

Grampian Primary Lunch Menu

Week 1	Weeks Commencing 7 th January, 28 th January				
	Monday	Tuesday	Wednesday	Thursday	Friday
Menu A Meat Option RED	Chicken Burger Chicken in a light crumb and a white burger bun Baked Beans Diced Roast Potatoes	Sausage and oven baked chips With gravy or Tomato sauce Peas or Baked beans	Roast Beef & Yorkshire pudding served Stuffing Roast & Herby Diced Potatoes Vegetables	Grilled Chicken fillet Crumbed Potato cake Juicy Sweetcorn	FISH & CHIP FRIDAY Oven Baked Crispy Battered Fish Or Salmon Bites Chunky Chips, Garden Peas and Tomato Sauce
Menu B Vegetarian Option GREEN	Penna Pasta Bake Fresh tomato sauce topped with cheddar Cheese Served with Fresh Garlic Dough Balls	Cheese Pin Wheel Spicy Potato Wedges Fresh Seasonal Veg	Braised Quorn Fillets in a rich Vegetable Gravy served with Roast Potatoes or Mash Seasonal Vegetables	Vegetable Sausage roll New Potatoes Garden Salad	Quorn Vegetable Dipper And Salad Wrap Chunky Chips, Garden Peas and Tomato Sauce
Menu C Cold Option Grab & Go Packed Lunch	Tuna Mayo & Salad Baguette or Cheese Wrap Dessert of the day Juice cup Yogurt Fresh Fruit	Cheese Wrap or Tuna Sandwich Dessert of the day Juice cup Yogurt Fresh Fruit	Meat Ball Sub Sandwich or Cheese Sandwich Dessert of the day Juice cup Yogurt Fresh Fruit	Cheese Toasties or Chicken Wrap Dessert of the day Juice cup Yogurt Fresh Fruit	Ham Sandwich or Chicken salad baguette Dessert of the day Juice cup Yogurt Fresh Fruit
Menu D Jacket Potato Option BLUE	Crispy Baked Jacket Potato with Tuna Mayo, or Coleslaw Filling	Crispy Baked Jacket Potato with Meatballs, Quorn Mince or Grated Cheese fillings	Crispy Baked Jacket Potato with Ham, Sweetcorn & Grated Cheese fillings	Crispy Baked Jacket Potato with Vegetarian Sausage Casserole or Cheesy Coleslaw filling	Crispy Baked Jacket Potato with Coronation Chicken or Coleslaw Fillings
Added Extras	Unlimited Fresh Bread and Self-Serve Salad Bar with a variety of salad items will be available daily Vegetables will be fresh and local where possible and when in season				
Desserts	Home-Made Flapjack Strawberry Mousse	Chocolate Sponge Muffin Fruit Jelly	Corn Flake Tart With Custard Cheese & Crackers	Fruit Salad Lemon Cake	Ice Cream Pot Chocolate Cookie
Alternatives	Fresh Fruit will be available daily alternating from Whole, Fruit Platter or Fruit Salad A Selection of Fruit Yoghurts will also be available daily				

Week 2	Weeks Commencing 14 th January, 4 th February				
	Monday	Tuesday	Wednesday	Thursday	Friday
Menu A Meat Option RED	Sausage Roll In flaky pastry Diced Potatoes Mixed Vegetables	Spaghetti and meatballs With fresh pasta Peas or Sweetcorn	Roast Chicken Breast with Sage & Onion Stuffing Yorkshire Pudding served with Roast Potatoes Seasonal Vegetables	PIZZERIA DAY Choose from: Meat Feast or BBQ Chicken Crispy Wedges Vegetable Medley	FISH & CHIP FRIDAY Oven Baked Crispy Battered Fish Or Salmon Bites Chunky Chips, Garden Peas and Tomato Sauce
Menu B Vegetarian Option GREEN	Veggie Quorn Pieces With whole-wheat pasta Garlic Dough Balls Fresh Carrots and Corn	Vegetable Spring roll With Rice and sweet chilli sauce Fresh Garden Salad	Braised Quorn Fillets in a rich Vegetable Gravy served with Roast Potatoes Yorkshire Pudding Seasonal Vegetables	Marguerita Pizza Classic Tomato & Cheese Menu A above & Menu B served with Crispy Home-made Wedges and Baked Bans	Quorn Vegetable Dipper And Salad Wrap Chunky Chips, Garden Peas and Tomato Sauce
Menu C Cold Option Grab & Go Packed Lunch	Cheese Sandwich or Chicken Wrap Dessert of the day Juice cup Yogurt Fresh Fruit	Tuna & Sweetcorn Pasta or Cheese Toasties Dessert of the day Juice cup Yogurt Fresh Fruit	Beef Wrap or chicken Salad Sandwich Dessert of the day Juice cup Yogurt Fresh Fruit	Tuna Salad or Cheese Sandwich Dessert of the day Juice cup Yogurt Fresh Fruit	Tuna Mayo Wrap or Ham Sandwich Dessert of the day Juice cup Yogurt Fresh Fruit
Menu D Jacket Potato Option BLUE	Crispy Baked Jacket Potato With Grated Cheese and/ or Beans	Crispy Baked Jacket Potato with Diced Chicken	Crispy Baked Jacket Potato with Tuna Mayo or Grated Cheese	Crispy Baked Jacket Potato with and Cheese Or Chicken Mayo	Crispy Baked Jacket Potato with Cheese and/or Beans
Added Extras	Unlimited Fresh Bread and Self-Serve Salad Bar with a variety of salad items will be available daily Vegetables will be fresh and local where possible and when in season				
Desserts	Ice Lolly Chocolate Cookie	Fruit Salad Sticks Fruity Cupcake	Cornflake Tart and Vanilla Custard Fresh Fruit Jelly	Home Made Flap Jack Ice Cream Pot	Cheese & Biscuits Chocolate Brownie
Alternatives	Fresh Fruit will be available daily alternating from Whole, Fruit Platter or Fruit Salad A Selection of Fruit Yoghurts will also be available daily				

Week 3 Weeks Commencing 21st January, 11th February					
	Monday	Tuesday	Wednesday	Thursday	Friday
Menu A Meat Option RED	BANGERS & MASH Oven Baked Sausages Local Fresh sausages Served with creamy mash potato, Gravy And Garden peas	Meatball Macaroni Pasta Garlic Pizza Bread Fresh Vegetable Sticks Fresh Garden Salad	Roast Turkey Breast with Yorkshire Pudding Stuffing Roast and Mashed Potatoes Broccoli, Diced Carrots and Gravy	Home-Made Beef Burgers Or Cheese Burgers Oven Roasted Diced Potatoes Baked Beans Or Vegetables	FISH & CHIP FRIDAY Oven Baked Crispy Battered Fish Or Breaded Fish Fingers Chips, Garden Peas and Tomato Sauce
Menu B Vegetarian Option GREEN	Vegetarian chilli with beans and Quorn mince Wholemeal Wrap and rice Fresh Cucumber sticks	Quorn Flat Bread (Quorn Meat on Pizza Flat Bread)) Creamy Potato Mash Fresh Carrots and Corn	Cheese Quiche and Salad With Roast Potatoes And Garden Peas	Southern Fried Quorn Veggie Burger With Roasted Wedges And beans	Quorn Vegetable Dipper And Salad Wrap Chunky Chips, Garden Peas and Tomato Sauce
Menu C Cold Option Grab & Go Packed Lunch	Tuna Wrap or Cheese Sandwich Dessert of the day Juice cup Yogurt Fresh Fruit	Cheese or Ham Wrap Dessert of the day Juice cup Yogurt Fresh Fruit	Cheese Roll or Tuna Salad Wrap Dessert of the day Juice cup Yogurt Fresh Fruit	Tuna Mayo, Cheese Wrap Dessert of the day Juice cup Yogurt Fresh Fruit	Ham Salad Baguette or Cheese Sandwich Dessert of the day Juice cup Yogurt Fresh Fruit
Menu D Jacket Potato Option BLUE	Crispy Baked Jacket Potato with Baked Beans and/or Cheese	Crispy Baked Jacket Potato with Tuna Mayo fillings	Crispy Baked Jacket Potato with Chicken, Cheese	Crispy Baked Jacket Potato with Diced Ham or Cheese Fillings	Crispy Baked Jacket Potato with Baked Beans
Added Extras	Unlimited Fresh Bread and Self-Serve Salad Bar with a variety of salad items will be available daily Vegetables will be fresh and local where possible and when in season				
Desserts	Orange Juice ice lollies Home Made Flapjack	Chocolate Cake With Minty Chocolate Sauce Fruit Cookie	Corn Flake Tart With Custard Cheese & Biscuits	Banana Cake Fresh Fruit Jelly	Chocolate Crunch & Chocolate Sauce Ice Cream Pot
Alternatives	Fresh Fruit will be available daily alternating from Whole, Fruit Platter or Fruit Salad A Selection of Fruit Yoghurts will also be available daily				