










Monday	Tuesday	Wednesday	Thursday	Friday
<p>V</p> <p>Farmhouse Chunky Organic Vegetable Soup served with oven baked rolls</p>  V	<p>Mushroom Soup served with oven baked rolls V</p> 	<p>V</p> <p>Lentil, Lime & Coriander Soup served with oven baked rolls V</p>	<p>V</p> <p>Cream & Slow Cooked Tomato Soup served with oven baked rolls V</p>	<p>V</p> <p>Chicken Noodle Soup served with oven baked rolls</p> 
<p>Scottish Roast Chicken With Gravy</p>  <p>GF</p>	<p>Pork Loin with Stornoway Black Pudding served with a onion gravy</p>  GF	<p>Wok Wednesday</p> <p>Pad Thai Beef</p> <p>Noodles, rice GF</p>	<p>Prime Scottish Beef Lasagne with Mozzarella</p> <p>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</p> <p>Fillet of sustainable haddock breaded served with a lemon wedge and tartare sauce</p>  <p>Oven baked cod fish fingers- GF</p>
<p>Vegetarian Option</p> <p>V</p> <p>Chilli Vegetable Layer</p> <p>A blend of oriental vegetables in a chilli sauce layered with flour tortillas and topped with crème fraiche and browned on top</p> <p>V</p>	<p>Vegetarian Option</p> <p>V</p> <p>Charred Cauliflower Steaks Marinated in a garlic, mixed pepper, bay leaf and brown sugar brine and then char grilled GF V</p>	<p>Vegetarian Option</p> <p>V</p> <p>Sweet Chill Tofu</p> <p>A medley of oriental Vegetables with pan seared Tofu</p> <p>V</p>	<p>Vegetarian Option</p> <p>V</p> <p>Thai Vegetable Curry with Coconut rice</p>	<p>Vegetarian Option</p> <p>V</p> <p>Vegetarian Shepherds Pie with Cheese Mash</p> <p>GF</p>
<p>Selection of pasta and sauce</p>	<p>Baked Jacket Potato with a choice of fillings</p>	<p>Selection of pasta and sauce</p>	<p>Baked Jacket Potato with a choice of fillings</p>	<p>Selection of pasta and sauce</p>
<p>Turmeric scented sliced potato</p> <p>Fresh Organic Carrots</p> <p>Whole green beans</p> <p>GF</p>	<p>Parsley Potatoes</p> <p>Fresh Broccoli Florets</p> <p>Braised red cabbage GF</p>	<p>Oven baked potato wedges</p> <p>Savoury Rice</p> <p>Baby Corb Cobs GF</p>	<p>Boulangier Potatoes</p> <p>Cous Cous</p> <p>Wok fried winter roots GF</p>	<p>New baby jacket Potatoes</p> <p>Fresh Garden peas</p> <p>Chipped Potatoes</p> <p>Balsamic roast onions</p>
<p>Hot Desserts</p> <p>Honey Baked Apple with Custard Sauce</p> 	<p>Hot Desserts</p> <p>Steamed Date Pudding with Custard</p>	<p>Hot Desserts</p> <p>Pineapple Upside Down with Custard Sauce</p>	<p>Hot Desserts</p> <p>Chocolate Brownie</p>	<p>Hot Desserts</p> <p>Winter Berry Apple Crumble with Custard Sauce</p> 
<p>Seasonal Fruit Basket GF</p>	<p>Seasonal Fruit Basket GF</p>	<p>Seasonal Fruit Basket GF</p>	<p>Seasonal Fruit Basket GF</p>	<p>Seasonal Fruit Basket GF</p>





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V Denotes Vegetarian


N contains Nuts



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Monday	Tuesday	Wednesday	Thursday	Friday
V As lunch	V As lunch	V As lunch	V As lunch	V As lunch
Freshly made Beef burger Scottish beef pressed with onion, herbs and spices and grilled served with a seeded bun and tomato chutney  N	Macaroni double cheese bake 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 	Goan Style Baked Fish with Lemon, Turmeric and ginger 
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
V Vegetable Goulash V	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 Sweet potato Curry and Rice Vegan	V Homemade Falafel burger Served on a toasted brioche bun with a spiced tomato relish.
New Ayrshire Potatoes Mini Sweet Corn Cobs Steamed Cabbage	Dauphinoise Potatoes French Beans Steamed Carrots	Champ Courgettes Provencal, Cauliflower florets,	Boulangere Potatoes broccoli, Braised onions	Boiled Potatoes Seasonal vegetable medley Chipped Potatoes
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Apple and Apricot crumble With Vanilla Custard	Lemon Meringue Tart	Orange Sultana Pudding	Chocolate Ripple Sponge with Custard Sauce	Apple & Cinnamon Strudel N with Custard Sauce
Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket

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Monday	Tuesday	Wednesday	Thursday	Friday
V Celeriac, Leek & Ayrshire Potato Soup served with oven baked rolls and croutons	V Creamy Organic Carrot & Coriander Soup served with oven baked rolls and croutons	V Highland Lentil Soup served with oven baked rolls and croutons	Organic Vegetable, Heather Honey & Ginger Soup served with oven baked rolls and croutons V	V Tangy Tomato, Red Pepper & Chilli Soup served with oven baked rolls and croutons
Charred Italian Style Beef Meatballs in a Napoli Sauce prime Scottish steak mince meatballs, oven roasted and served in a rich tomato and garlic sauce X	Scottish Steak and sausage pie with puff pastry X	Wok Wednesday Vegetable stir fry Chicken Katsu Curry	Citrus crusted Ayrshire pork slow roasted shoulder of pork crusted with citrus zest and breadcrumb with roast gravy X	Fresh breaded Haddock with Lemon & Tartare Sauce fillet of sustainable haddock breaded served with a lemon wedge and tartare sauce Oven baked cod fishfingers
Vegetarian Option	Vegetarian Option		Vegetarian Option	Vegetarian Option
Braised Onion & Mature Scottish Cheddar Quiche light short crust pastry case filled with braised onions, mature cheddar and a light egg mixture baked in the oven V	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	Chefs special of the day 	Quorn Bolognese Taco With Tangy Relish minced quorn in a bolognese sauce presented in a taco with salad and relish	Loaded potato skins oven baked potato skins filled with onion, leek and cheddar cheese
Freshly Baked Snacks Cornish pastry	Freshly Baked Snacks Freshly made bridie	Freshly Baked Snacks Selection of toasties	Freshly Baked Snacks Cajun chicken Panini	Freshly Baked Snacks Jumbo Sausage roll
Selection of pasta and sauce	Baked Jacket Potato With a choice of fillings	Selection of pasta and sauce	Baked Jacket Potato With a choice of fillings	Selection of pasta and sauce
Perfect Roast Potatoes Brussel sprouts, Cumin spiced parsnips	Mashed Potato Organic Turnip Braised savoy cabbage	Jacket wedges Nutmeg Spinach Oven roasted vegetables	Fondant Potato Balsamic Roasted Organic Vegetables Diced carrots	Oven Roasted Ayrshire Potatoes Vinegar Mushy Peas Baby sweetcorn Chipped Potatoes
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
White Chocolate Bread & Butter Pudding with Custard Sauce	Toffee Apple Tart with Butterscotch Drizzle	Baked Rice Pudding with Spiced Fruit Compot with Custard Sauce	Lemon, Ginger & Honey Steamed Sponge with Custard	Wholemeal Rhubarb Crumble with Custard Sauce
Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket

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Monday	Tuesday	Wednesday	Thursday	Friday
V Winter Vegetable Broth served with oven baked rolls and croutons	V Tomato Soup served with oven baked rolls and croutons	V Cream of Cauliflower Soup served with oven baked rolls and croutons	V Warming Minestrone Soup served with oven baked rolls and croutons	V Chinese Vegetable and Noodle Broth served with oven baked rolls and croutons
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 X	Spaghetti Bolognese succulent Scottish mince in a gluten free tomato, herb and garlic sauce. X	Escalpoes of Turkey Braised in Tomato sauce fresh escalope of Scottish turkey slowly braised in a light tomato and herb sauce X	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 X	Chimichuri Steak with root slaw
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
Vegetarian Tagine with spiced cous cousV	Organic Mushroom Stroganoff Served on a Bed of Wild Rice sauté mushrooms and onions in a creamy French mustard and garlic sauce V	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 V	Bao Buns Filled with stir fried vegetables V
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	Goey 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	Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket

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Forrest Mushroom Soup served with oven baked rolls and croutons V	Minestrone Soup served with oven baked rolls and croutons V	Lentil and Coriander Soup served with oven baked rolls and croutons V	Leek and Potato Soup served with oven baked rolls and croutons V	Chicken and Rice Soup served with oven baked rolls and croutons
Sweet and sour Chicken tender pieces of Scottish chicken in a tangy sweet and sour sauce served with boiled rice X	Braised Sausage and potato pie slow cooked pork sausage combined with an onion gravy topped with sliced potato and baked in a hot oven	Teriyaki beef (GF) Chefs special of the day 	Moroccan spiced Pork Tagine Ayrshire pork scented in Moroccan spices with apricots served with cous cous X	Fresh breaded Haddock with Lemon & Tartare Sauce fillet of sustainable haddock breaded served with a lemon wedge and tartare sauce Oven baked cod fishfingers
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
Baked vegetable and Bean Taco with hot tomato Salsa Sauce and sour cream Seasonal vegetables baked in Mexican spice and served in a taco V	Provencal Vegetable And Mushroom Bake with Cheddar Crust Seasonal vegetables in a chunky tomato sauce V	Quorn stir fry with egg noodles	Mixed Vegetable and Cheese Enchiladas Mixed seasonal vegetables with Cajun spices and guacamole topped with cheese and salsa V	Spiced Tomato Falafel with Yoghurt and Pitta Bread Lightly spiced chickpea falafel served with salad and pitta V
Freshly Baked Snacks	Freshly Baked Snacks	Freshly Baked Snacks	Freshly Baked Snacks	Freshly Baked Snacks
Pork Sausage Meat scented with Rosemary Plait	Tomato and mozzarella slice	Tuna melt panini	Ayrshire ham and mull cheddar toastie	Jumbo sausage roll
Baked Jacket Potato With a choice of fillings	Baked Jacket Potato With a choice of fillings	Baked Jacket Potato With a choice of fillings	Baked Jacket Potato With a choice of fillings	Baked Jacket Potato With a choice of fillings
Sweet corn kernels, broccoli, Garlic & rosemary roast potatoes	Mexican sweetcorn Savoy cabbage Grainy mustard mash	Jacket wedges Nutmeg Spinach Oven roasted vegetables	Broccoli Baton carrots Parsley mash	Garden Peas Seasonal vegetable medley Boiled Potatoes Chipped Potatoes
Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts	Hot Desserts
Sticky toffee pudding With Toffee Sauce	Bakewell Tart N with Custard Sauce	Honey Baked Apple with Oatmeal Crumble and Custard Sauce	Baked Lemon Curd Sponge with Sweet Meringue and Creme Fraiche	Baked Rice Pudding with Fruit
Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket	Seasonal Fruit Basket

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Golden Lentil and Potato Soup served with oven baked rolls and croutons	Tuscan, chorizo bean broth served with oven baked rolls and croutons	Tomato and Basil Soup served with oven baked rolls and croutons	Curried Parsnip Soup served with oven baked rolls and croutons	Asian chicken noodle soup served with oven baked rolls and croutons
Minced Beef with Savoury Pastry Crust Scottish steak mince braised with onions and herbs topped with a savoury pastry X	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 X	Creamy coconut chicken korma tender pieces of Scottish chicken in a mild coconut scented korma sauce served with saffron rice X	Pork Chop with Peppercorn sauce
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 V	Aubergine Schnitzel Ratatouille of Vegetables +	Thai Vegetable Curry With jasmine Rice Vegan V	Italian Pesto Pasta Vegan	Lentil and Vegetable Cottage Pier V
Baked Jacket Potato With a choice of fillings	Baked Jacket Potato With a choice of fillings	Baked Jacket Potato With a choice of fillings	Baked Jacket Potato With a choice of fillings	Baked Jacket Potato With a choice of fillings
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	Classic Apple pie with Custard	Chocolate chip & banana steam pudding With Chocolate Sauce	Rhubarb and Ginger Crumble with Custard Sauce
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30/8,27/9,18/10