

PRIMARY AND NURSERY HOT CHOICE MENU - OCTOBER to DECEMBER 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

9th November

Breadsticks* with Garlic Mayo

Steak Pie with Boiled Potatoes
Tomato Pasta (Ve)

Carrot & Cucumber Sticks

Chicken Nuggets with Potato Wedges
Vegetable Curry with Rice (Ve)

Fish Fingers with Chips and Baked Beans
Baked Potato with Baked Beans & Mixed Salad (Ve)

7th December

Chicken Burger in a Roll*
with Diced Potatoes and Coleslaw
Broccoli Pasta Bake with Mixed Vegetables (V)

Carrots
Crusty Bread

Ham Roll* with Sweetcorn
Macaroni Cheese (V)

Peas and Sweetcorn
Crusty Bread

Crusty Bread

Crusty Bread

Gingerbread Men † with Fruit

Broccoli
Crusty Bread

Madeira Cake † with Fruit

Ice Cream with Fruit

WEEK 2

19th October

Chicken Curry with Rice
Vegetable Omelette with Diced Potatoes (V)

Pork Sausages † in Gravy with Mashed Potatoes
Cheese Roll* with Mixed Salad (V)

Mince Filled Yorkshire Pudding with Boiled Potatoes
Baked Potato with Baked Beans & Mixed Salad (Ve)

Cheese Swirls
Beef Burger in a Roll* with Chips
Vegeballs in Tomato Sauce with Pasta (Ve)

Salmon Fishcake with Diced Potatoes
Cheese & Tomato Pizza with Diced Potatoes (V)

16th November

Peas
Crusty Bread

Broccoli & Cauliflower
Crusty Bread

Carrots
Crusty Bread

Sweetcorn
Crusty Bread

Mixed Vegetables
Crusty Bread

14th December

Banana Loaf with Fruit

Natural Yoghurt † with Fruit

Cheese & Crackers with Fruit

Ice Cream with Fruit

WEEK 3

26th October

BBQ Chicken with Pasta
Quorn Dog Roll* with Diced Potatoes (V)

Ham Roll* with Coleslaw
Cheese & Tomato Pizza with Potato Wedges
and Coleslaw (V)

Chicken Nuggets with Roast Potatoes
Quorn Fillet & Gravy with Yorkshire Pudding and
Roast Potatoes (V)

Breadsticks* with Garlic Mayo
Beef Chilli with Rice
Macaroni Cheese (V)

Fish Fingers with Chips & Baked Beans
Baked Potato with Baked Beans & Mixed Salad (Ve)

23rd November

Sweetcorn
Crusty Bread

Crusty Bread

Peas
Crusty Bread

Carrots
Crusty Bread

Crusty Bread

21st December

Gingerbread Men † with Fruit

Natural Yoghurt † with Fruit

Madeira Cake † with Fruit

Ice Cream with Fruit

WEEK 4

2nd November

Chicken Sausages with Gravy & Diced Potatoes
Cheese & Tomato Pizza with Diced Potatoes (V)

Carrot & Cucumber Sticks

Chicken Burger in a Roll* with Diced Potatoes
Vegeballs in BBQ Sauce with Pasta (Ve)

Melon Wedge

Fish Fingers with Chips
Tomato Pasta (V)

30th November

Sweetcorn
Crusty Bread

Pasta Bolognese with Broccoli
Baked Potato and Cheese with Coleslaw (V)

Carrots
Crusty Bread

Chicken Curry with Rice
Quorn Roll* with Diced Potatoes (V)

Mixed Vegetables
Crusty Bread

Banana Loaf with Fruit

Crusty Bread

Cheese & Crackers with Fruit

Peas
Crusty Bread

Ice Cream with Fruit

Tayside Contracts believes in providing quality meals using quality ingredients. Where possible we use locally sourced products.

ALL OUR EGGS ARE **FREE RANGE**



ALL OUR FISH PRODUCTS ARE MSC (MARINE STEWARDSHIP COUNCIL) FOR **SUSTAINABILITY**



ALL OUR CHICKEN DISHES ARE MADE USING **RED TRACTOR CHICKEN**. OUR LENTILS, PEAS, CHEESE AND OATS ARE **LOCALLY SOURCED** IN SCOTLAND

OUR FRESH FRUIT AND VEGETABLES ARE SOURCED LOCALLY FROM TOTAL PRODUCE AND IS **SCOTTISH** WHERE POSSIBLE. **TotalProduce** Let's Grow Together

ALL OF OUR MILK IS LOCALLY SOURCED BY **D&D DAIRIES** IN CRIEFF



ALL OUR **BUTCHERMEAT IS QMS (QUALITY MEAT SCOTLAND)**. OUR MINCE, ROAST BEEF, STEAK, SAUSAGES AND BEEF BURGERS ARE ALL LOCALLY SOURCED BY CAMPBELLS PRIME MEAT IN LINLITHGOW



All nutritional information for Tayside Contracts school meals can be found on our website.



(V) Vegetarian

(Ve) Vegan

† May contain Nuts

* May contain Sesame Seeds