

# Aberdeenshire Primary School Menus – From April 2022

Week 1 – 9<sup>th</sup> May, 6<sup>th</sup> June, 22<sup>nd</sup> Aug 19<sup>th</sup> Sept 2022



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	Chilli Beef Fajita Side Salad Vegetable Sticks	Cheese Wheels V Baked Beans Sweetcorn Potato Wedges	Cold platter served with homemade bread	Falafels in Curry Sauce with Long Grain Rice V Broccoli Florets, Sliced Carrots
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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# Aberdeenshire Primary School Menus – From April 2022



Week 2 – 18<sup>th</sup> April, 16<sup>th</sup> May, 13<sup>th</sup> June, 29<sup>th</sup> Aug, 26<sup>th</sup> Sept 2022

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

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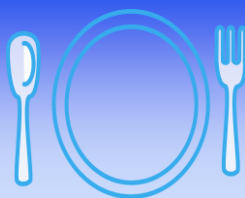
Week 3 – 25<sup>th</sup> April, 23<sup>rd</sup> May, 20<sup>th</sup> June, 5<sup>th</sup> Sept, 3<sup>rd</sup> Oct 2022



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

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# Aberdeenshire Primary School Menus – From April 2022

Week 4 – 2<sup>nd</sup> May, 30<sup>th</sup> May, 27<sup>th</sup> June, 12<sup>th</sup> Sept, 10<sup>th</sup> Oct 2022



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

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