

Aberdeenshire Primary School Menus—From Oct 2022

Week 1 – 31st Oct, 28th Nov, 9th Jan, 6th Feb, 6th March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Soup V	Chicken Noodle Soup	Cream of Carrot Soup V	Tomato Soup V	Melon Wedge V
Main Course	Main Course	Main Course	Main Course	Main Course
Breaded Haddock Garden Peas Sweetcorn Chips	Homemade Margherita Pizza V Vegetable Sticks Side Salad Penne Pasta	Crispy Crumb Turkey Steak Baked Beans Sweetcorn Potato Wedges	Chicken Pie Sliced Carrots Garden Peas Mashed Potato	Our Butchers Pork Sausages in Gravy served in a Yorkshire Pudding Sliced Carrots Broccoli Florets Mashed Potatoes
Penne Pasta & Tomato Sauce V Garden Peas Sweetcorn	Homemade Stovies Beetroot Oat cakes	Cheese Panini V Baked Beans Sweetcorn Potato Wedges	Seasonal Cold Platter with Homemade Bread served with a Dip V	Falafels served in a tortilla wrap with houmous and side salad V
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Sandwich Platter
Lentil Soup V Cheddar Cheese in a Soft Roll V served with Side Salad & Cucumber Sticks	Chicken Noodle Soup Tuna Mayonnaise Sandwich served with Side Salad & Melon	Cream of Carrot Soup V Egg Mayonnaise Sandwich V served with Salad & Carrot Sticks	Tomato Soup V Thinly Sliced Ham in a Soft Roll served with Side Salad & Pepper Sticks	Melon Wedge V Thinly Sliced Chicken Sandwich served with Side Salad & Carrot & Pepper Sticks
Dessert	Dessert	Dessert	Dessert	Dessert
Orange Wedges served with a Mini Mandarin Cake & Milk Or Selection of Fresh Fruit or Raisins	Fresh Fruit of the Day or Raisins served with a Shortbread Biscuit and Milk	Fresh Fruit of the Day or Raisins served with Cheese & Biscuits	Vanilla Ice Cream served with Fruits of the Forest or Fresh fruit of the day	Lemon Drizzle Cake served with Custard Or Cheese and Biscuits

V = Vegetarian

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Week 2 – 7th Nov, 5th Dec, 16th Jan, 13th Feb, 13th March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato Soup V	Lentil Soup V	Minestrone Soup V	Lentil Soup V	Potato Soup V
Main Course	Main Course	Main Course	Main Course	Main Course
Chicken Burger in a Bun served with optional BBQ Sauce or Tomato Ketchup Sweetcorn Grated Carrots	Breaded Haddock Baked Beans Side Salad Chips	Our Butchers Pork Sausages or Quorn Sausages V Baked Beans Broccoli Mashed Potatoes	Chicken Curry with Long Grain Rice Broccoli Florets Sweetcorn	Homemade Margherita Pizza V Baked Beans Garden Peas Penne pasta
Pasta Bolognese or Vegetable Bolognese V Sweetcorn Grated Carrots	Chicken Fajita or Roasted Vegetable Fajita V Side Salad Garden Peas	Baked Fish Fingers Broccoli Baked Beans Mashed Potatoes	Cheese Panini V Side Salad Sweetcorn	Cottage Pie Baked Beans Garden Peas
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter
Tomato Soup V Tuna Mayonnaise Sandwich served with Side Salad & Pineapple	Lentil Soup V Egg Mayonnaise Sandwich served with Side Salad & Carrot & Pepper sticks	Minestrone Soup V Cheddar Cheese in a Soft Roll V served with Side Salad & Grated Carrots	Lentil Soup V Thinly Sliced Ham Sandwich served with Side Salad & Melon Wedge	Potato Soup V Thinly Sliced Chicken Wrap served with Side Salad & Margherita Pizza Finger
Dessert	Dessert	Dessert	Dessert	Dessert
Sliced Peaches served with Strawberry Yoghurt Or Raisins served with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with Carrot Cake and Milk	Fresh Fruit Salad served with optional Natural Yoghurt Or Raisins and Cheese and Biscuits	Fresh Fruit of the Day or Raisins served with an Oatie Biscuit & Milk	Fresh Fruit of the Day or Raisins served with a Chocolate and Raspberry Brownie & Milk

V = Vegetarian



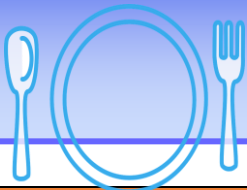
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Week 3 – 14th Nov 12th Dec, 23rd Jan, 20th Feb, 20th March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Noodle soup Main Course	Tomato Soup V Main Course	Lentil Soup V Main Course	Minestrone Soup V Main Course	Melon Wedge Main Course
Macaroni Cheese V Beetroot Garden Peas Diced Potatoes	Breaded Haddock Sweetcorn & Peas Broccoli Florets Chips	Spaghetti Bolognese with Garlic Bread Broccoli Florets Grated Carrots	Roast Chicken in Gravy & a Yorkshire Pudding & Mealie Sliced Carrots Green Cabbage Mashed Potatoes	Hot Dog in a Bun with optional Tomato Ketchup or Mustard Side Salad Sweetcorn Potato Smiles
Crispy Salmon Bites Beetroot Garden Peas Diced Potatoes	Chicken Chow Mein Broccoli Sweetcorn & Peas or Quorn Chow Mein V	Pulled Pork Wrap with optional BBQ Sauce or Roasted Vegetable Wrap with Mozzarella Cheese V Side Salad Grated Carrots	Baked Potato served with Baked beans and Cheese V Side Salad Garden Peas	Vegetable Curry V served with Long Grain Rice Side Salad Sweetcorn
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter
Chicken Noodle soup Hot Mini Meatball Sub served with Side Salad, Carrots & Pepper Sticks	Tomato Soup V Cheddar Cheese Sandwich served with Side Salad & Cucumber Sticks	Lentil Soup V Tuna Mayonnaise Wrap served with Side Salad, Pineapple & a Margherita Pizza Finger	Minestrone Soup V Thinly Sliced Ham Sandwich served with Side Salad, Melon Wedge	Melon Wedge Thinly Sliced Chicken in a Soft Roll served with Side Salad & Grated Carrots
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit of the Day or Raisins served with a Cheese and Biscuits	Fresh Fruit of the Day or Raisins served with a Vanilla Cookie and Milk	Fresh Fruit Salad served with Optional Natural Yoghurt or Raisins with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with Butterscotch Cookie and Milk	Fresh Fruit of the Day or Raisins served with a Sponge Cake & Custard

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Week 4 – 21st Nov, 19th Dec, 30th Jan, 27th Feb, 27th March 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Soup V	Minestrone Soup V	Tomato Soup V	Carrot & Coriander Soup V	Leek & Potato Soup V
Main Course	Main Course	Main Course	Main Course	Main Course
Beef Burger served in a Bun or Vegetarian Burger V served in a Bun Side Salad Sweetcorn	Chicken Goujons in a Tortilla Wrap served with Side Salad Grated Carrots Potato Smiles	Homemade Steak Pie Garden Peas Sliced Carrots Mashed Potato	Breaded Haddock Sweetcorn Garden Peas Chips	Turkey Meatballs served in Tomato Sauce Broccoli Florets Sweetcorn Penne Pasta
Chicken Korma Long Grain Rice Side Salad Sweetcorn	Baked Potato with Baked Beans V Side Salad Grated Carrots	Macaroni Cheese V Garden Peas Sliced Carrots Mashed Potatoes	Mild Beef Chilli served with Long Grain Rice or Vegetable Chilli served with Long Grain Rice V Garden Peas Sweetcorn	Baked Fish Fingers Broccoli Florets Side Salad Penne Pasta or Penne Pasta with Tomato Sauce V
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter
Lentil Soup V Cheddar Cheese Sandwich V served with Side Salad & Fruit & Veg Bites	Minestrone Soup V Hot Mini Meatball Sub served with Side Salad & Grated Carrot	Tomato Soup V Tuna Mayonnaise Wrap served with Side Salad & Fruit & Veg Bites	Carrot & Coriander Soup V Thinly Sliced Chicken Sandwich served with Side Salad & Pineapple	Leek & Potato Soup V Thinly Sliced Ham in a Soft Roll served with Side Salad & Melon Wedge
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit of the Day or Raisins served with Cheese & Biscuits	Sliced Peaches with Vanilla Ice Cream and Waffle	Fresh Fruit Platter or Raisins served with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with a Shortbread Biscuit & Milk	Fresh Fruit of the Day or Raisins served with a Chocolate Cookie & Milk

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