St Andrews Primary School Menu

£2.30 for 2 Courses (price from April 2019 to be confirmed)

Available daily: Baked Tattie ~ Sandwiches ~ Salad Bar ~ Bread ~ Fresh Fruit ~ Water ~ Milk

All our menus comply with the “Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2008

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| **Week 1** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 21/8 (Tue)1/1026/1121/14/329/410/6 | Mon | Tomato | Spaghetti Bolognaise | Lentil Bolognaise | Salad | Alien Crunch or Yoghurt |
| Tue | Lentil | Breaded Haddock  | Cheese + Onion Pin Wheel | Chip, Tatties, Peas, Salad | Fresh Fruit |
| Wed | Vegetable  | Roast Pork, Gravy & Apple Sauce | Lentil Roast | Tatties, Broccoli, Carrots | Fruity Muffin or Yoghurt |
| Thurs | Split Pea | Chinese Chicken or Plain Chicken | Vegetable Stir Fry | Noodles, Salad | Fresh Fruit |
| Fri | Chicken  | Fish Pie | Cheese + Tomato Pizza | Potato Wedges, Salad | Rice Pudding + Fruit or Yoghurt |
| **Week 2** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 27/88/103/1228/111/37/5 (Tue)17/6 | Mon | Tomato | Sausages | Vegetable Sausages | Chips, Tatties, Baked Beans | Apple Crumble + Custard or Yoghurt |
| Tue | Lentil | Pork Meatballs in Tomato Sauce | Vegetarian Meatballs + Tomato Sauce | Pasta, Salad | Fresh Fruit |
| Wed | Vegetable  | Sweet Chilli Chicken  | Vegetable Stir Fry  | Rice, French Stick, Broccoli, Salad | Peach Melba or Yoghurt |
| Thur | Chicken  | Mince or Salmon | Quorn Mince | Tatties, Peas, Salad | Fruit |
| Fri | Split Pea | Chicken Wrap | Cheesy Vegetable Bake | Salad | Fruit Flapjack or Yoghurt |
| **Week 3** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 3/931/10(Wed)10/124/218/313/524/6 | Mon | Tomato | Stew | Vegetable Pasta Bake | Tatties, Carrots, Broccoli | Semolina + Fruit or Yoghurt |
| Tue | Lentil | Homemade Chicken Goujons | Homemade Quorn Goujons | Chips, Tatties, Baked Beans, Salad | Fresh Fruit |
| Wed | Vegetable  | Lasagne | Vegetable Lasagne | French Stick, Salad | Banana Custard or yoghurt |
| Thur | Split Pea | Salmon Fish Cake or Battered Haddock | Cauliflower Cheese | Tatties, Peas, Salad | Fresh Fruit |
| Fri | Chicken  | Chicken Curry  | Vegetable Curry | Rice, Naan Bread, Salad, Sweetcorn | Meringue & Fruit Salad or Yoghurt |

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| **Week 4** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 10/95/1117/1211/225/320/51/7 | Mon | Tomato | Chicken Fajitas | Vegetable Fajitas | Salad | Ice Cream or Yoghurt |
| Tue | Lentil | Mince | Bean Casserole | Tatties, Carrots, Swede | Custard Cream or Yoghurt |
| Wed | Vegetable  | Breaded Haddock | Potato + Baked Bean Pie | Chips, Tatties, Peas | Fresh Fruit |
| Thur | Split Pea | Roast Chicken + Stuffing | Vegetable Roast | Tatties, Broccoli, Carrots | Jam Sponge or Yoghurt  |
| Fri | Chicken  | Homemade Beef burger | Homemade Veggie Burger | Burger Bun or Savoury Rice, Salad | Fresh Fruit |
| **Week 5** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 17/912/117/119/2 (Tue)01/427/5 | Mon | Chicken Soup | Breaded Haddock or Smoked Mackerel | Veggie Grill | Tatties, Peas, Corn | Apple + Cinnamon Cookies or Yoghurt |
| Tue | Lentil | Roast Beef, Gravy & Yorkshire Pudding | Cheese Risotto | Tatties, Swede, Broccoli | Fresh Fruit |
| Wed | Vegetable  | BBQ Chicken | Vegetable Stir Fry | Chips, Mixed Veg, Salad | Fruit Scone or Yoghurt |
| Thur | Split Pea | Beef Meatballs, Tomato Sauce | Quorn Meatballs in Tomato Sauce | Pasta, Salad | Fresh Fruit |
| Fri | Tomato  | Homemade Sausage Rolls | Homemade Veggie Sausage Roll | Tatties, Baked Beans, Salad | Fruit Salad or Yoghurt |
| **Week 6** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 24/919/1114/125/223/4 (Tue)4/6 (Tue) | Mon | Chicken Soup | Pizza Chicken (Chicken Fillet topped with Tomato Sauce & Cheese) | Pizza Quorn (Quorn Fillet topped with Tomato Sauce & Cheese) | Tatties, Sweetcorn, Salad | Shortbread or Yoghurt |
| Tue | Lentil | Chilli  | Macaroni Cheese | Taco Shell, Salad | Fresh Fruit |
| Wed | Vegetable  | Beef Olives | Veggie Grill | Tatties, Swede, Salad | Pancakes or Yoghurt |
| Thur | Split Pea | Chicken Pie | Vegetable Pie | Tatties, Broccoli, Carrots | Jelly or Yoghurt |
| Fri | Tomato  | Fish in Batter | Quorn in Batter | Chips, Tatties, Peas, Salad | Fresh Fruit |