St Andrews Nursery Menu

£2.20 for 2 Courses (price from April 2018 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** |
| 22/08/17 (Tue)  6/11/17  22/1/18  26/3/18  11/6/18 | Mon | Tomato | Spaghetti Bolognaise | Lentil Bolognaise | Salad | Alien Crunch or Yoghurt |
| Tue | Lentil | Breaded Haddock or  Salmon in White Sauce | Cheese + Onion Pin Wheel | Tatties, Peas, Salad | Fresh Fruit |
| Wed | Vegetable | Roast Beef + Yorkshire Pudding | 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 Soup | Fish Pie (Tattie Top) | Cheese + Tomato Pizza | Potato Wedges, Salad | Rice Pudding + Fruit or Yoghurt |
| **Week 2** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 28/8/17  13/11/17  29/1/18  16/4/18  18/6/18 | Mon | Tomato | Beef Stew | Roasted Veg + Couscous | Tatties, Carrots, Swede | Apple + Summer fruits Crumble or Yoghurt |
| Tue | Lentil | Pork Meatballs in Tomato Sauce | Vegetarian Meatballs + Tomato Sauce | Tagliatelle, Salad | Fresh Fruit |
| Wed | Vegetable | Sweet Chilli Chicken or Plain Chicken | Cheese + Pasta | Potato Wedges, Mixed Veg, Salad | Peach Melba or Yoghurt |
| Thur | Split Pea | Fish Pie or Mince | Quorn Pie | Tatties, Peas, Salad | Fruit |
| Fri | Chicken Soup | Chicken + Pasta Bake | Cheesy Vegetable Bake | Salad | Fruit Flapjack or Yoghurt |
| **Week 3** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 4/9/17  29/11/17  5/2/18  23/4/18  25/6/18 | Mon | Tomato | Chicken Curry or Plain Chicken | Vegetable Curry | Rice, Naan Bread, Salad, Sweetcorn | Semolina + Fruit or Yoghurt |
| Tue | Lentil | BBQ Pork | Roasted Vegetables | Rice, Salad | Fresh Fruit |
| Wed | Vegetable | Homemade Chicken Goujons | Homemade Quorn Goujons | Tatties, Baked Beans, Salad | Fruity Muffin or Yoghurt |
| Thur | Split Pea | Salmon Fish Cake or Breaded haddock | Cauliflower Cheese | Tatties, Peas, Salad | Fresh Fruit |
| Fri | Chicken Soup | Mince + Pasta Bake | Vegetable Pasta Bake | Salad | Fruit Salad or Yoghurt |

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| **Week 4** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 11/9/16  27/11/17  12/2/18  30/4/18  2/7/18 | Mon | Tomato | Chicken Fajitas | Vegetable Fajitas | Salad | Ice Cream or Yoghurt |
| Tue | Lentil | Mince | Bean Casserole | Tatties, Carrots, Swede | Fresh Fruit |
| Wed | Vegetable | Breaded Haddock | Potato + Baked Bean Pie | Tatties, Peas | Custard Cream or Yoghurt |
| Thur | Split Pea | Roast Chicken + Stuffing | Mushroom Roast | Tatties, Broccoli, Carrots | Fresh Fruit |
| Fri | Chicken Soup | Homemade Beefburger | Homemade Veggie Burger | Savoury Rice, Salad | Banana Custard or Yoghurt |
| **Week 5** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 18/9/17  4/12/17  20/2/18 (Tue)  8/5/18 (Tue) | Mon | Chicken Soup | Sausages | Vegetarian Sausages | Tatties, Swede, Salad | Apple + Cinnamon Cookies or Yoghurt |
| Tue | Lentil | Breaded Haddock or Smoked Mackerel | Veggie Grill | Tatties, Peas, Corn | Fresh Fruit |
| Wed | Vegetable | Chicken Stir Fry or Plain Chicken | Vegetable Stir Fry | Rice, Salad | Fruit Scone or Yoghurt |
| Thur | Split Pea | Beef Lasagne | Vegetable Lasagne | Salads | Fresh Fruit |
| Fri | Tomato | Chicken Risotto | Cheese Risotto | Salads | Fruit Salad or Yoghurt |
| **Week 6** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 25/9/17  11/12/17  26/2/18  14/5/18 | Mon | Chicken Soup | Chicken Wraps | Macaroni Cheese | Salad | Shortbread or Yoghurt |
| Tue | Lentil | Meatballs in Tomato Sauce or Salmon + White Sauce | Quorn Meatballs in Tomato Sauce | Tagliatelle, Peas, Corn, Salad | Fresh Fruit |
| Wed | Vegetable | Mince Patty | Veggie Grill | Tatties, Mixed Veg, Salad | Pancakes or Yoghurt |
| Thur | Split Pea | Chicken Pie | Vegetable Pie | Tatties, Broccoli, Carrots | Fresh Fruit |
| Fri | Tomato Soup | Fish in Breadcrumbs | Quorn in Breadcrumbs | Tatties, Peas, Salad | Jelly or Yoghurt |

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| **Week 7** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 2/10/17  18/12/17  5/3/18  21/5/17 | Mon | Chicken Soup | Pasta Mince | Broccoli Pasta Bake | Salad | Fruit Crunch or Yoghurt |
| Tue | Lentil | Chicken Fricassee | Vegetable Fricassee | Rice, Salad | Fresh Fruit |
| Wed | Vegetable | Roast Beef + Yorkshire Pudding | Rice + Vegetable Loaf | Tatties, Carrots, Broccoli | Muffin or Yoghurt |
| Thur | Tomato | Fish Pie | Cheesy Pasta bake | Salad | Jelly Whip or Yoghurt |
| Fri | Split Pea | Homemade Chicken Burger | Homemade Vegetable Burger | Tatties, Salad | Fresh Fruit |
| **Week 8** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 9/10/17  8/1/18  12/3/18  28/5/18 | Mon | Chicken Soup | Mince | Quorn Mince | Tatties, Carrots, Green Beans | Fruit + Custard or Yoghurt |
| Tue | Lentil | Chicken Enchiladas | Chick Pea Enchiladas | Peas, Salad | Fresh Fruit |
| Wed | Vegetable | Homemade Sausage Roll | Vegetarian Sausage Roll | Tatties, Mixed Veg, salad | Scone or Yoghurt |
| Thur | Tomato Soup | Roast Chicken + Stuffing | Vegetable Roast | Tatties, Broccoli, Corn | Ginger Bread or Yoghurt |
| Fri | Split Pea | Fish in Parsley Sauce | Pasta Bake (Tomato Sauce + Cheese) | Tatties, Peas, Corn | Fresh Fruit |
| **Week 9** | **Day** | **Soup** | **Meat Choice** | **Vegetarian** | **Potatoes / Veg** | **Pudding** |
| 30/10/17  15/1/18  19/3/18  4/6/18 | Mon | Chicken Soup | Meatloaf | Quorn Chill | Tattie, Mixed Veg, Salad | Fruit Fool or Yoghurt |
| Tue | Lentil | Chicken Curry or Plain Chicken | Vegetable Curry | Rice, Salad | Fresh Fruit |
| Wed | Vegetable | Fish in Breadcrumbs | Quorn in Breadcrumbs | Tatties, Peas, Cauliflower | Banana Oat Muffin or Yoghurt |
| Thur | Tomato Soup | Chicken Pasta | Vegetable Pasta | Salad | Fruit + Custard or Yoghurt |
| Fri | Split Pea | Steak Pie | Vegetable Pie | Tatties, Carrots, Broccoli | Fruit |