

AUTUMN/WINTER 2014-15

Visit our Fully interactive menu and game board online @ www.tayside-contracts.co.uk/school-catering.cfm



3 CHOICES

Vegetables and potatoes + A selection from the salad bar + Homemade bread

PUDDINGS

Sweet of the day or Fresh Fruit or Fruit yoghurt

DRINKS

A glass of milk or Fruit juice or Water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1 20th October 10th November 1st December 22nd December 5th January 26th January 16th February 9th March 30th March	Winter Vegetable Soup Grape & Orange Starter Hot Gammon & Pineapple Fish Fingers Butternut Squash Risotto (V) Seasonal Vegetables Potato Wedges	Roast Beef with Gravy Chicken Tikka Massala Savoury Spaghetti (V) Seasonal Vegetables Mashed Potatoes Rice Chocolate Crispie	Over Baked Sausages with Gravy Chicken Lasagne Vegetable Vol Au Vent (V) Seasonal Vegetables Boiled Potatoes Garlic Bread Banoffee Sponge & Custard	Traditional Mince Pie Spanish Ham Omelette Cheese & Tomato Pizza (V) Seasonal Vegetables Mashed Potatoes Pasta Rice Pudding & Berry Sauce	Chicken Burger Roll Fishcake Cheesy Baked Potato (V) Seasonal Vegetables Chips Chocolate Muffin
WEEK 2 27th October 17th November 8th December 12th January 2nd February 23rd February 16th March	Sausage Roll Chicken Casserole Vegetable Curry (V) Seasonal Vegetables Baked Beans Rice Mashed Potatoes Semolina & Peaches	Roast Pork with Gravy Breaded Fish Tomato Pasta (V) Seasonal Vegetables Roast Potatoes Oatie Cookie	Pasta Bolognese Chinese Chicken Curry Vegetable Pastie (V) Seasonal Vegetables Rice Pasta Chocolate Brownie & Custard	Lentil Soup Mixed Melon Moroccan Lamb Southern Style Chicken Goujons Macaroni Cheese (V) Seasonal Vegetables Cous Cous Boiled Potatoes	Turkey Burger Roll Fish Potato Pie Cheese & Tomato Pizza (V) Seasonal Vegetables Chips Tiffin
WEEK 3 3rd November 24th November 15th December 19th January 9th February 2nd March 23rd March	Pork & Apple Meatballs in Tomato Sauce Chicken Fillet with Gravy Macaroni Cheese (V) Seasonal Vegetables Pasta Baby Boiled Potatoes Lemon Drizzle Sponge	Yellow Split Pea Soup Veggie Sticks & Dip Lasagne Over Baked Sausages Vegetable Potato Cake (V) Seasonal Vegetables Baked Beans Mashed Potato Garlic Bread	Chicken Fajita Breaded Fish Broccoli Pasta Bake (V) Seasonal Vegetables Potato Wedges Chocolate Pear Sponge & Custard	Steak Casserole Savoury Chicken Rice Cheese & Tomato Pizza (V) Seasonal Vegetables Boiled Potatoes Herbie Bread Caramel Flan	Beef Burger Roll Fish Goujons Hot Vegetable Wrap (V) Seasonal Vegetables Chips Ice-Cream & Fruity Sauce

NOTES

Dundee and Perth & Kinross schools start on Week 2 of the menu in October. Perth & Kinross schools will start back on Monday 5th January, while Dundee and Angus schools will start back on Wednesday 7th January.

There will be a change of menu in place of the Fish Goujons on the following days: St Andrews Day 28th November - Stovies Burns Day 23rd January - Haggis