


















Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">V</p> <p>Tomato and Basil Soup GF,</p>	<p style="text-align: center;">V</p> <p>Scottish root vegetable and Lentil Soup served with Oven Baked Rolls</p>	<p>Leek and Potato Soup Served with Oven Baked Rolls</p>	<p style="text-align: center;">V</p> <p>Carrot and Coriander Soup Served with Oven Baked Rolls , GF</p>	<p style="text-align: center;">V</p> <p>Sweet Potato Soup served with homemade oven baked rolls GF</p>
Traditional Option	Traditional Option	Traditional Option	Traditional Option	Traditional Option
<p><b>Slow cooked Steak topped with Puff Pastry</b></p> 	<p><b>Sweet and Sour Pork</b> Served with rice</p> 	<p><b>WOK WEDNESDAY</b> Choice of Wok cooked vegetarian or Meat options from the chef's theatre.</p>  GF	<p><b>Cottage Pie</b> succulent Scottish steak mince with sautéed root vegetables topped with a cheddar Mash</p> 	<p><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> 
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
<p><b>Roasted Vegetable Risotto</b> A medley of vegetables with Arborio Rice <b>Vegan, GF</b></p>	<p><b>Vegetable and Quorn Fajitas</b> Stir fried vegetables with Fajita spice served with flour tortillas.</p>	<p><b>Stuffed Tomatoes</b> Filled with a chilli scented cous cous</p>	<p><b>Tempura Vegetables</b> Served with Tangy Sweet and sour sauce.</p>	<p><b>Mushroom and Red onion stoganoff</b> with smoked Paprika and French mustard <b>GF, Vegan</b></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>Mashed Potatoes Fresh Organic Baton Carrots Roast Potato with Rosemary</p>	<p>French Fries Sweetcorn and Peas New boiled Potatoes</p>	<p>Curly Fries Baby Boil Potatoes Egg Noodles Mange tout</p>	<p>Duchess potatoes Scottish broccoli 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>
Chocolate Marble Cake	Homemade Doughnuts	Baked Pear With Chocolate sauce	Apple and Toffee Crumble	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 -16/11,7/12,28/12,18/01,

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>
Chicken ala King  Seared Chicken in a Cream sauce with sweet peppers and onions  	Ham Carbonara  Classic Tagliatelle Dish with cream, Scottish Ham and cheese.	Braised Beef Olives  With a casserole of vegetables and a rich gravy  	Spaghetti Bolognaise with garlic bread  Scotch minced beef with mixed herbs, Garlic, onion and Tomato  	Chicken and sweetcorn pie Prime Scottish Chicken with Sweetcorn and golden puff pastry  
<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>	<b>Vegetarian Option</b>
 <b>Butternut Squash &amp; Chickpea Balti with Basmati Rice</b> tender squash and chickpeas in a hot spicy balti sauce served with basmati rice	 <b>Chinese style vegetable chow mien served with prawn crackers</b> 5 spice scented seasonal vegetables tossed with soy noodles	 <b>Roast Vegetables, Tomato &amp; Spinach Lasagne</b> roasted pumpkin, tomato & spinach in a rich tomato sauce layered between sheets of lasagne finished with a smooth cheese sauce	 Roasted Mediterranean Vegetable Risotto  Vegan	 <b>Seasonal Root Vegetable Enchilada</b> Seasonal root vegetable combined in a tomato sauce and wrapped in a flour tortilla
<b>Chefs Special</b>	<b>Chefs Special</b>	Chefs Special	<b>Chefs special</b>	Chefs Special
 <b>GF</b>  Oven baked fries Mini Sweet Corn Cobs Steamed Cabbage	  Mashed potatoes French Beans Baton Carrots	  Champ Courgettes Provencal, Cauliflower florets,	  Creamed Potatoes broccoli, Braised onions	  Boiled Potatoes Seasonal vegetable medley French fries
<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 , <b>GF</b> cheese or low fat yoghurt	Seasonal Fruit Basket , <b>GF</b> cheese or low fat yoghurt	Seasonal Fruit Basket , <b>GF</b> cheese or low fat yoghurt	Seasonal Fruit Basket , <b>GF</b> cheese or low fat yoghurt	Seasonal Fruit Basket , <b>GF</b> cheese or low fat yoghurt

 Denotes Vegetarian    
  Denotes Scottish produce 16/11,7/12,28/12,18/01,  
**GF DENOTES GLUTEN FREE**






Monday	Tuesday	Wednesday	Thursday	Friday
V Chicken Noodle Soup GF served with homemade oven baked rolls GF	V Mushroom and Tarragon Soup served with homemade bread rolls GF	V Sweet Potato and Lentil Soup GF served with homemade oven baked rolls	V Lentil and Carrot Soup GF served with homemade oven baked rolls N	V Green Split Pea Soup GF served with homemade oven baked rolls N
<b>Traditional Option</b>	<b>Traditional Option</b>	<b>WOK WEDNESDAY</b>	<b>Traditional Option</b>	<b>Traditional Option</b>
Scotch Beef Chilli Con Carne with kidney beans (Mild) Served with rice 	<b>Chicken and Sweetcorn Pie</b> Topped with Puff Pastry	<b>Asian Inspired Dishes cooked in the chefs Theatre</b>  <b>Thai Green Curry with kumquat Chutney</b>  <b>Vegetable Stir Fry GF</b>	<b>Beef Burgers in Brioche Bun</b> Scottish Burger with crunchy slaw  GF	<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>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>Tomato and Mushroom Quiche</b>	<b>Black Bean, Pepper and Coriander tacos served with Guacamole</b>	<b>Vegetables Lasagne</b>  A selection of market vegetables Layered with a tomato sauce with fresh pasta sheets. <b>GF</b>
<b>Baked Jacket Potato GF</b> with a choice of fillings or pasta bar	<b>Baked Jacket Potato GF</b> with a choice of fillings	<b>Baked Jacket Potato GF</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 GF</b> with a choice of fillings or pasta bar
Parsley Potatoes Spiced parsnips Baby sweetcorn kernels Rice	Steamed White Rice Organic Carrots Braised savoy cabbage	Baby corn Potato wedges Pak Choi Wild Rice	Mustard Mash Balsamic Roasted Organic Vegetables Basmati and wild Rice	Oven Roasted Ayrshire Potatoes Garden Peas Chipped Potatoes
<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>	<b>Hot Desserts</b>
Chocolate Brownie	Sticky Toffee Pudding	Banana and Strawberry Smoothies	Chocolate eclairs	Homemade Apple tart
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

V Denotes Vegetarian






Denotes Scottish produce





GF DENOTES GLUTEN FREE Available 23/11,14/12,04/01,25/01,

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>Chefs Special</b>	<b>Chefs Special</b>	<b>Chefs Special</b>	<b>Chefs Special</b>	<b>Chefs Special</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

V Denotes Vegetarian  Denotes Scottish produce 23/11,14/12,04/01,25/01  
 GF DENOTES GLUTEN FREE

Monday	Tuesday	Wednesday	Thursday	Friday
Carrot and Ginger Soup served with homemade oven baked rolls V GF	Tomato and Pesto soup served with oven baked rolls V GF	Cream of Broccoli Soup served with homemade oven baked rolls N V GF	Green pea and Leek Soup served with homemade oven baked rolls V GF	Scotch broth 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>Scottish lamb Casserole</b> Slow braised scotch lamb with seasonal vegetables. 	<b>Salmon Fillet</b> With a honey and Chilli Glaze  GF	Vegetarian Stir Fry option Sweet Chiili chicken GF From the Chefs Theatre	<b>Roast Pork</b> Ayrshire pork served with gravy.  GF	<b>Fresh breaded Haddock with Lemon &amp; Tartare Sauce</b> Fillet of sustainable haddock breaded served with a lemon wedge 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 Carbonara</b> In a creamy sauce with Spinach	<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>Vegan sausage Casserole with leek and sweet potato</b>
				<b>Chefs special</b>
<b>Baked Jacket Potato</b> With a choice of fillings GF	<b>Baked Sweet Potato</b> With a choice of fillings GF	<b>Baked Jacket Potato</b> With a choice of fillings GF	<b>Baked Sweet Potato</b> With a choice of fillings GF	<b>Baked Jacket Potato</b> With a choice of fillings GF
Sweet potato fries Medley Of vegetables, Garlic & rosemary roast potatoes	Sweetcorn and diced Peppers Savoy cabbage Mash	Jacket wedges Sliced green Beans Oven roasted vegetables	Broccoli Baton carrots Sweet Potato Mash	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>
Banoffee Pie	Iced ginger Sponge	Mixed Fruit Crumble	Iced Ginger Bread Sponge	Raspberry Flapjack
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

V denotes Vegetarian  Denotes Scottish produce  
GF DENOTES GLUTEN FREE Available-30/11,22/12,11/01,01/02

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 mornay sauce	<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 Courgettes Provencal, Cauliflower florets, Mashed Potatoes	Freshly made bridie Steamed carrots, Garden peas, Croquette Potatoes	Bacon an egg plait Oven roasted potatoes Brussel sprouts, Cumin spiced parsnips	Selection of toasties Balsamic Roasted Organic Vegetables Spinach Minted new potatoes	Cajun chicken Panini 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

V denotes Vegetarian



Denotes Scottish produce 30/11,22/12,11/01,01/02

GF DENOTES GLUTEN FREE