

DOUNBY SCHOOL LUNCH MENU

Monday 28th October- 20th December 2013

Traditional two course or vegetarian meal **£1.90**

Available daily: Vegetables ~ Salad Selection ~ Baked Potato ~ Sandwiches (selection of fillings - see menu board) ~ Bread

Pudding ~ Selection of Fresh Fruit ~ Fresh Fruit Salad ~ Yoghurts ~ Water ~ Milk ~ Fresh Fruit Juice

All our menus are nutritionally balanced and comply with the Nutritional Requirements for food and drink in schools (Scotland) regulations 2008

DAYS	FIRST COURSE	SECOND COURSE
Mon 28	Mince + Tatties or Spaghetti Bolognese, Sweetcorn	Shortbread and Pears
Tues 29	Beef Stew or Steak Pie, Cabbage, Tatties	Lemon Jelly Fluff
Wed 30	Roast Chicken, Stuffing, Broccoli, Tatties	Semolina and Peaches
Thurs 31	Halloween Sausages and Tatties Saucy Sausage Pasta, Cauliflower Cheese	Halloween Muffins
Fri 1	Breaded Haddock, Kedgeree, peas, chips	Ice-cream and fruit
Mon 4	Sweet and Sour Chicken and Rice or Chicken and Bacon Pasta, Broccoli	Caramel Tart
Tues 5	Bonfire night- Sausages or Kilted Sausages, Beans, Tatties	Fruit Mousse
Wed 6	Breaded Haddock and Mashed Tattie or Fish Pie, Peas	Peach Melba
Thurs 7	Mince or Meatloaf with Spicy Tomato Sauce, Carrots, Tatties	Pancakes
Fri 8	Bacon & Egg Quiche or Cold Meat, Mixed Salad, Chips	Fruit/Yogurt
Mon 11	Homemade Sausage Rolls, Beans, Tatties	Custard & Peaches
Tues 12	Chinese Chicken Wraps, Corn on the Cob, Mixed Salad, Garlic Bread	Carrot Cake
Wed 13	Breaded Haddock or Salmon Fish Cakes, Peas, Tatties	Jam Tart
Thurs 14	Mince and Tatties or Pasta Mince, Broccoli	Profiteroles
Fri 15	Crunchy Chicken, Salad, Chips	Fruit/ Yogurt
Mon 18	Gammon and Pineapple, Sweetcorn, Tatties	Banana Toffee Tart
Tues 19	Mince and Tatties or Spaghetti Bolognese, Neeps	Gingerbread and Custard
Wed 20	Chicken Drumsticks or BBQ chicken Drumsticks, Salad, Chips	Jelly
Thurs 21	Roast Beef, Yorkshire puddings, Carrots, Tatties	Ice cream and strawberry sauce
Fri 22	Fish Fingers or Smoked Haddock Mornay, Peas, Tatties	Fruit/Yogurt
Mon 25	Cheese and Tomato Pizza, Salad, Garlic Bread	Custard Creams
Tues 26	Breaded Chicken. Sweet and Sour Sauce, Salad, Savoury Rice	Apple Sponge
Wed 27	Roast Pork, Apple Sauce, Cauliflower, Tatties	Lemon Drizzle Cake
Thurs 28	Mince and Tatties or Lasagne, Cabbage	Meringue and fruit
Fri 29	Breaded Haddock or Smoked Mackerel, Peas, Roast Tatties	Fruit/ Yogurt

Mon 2	Mince and Tatties, Spaghetti Bolognaise, Broccoli	Strawberry Tart
Tues 3	Cold Meats, Salad, Roast Tatties	Apple Crumble and Custard
Wed 4	Breaded Haddock or Tuna Bake, Peas, Tatties	Flapjacks
Thurs 5	Chinese chicken wraps,	Hot Chocolate Sponge
Fri 6	Chipshop Patties, Beans, Chips	Fruit/Yogurt
Mon 9	Chicken Curry and Rice or Chicken Wraps, Salad,	Meringues with Fruit
Tues 10	Sausages, Beans, Tatties	Fruit Muffins
Wed 11	Macaroni Cheese or Cheesy Bacon Twists, Salad, Garlic Bread	Sticky Toffee Pudding
Thurs 12	Steak Pie or Beef Stew, Carrots, Tatties	Rice Pudding and Peaches
Fri 13	Breaded Haddock or Salmon, Peas, Chips	Fruit/Yogurt
Mon 16	Homemade Soup, Mince, Green Beans, Tatties, Shark Infested Mince	Yogurt Sponge
Tues 17	Macaroni cheese, Bacon Cakes, beans, tatties	Strawberry Smoothie or Golden Crunch
Wed 18	Christmas Lunch Roast Turkey, stuffing, sprouts, carrots, tatties, roast tatties	Assorted puddings
Thurs 19	Breaded Fish, Peas, Chips	Fruit/Yogurt
Fri 20	Hot Dogs, Tattie Wedges	Ice cream cones