












MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
TRADITIONAL	TRADITIONAL	TRADITIONAL	TRADITIONAL	TRADITIONAL
Spaghetti Bolognese	Jamaican Jerk Chicken Supreme served with Basmati Rice	Roast Topside of Beef & Yorkshire Pudding (Optional)	Chicken Fajitas 	Breaded Haddock & Lemon
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Cheese & Tomato Quiche (V)	Vegetable Chow Mein (V)	Broccoli & Cauliflower Bake (V)	Red Thai Quorn & Butternut Squash Curry with Basmati Rice (V)	Vegetable Lasagne (V)
SNACK COURSES	SNACK COURSES	SNACK COURSES	SNACK COURSES	SNACK COURSES
¼ Margherita Pizza (V)	Macaroni Cheese (V) or Scotch Pie (Turkey, 40% less fat)	Spicy Chicken Fillet in a Bun 	Two Cheese Panini (V)	Burger & Hotdog Selection
	PASTAZONE DAILY PASTA SELECTIONS FROM TRADITIONAL COUNTER			
	SUBZONE DAILY SUBS, SANDWICHES, BAKED POTATOES, SALADS, YOGHURTS AND FRUIT SELECTIONS			
Jacket Potato Wedges Mashed Potatoes	Baby Jacket Potatoes	Roast Potatoes	Croquette Potatoes	Chips Boiled Potatoes
Vegetable Medley	Green Beans & Babycorn	Baton Carrots	Broccoli & Cauliflower Mix	Garden Peas
Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>	SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>	Pineapple Sponge & Custard	SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>	SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>

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TRADITIONAL	TRADITIONAL	TRADITIONAL	TRADITIONAL	TRADITIONAL
Beef Chilli Con Carne with Basmati Rice	Sweet & Sour Chicken Fillet Bites served with Basmati Rice	Pork Chop with Red Onion Gravy & Apple Sauce	Beef Lasagne al Forno	Breaded Haddock with Lemon
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Roasted Vegetable & Pasta Bake (V)	Oriental Stir Fry Vegetables (V)	Vegetable Cheesecake (V)	Plain Omelette (V)	Lentil Cottage Pie (V)
SNACK COURSES	SNACK COURSES	SNACK COURSES	SNACK COURSES	SNACK COURSES
¼ Margherita Pizza (V)	Hot Filled Tortilla Wrap Selection (see menu) 	Macaroni Cheese (V) or Scotch Pie (Turkey, 40% less fat)	Chicken Tikka Masala (low fat) in Wholemeal Pitta Pocket with Salad	Burger & Hotdog Selection
	PASTAZONE DAILY PASTA SELECTIONS FROM TRADITIONAL COUNTER			
	SUBZONE DAILY SUBS, SANDWICHES, BAKED POTATOES, SALADS, YOGHURTS AND FRUIT SELECTIONS			
Jacket Potato Wedges Mashed Potatoes	Croquettes Potatoes	Boiled Potatoes	Baby Jacket Potatoes	Chips Parsley Potatoes
Broccoli Florets	Baby Carrots/Sugar Snap Peas	Green Beans	Sweetcorn	Garden Peas
Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>	SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>	Chocolate & Mandarin Sponge with Custard	SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>	SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>

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Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
TRADITIONAL	TRADITIONAL	TRADITIONAL	TRADITIONAL	TRADITIONAL
Indian Spiced Salmon & Mint Riatta (optional)	Traditional Scottish Steak Pie	Chicken Korma (low fat) served with Basmati Rice 	Roast Turkey Breast in Gravy	Breaded Haddock with Lemon
VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN	VEGETARIAN
Sweet Potato & Pepper Crumble (V)	Broccoli & Pasta Bake (V)	Chickpea & Vegetable Balti with Basmati Rice (V)	Tortelloni Formaggio in a Tomato Sauce (V)	Sweet Red Pepper filled with Vegetable Risotto (V)
SNACK COURSES	SNACK COURSES	SNACK COURSES	SNACK COURSES	SNACK COURSES
¼ Margherita Pizza (V)	Southern Fried Chicken Baguette  with Sweet Chilli Sauce	Macaroni Cheese (V) or Scotch Pie (Turkey 40% less fat)	Chicken Fillet Bites (6)	Burger & Hotdog Selection
	PASTAZONE DAILY PASTA SELECTIONS FROM TRADITIONAL COUNTER			
	SUBZONE DAILY SUBS, SANDWICHES, BAKED POTATOES, SALADS, YOGHURTS AND FRUIT SELECTIONS			
Jacket Potato Wedges Parsley Potatoes	Mashed Potatoes	Baby Jacket Potatoes	Roast Potatoes	Chipped Potatoes Boiled Potatoes
Sugar Snap & Pea Mix	Vegetable Medley	Broccoli Florets	Cauliflower Florets	Garden Peas
Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans
SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>	SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>	Apple Crumble & Custard	SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>	SWEET OF THE DAY <i>Fresh Fruit Salad Selections, Fruit Jelly or Yoghurt Pots</i>

