

Served  
EVERY DAY  
with all meals

Smart Lifestyle Autumn Winter 2015/16

Seasonal  
vegetables  
and pick'n  
mix salad.

Fresh  
fruit or  
yoghurt as an  
alternative  
to dessert.

Milk,  
fruit juice  
or water  
to drink.

Bread

All our  
chicken  
is British.

All our meat  
is from the  
Highlands.

\*Vegetarian meal on request  
\*\*Venison Burger - 64% venison; 28% lamb

\*\*\*Butchers Pork  
\*\*\*\*Spicy mixed bean slice  
(V) = Vegetarian

msc = Marine Stewardship Council  
Occasionally the menus may have to be  
changed because of supply issues.

## Options

### Week 1

*Monday	Cook's Chicken Curry & Rice	or	Salmon Fingers <sup>msc</sup> with Cook's Potatoes
Tuesday	Shepherd's Pie	or	Sandwich Platter (V)
Wednesday	Macaroni Cheese (V)	or	Baked Potato & Fillings (V)
Thursday	Traditional Roast Pork	or	Veggie Burger in a bun (V)
*Friday	Fish & Chips	or	Homemade Sausage Roll & ½ Chips and Ketchup

WEEK 1: 26th October - 23rd November - 21st December - 25th January - 22nd February - 21st March

## Starter or Dessert

Semolina with Fruit Sauce  
Homemade Soup (V)  
Homebake & Milkshake  
Homemade Soup (V)  
Fruit Jelly & Ice Cream

## Options

### Week 2

Monday	Cheesy Tomato Pasta (V)	or	Salmon Fishcake <sup>msc</sup> with Cook's Potatoes
Tuesday	Bangers, Mash & Gravy	or	Sandwich Platter (V)
Wednesday	Homemade Pizza (V)	or	Savoury Mince & Rice
Thursday	Traditional Roast Chicken	or	Filled Wrap (V)
*Friday	Fish Fillet Fingers <sup>msc</sup>	or	Scotch Beef or Venison** Burger in a Bun

WEEK 2: 2nd November - 30th November - 4th January - 1st February - 29th February

## Starter or Dessert

Cook's Fruit Muffin  
Homemade Soup (V)  
Cook's Homemade Pudding  
Homemade Soup (V)  
Ice Cream & Fruit

## Options

### Week 3

*Monday	Cook's Chicken Curry & Rice	or	Sausage Dog Roll with Onions & Cook's Potatoes
Tuesday	Mince & Tatties	or	Sandwich Platter (V)
Wednesday	Macaroni Cheese (V)	or	Baked Potato & Fillings (V)
*Thursday	Cook's Homemade Steak Pie	or	Herby Salmon <sup>msc</sup>
*Friday	Fish & Chips	or	Chicken Fillet Bites & Chips

WEEK 3: 9th November - 7th December - 11th January - 8th February - 7th March

## Starter or Dessert

Pears in Chocolate Sauce  
Homemade Soup (V)  
Rice Pudding with Fruit Sauce  
Homemade Soup (V)  
Angel Whip & Fruit

## Options

### Week 4

*Monday	Spaghetti Bolognese	or	Salmon Nibbles <sup>msc</sup> with Cook's Potatoes
Tuesday	Cheese Wheel (V) with Cook's Potatoes	or	Sandwich Platter (V)
Wednesday	Homemade Pizza (V)	or	Sweet & Sour Chicken
*Thursday	Traditional Roast Chicken	or	Filled Wrap (V)
*Friday	Chunky Cod Bites <sup>msc</sup>	or	Scotch Beef or Venison** Burger in a Bun

WEEK 4: 16th November - 14th December - 18th January - 15th February - 14th March

## Starter or Dessert

Cook's Homemade Pudding  
Homemade Soup (V)  
Fruit Crumble & Custard  
Homemade Soup (V)  
Ice Cream & Fruit

Children's favourites made with healthier ingredients