sweetcorn and diced Peppers Savoy cabbage Mash	<b>Baked Jacket Potato</b> With a choice of fillings GF Jacket wedges Sliced green Beans Oven roasted vegetables	<b>Baked Sweet Potato</b> With a choice of fillings GF Broccoli Baton carrots Sweet Potato Mash	<b>Baked Jacket Potato</b> With a choice of fillings GF Mushy peas, Seasonal vegetable medley Boiled Potatoes Chipped Potatoes
<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>
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 –2<sup>nd</sup> September, 23<sup>rd</sup> September

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
<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>	<b>Traditional Option</b>
<b>Minced Beef with Savoury Pastry Crust</b> Scottish steak mince braised with onions and herbs topped with a savoury pastry 	<b>Macaroni double cheese bake</b> classic macaroni pasta combined with a delicious Mornay sauce with double the cheese	<b>Roast topside of Scottish beef</b> oven roasted topside of beef hand carved with roast gravy and presented with Yorkshire pudding 	<b>Creamy coconut chicken korma</b> tender pieces of Scottish chicken in a mild coconut scented korma sauce served with saffron rice  GF N	<b>Lamb korma</b> with savoury rice and poppadum's 
<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>
<b>Vegetable lasagne</b> seasonal vegetables in a light tomato sauce layered between sheets of lasagne and topped with mornaysauce	<b>Winter Vegetable and Chickpea Balti</b> seasonal chunky roots with chickpeas in a spiced balti sauce and served with coriander rice GF	<b>Quorn and Vegetable Stir Fry with Korean Noodles</b> stir fried quorn with seasonal vegetables combined with Spiced noodles	<b>Mushroom &amp; spinach Quiche</b> forest mushrooms and fresh spinach in a savoury pastry case and baked in a light egg custard	<b>Courgette, Red Pepper &amp; Pasta Bake with Golden Cheese Topping</b> fresh vegetables in a light tomato sauce baked in the oven and topped with cheddar GF
<b>Freshly Baked Snacks</b>	<b>Freshly Baked Snacks</b>	<b>Freshly Baked Snacks</b>	<b>Freshly Baked Snacks</b>	<b>Freshly Baked Snacks</b>
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
<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>
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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