

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Choose ONE item for each day from the box below					
Main Meal A	Breaded Haddock	Breaded Haddock	Sausage Stovies	Macaroni Cheese	Gammon Salad
Main Meal B	Chicken Curry	Beef Casserole	Steak Pie	Roast Beef	Haggis, Neeps and Tatties
	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup
Subject to availability dressed Fish is available if requested					
Choose ONE item for each day from the box below					
Sweet A	Sponge & Custard	Fruit Jelly	Eves Pudding & Custard	Creamed rice & Fruit	Semolina & Fruit
Sweet B	Jam & Cream Scone	Apple Tart & Cream	Cheesecake	Fruit Loaf	Fresh Fruit Salad
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup
Special dietary needs instead of Sweet A or Sweet B					
	Sugar Free Angel Delight	Sugar Free Angel Delight	Sugar Free Angel Delight	Sugar Free Angel Delight	Sugar Free Angel Delight
	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit
	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 2					

Choose ONE item for each day from box below

Main Meal A	Chicken Fillet with Gravy	Steak Pie	Chicken & Mushroom Casserole	Baked Potato & Choice of 2 fillings – Cheese, Coleslaw, Tuna Mayonnaise, Salad	Breaded Haddock
Main Meal B	Baked Potato & Choice of 2 fillings – Cheese, Coleslaw, Tuna Mayonnaise, Salad	Sausage & Onion in Gravy	Breaded Haddock	Mince	Beef Casserole
	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup

Subject to availability dressed Fish is available if requested

Choose ONE item for each day from the box below

Sweet A	Creamed Meringue	Empire Biscuit	Ice Cream & Fruit	Trifle	Spiced Fruit Tart
Sweet B	Apple Crumble & Custard	Custard & Fruit	Cup Cake	Jam & Cream Scone	Rice Pudding & Fruit
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup

Special dietary needs instead of Sweet A or Sweet B

	Sugar Free Angel Delight	Sugar Free Angel Delight	Sugar Free Angel Delight	Sugar Free Angel Delight	Sugar Free Angel Delight
	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit
	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3					

Choose ONE item for each day from the box below

Main Meal A	Pork Loin & Gravy	Meatballs & Gravy	Breaded Salmon Fillet	Breaded Haddock	Home Cooked Gammon Salad
Main Meal B	Mince	Roast Beef	Hot Gammon	Lasagne	Steak Pie
	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup

Subject to availability dressed Fish is available if requested

Choose ONE item for each day from the box below

Sweet A	Semolina & Fruit	Sponge & Custard	Creamed Rice & Fruit	Fruit Crumble & Custard	Jam & Coconut Sponge & Custard
Sweet B	Empire Biscuit	Creamed Meringue	Chocolate Crispy Slice	Trifle	Iced Carrot Cake
	Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup	Homemade Soup

Special dietary needs instead of Sweet A or Sweet B

	Sugar Free Angel Delight	Sugar Free Angel Delight	Sugar Free Angel Delight	Sugar Free Angel Delight	Sugar Free Angel Delight
	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit	Sugar Free Strawberry Jelly and Fruit
	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low	Custard sweetened with Sweet & Low