

## Aberdeenshire Primary School Menus-From Oct 2023



Week 1 – 30<sup>th</sup> Oct, 20<sup>th</sup> Nov, 11<sup>th</sup> Dec, 15<sup>th</sup> Jan, 5<sup>th</sup> Feb, 18<sup>th</sup> March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carrot Soup V	Lentil Soup V	Potato Soup V	Chicken Noodle Soup	Tomato Soup V
Main Course	Main Course	Main Course	Main Course	Main Course
Breaded Haddock Garden Peas Sweetcorn Chips	Our Butchers Pork Sausages in Gravy served in a Yorkshire Pudding Sliced Carrots Broccoli Florets Mashed Potatoes	Macaroni Cheese V Garden Peas Sliced Beetroot Potato Wedges	Homemade Margherita Pizza V Side Salad Vegetable Sticks Penne Pasta	Spaghetti Bolognaise Side Salad Sweetcorn Garlic Bread
Penne Pasta & Tomato Sauce V/VG Garden Peas Sweetcorn	Baked Potato topped with Baked Beans V/VG Side salad Grated Carrots	Chicken Grill in a bun with optional Tomato Sauce or Mayonnaise, Garden Peas, Sliced Beetroot Potato Wedges	Beef and Pepper Stir Fry Served with Long Grain Rice Side Salad Vegetable Sticks	Cheddar Cheese Panini V served with Side Salad & Sweetcorn
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Sandwich Platter
Carrot Soup V Cheddar Cheese Soft Roll Served with Side Salad & Grated Carrots	Lentil Soup V Thinly Sliced Chicken Sandwich served with Side Salad & Grated Carrots	Potato Soup V Hot Mini Turkey Meatball Sub served with Side Salad & Pepper Sticks	Chicken Noodle Soup Ham Sandwich Served with Side Salad & Vegetable Sticks	Tomato Soup V Tuna Mayonnaise Sandwich served with Side Salad & Sweetcorn
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit of the Day or Raisins served with Chocolate Brownie and Custard	Fresh Fruit of the Day served with a Shortbread Biscuit and Milk	Fresh Fruit of the Day or Raisins served with Cheese & Biscuits	Sliced Peaches or Fresh Fruit of the day served with Vanilla Ice Cream	Fresh Fruit of the Day served with a Cheese & Biscuits



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Week 2 -6<sup>th</sup> Nov, 27<sup>th</sup> Nov, 18<sup>th</sup> Dec, 22<sup>nd</sup> Jan, 12<sup>th</sup> Feb, 4<sup>th</sup> Mar, 25<sup>th</sup> Mar 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Soup V	Vegetable Soup V	Carrot Soup V	Leek and Potato soup V	Minestrone Soup V
Main Course	Main Course	Main Course	Main Course	Main Course
Sausage Roll Baked Beans Sweetcorn Chips	Macaroni Cheese V Garden Peas Sliced Beetroot Garlic Bread	Chicken in Gravy served with a Yorkshire Pudding Broccoli Florets Sliced Carrots Mashed Potatoes	Homemade Lasagne Side Salad Sweetcorn Garlic Bread	Breaded Haddock Garden Peas Baked Beans Chips
Vegetable Curry with Long Grain Rice V VG Sweetcorn Grated Carrots	Mild Beef Chilli served in a Baked Potato Side Salad Vegetable Sticks	Tomato Pesto Pasta V Broccoli Florets Sliced Carrots	Stir Fried Vegetable Rice V VG Side Salad Sweetcorn	Cheese Wheels V Garden Peas Baked Beans Chips
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter
Lentil Soup V Sliced Chicken Sandwich served with Side Salad & Sweetcorn	Vegetable Soup V Tuna Mayonnaise Sandwich served with Side Salad & Vegetable Sticks	Carrot Soup V Thinly Sliced Ham Sandwich served with Side Salad & Grated Carrot	Leek and Potato Soup V Cheddar Cheese in a Soft Roll V served with Side Salad & Pepper Sticks	Minestrone Soup V Chicken Mayonnaise in a Soft Roll served with Side Salad & Grated Carrot
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit of the Day served with Chocolate Yoghurt Cake	Fresh Fruit of the Day served with Cheese and Biscuit	Semolina Pudding served with Mandarins. Or Fresh Fruit	Fresh Fruit of the Day or Raisins Served with Cheese and biscuits.	Fresh Fruit of the Day with a Butterscotch Cookie and Milk

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Week 3 – 13<sup>th</sup> Nov, 4<sup>th</sup> Dec, 8<sup>th</sup> Jan, 29<sup>th</sup> Jan, 19<sup>th</sup> Feb, 11<sup>th</sup> Mar 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carrot & Coriander Soup V	Minestrone Soup V	Lentil Soup V	Chicken Noodle Soup	Tomato Soup V
Main Course	Main Course	Main Course	Main Course	Main Course
Homemade Margherita Pizza V served with Garden Peas Carrot & Pepper Sticks Penne Pasta	Macaroni Cheese V Baked Beans Beetroot Chips	Roast Chicken & Gravy with Mealie Broccoli Florets Sweetcorn Roast Potatoes	Italian Beef Meatballs served in Homemade Tomato Sauce Sliced Carrots Garden Peas Penne Pasta	Hot Dog in a Bun with optional Tomato Ketchup Side Salad Sweetcorn Potato Smiles
Chicken Curry with Long Grain Rice Garden Peas Carrot & Pepper Sticks	Fish Fingers served with Baked Beans Beetroot Chips	Vegetarian Sausages V Served with optional Tomato Ketchup Broccoli Florets Sweetcorn Roast Potatoes	Cheese Panini V Side Salad Vegetable Sticks	Potato and Broccoli Bake V Side Salad Sweetcorn Potato Smiles
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter
Carrot & Coriander Soup V Cheddar Cheese Sandwich served with Side Salad Carrot & Pepper Sticks	Minestrone Soup V Hot Mini Turkey Meatball Sub served with Side Salad & Beetroot	Lentil Soup V Thinly Sliced Ham in a Soft Roll served with Side Salad Cucumber Sticks	Chicken Noodle Soup Tuna Mayonnaise Sandwich served with Side Salad Vegetable Sticks	Tomato Soup V Thinly Sliced Roast Beef Sandwich served with Side Salad Sweetcorn
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit of the Day or Raisins served with Cheese & Biscuits	Apple Cake served with Custard or Fresh Fruit of the Day	Sliced Peaches or Fresh Fruit served with Vanilla Ice Cream	Fresh Fruit Salad served with Optional Natural Yoghurt	Fresh Fruit of the Day served with a Oatie Biscuit & Milk