

# PRIMARY MENU 2022-23

Fruit and yoghurt available daily.  
Unlimited bread, vegetables and salads daily.

(V) Vegetarian (Ve) Vegan \* May contain Nuts  
\*\* May contain Sesame Seeds

We would love to hear your thoughts  
and suggestions. Please email us at  
schoolmeals@tayside-contracts.co.uk



WEEK COMMENCING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b> 25th April 7th November 23rd May 5th December 20th June 2nd January 18th July 30th January 15th August 27th February 12th September 27th March 10th October	Breadsticks with Dip (V) Meatballs in Tomato Sauce with Pasta Tuna Mayo Wrap with Mixed Salad Quorn Dog Roll** (V) with Mixed Salad Peas & Sweetcorn	Roast Beef in Gravy with Yorkshire Pudding & Roast Potatoes Chicken Taco with Rice Cheese Finger Roll** (V) with Mixed Salad Mixed Vegetables Cinnamon Swirl with Fruit (V)	Lentil Soup (Ve) Mild Chicken Curry with Rice Fish Fingers with Diced Potatoes Creamy Tomato Pasta (V) Peas	Traditional Mince with Boiled Potatoes Cheese & Tomato Pizza (V) with Pasta Salad Vegetable Bean Burger Roll** (V) with Mixed Salad Broccoli Chocolate Brownie with Fruit (V)	Ham Sandwich with Coleslaw Breaded Fish with Chips Mild Quorn Korma Curry (V) with Rice Vegetable Medley Ice Cream with Fruit (V)
<b>WEEK 2</b> 4th April 17th October 2nd May 14th November 30th May 12th December 27th June 9th January 25th July 6th February 22nd August 6th March 19th September	Chicken Goujons with Mashed Potatoes Creamy Vegetables in Yorkshire Pudding (V) with Mashed Potatoes Tomato Pasta (Ve) with Crusty Bread Baked Beans Green Beans Tiffin with Fruit (V)	Tomato Swirl (V) Steak Pie with Boiled Potatoes Homemade Fishcake with Pasta Cheese Sandwich (V) with Mixed Salad Sweetcorn	Chicken Burger Roll with Pasta Salad Macaroni Cheese (V) with Crusty Bread Coronation Veggie* Finger Roll** (V) with Mixed Salad Broccoli Ice Cream with Fruit (V)	Vegetable Soup (Ve) Beef Lasagne with Garlic Bread Ham Finger Roll** with Mixed Salad Quorn Dog Roll** (V) with Potato Wedges Carrots & Peas	Chicken Noodles Breaded Fish with Chips Veggieball Marinara Sub Roll** (Ve) Peas Apple Sponge with Fruit (V)
<b>WEEK 3</b> 11th April 24th October 9th May 21st November 6th June 19th December 4th July 16th January 1st August 13th February 29th August 13th March 26th September	Chicken Sausages in Gravy with Mashed Potatoes Fish Fingers with Mashed Potatoes Vegetable Curry (Ve) with Rice Peas Marble Sponge with Fruit (V)	Cheese Swirl (V) Mild Chicken Korma Curry with Rice Ham Finger Roll** with Mixed Salad Baked Potato with Baked Beans (Ve) Broccoli	Spaghetti Bolognese Coronation Chicken Wrap* with Mixed Salad Cheese & Tomato Pizza (V) with Pasta Salad Sweetcorn Chocolate Cookie with Fruit (V)	Lentil Soup (Ve) Beef Burger Roll** with Pasta Salad Creamy Ham Pasta with Crusty Bread Quorn in Gravy (V) with Mashed Potatoes Peas & Carrots	Chicken Fajita with Potato Wedges Breaded Fish with Potato Wedges Cheese Sandwich (V) with Mixed Salad Vegetable Medley Vanilla Sponge with Fruit (V)
<b>WEEK 4</b> 18th April 31st October 16th May 28th November 13th June 26th December 11th July 23rd January 8th August 20th February 5th September 20th March 3rd October	Chicken in Gravy with Yorkshire Pudding & Boiled Potatoes Cheese & Ham Sandwich with Mixed Salad Baked Potato with Baked Beans (Ve) Peas & Sweetcorn Mixed Berry Sponge with Fruit (V)	Garlic Swirl (V) Chicken Goujons with Pasta Salad Fish in Cheese Sauce with Mashed Potatoes Quorn Taco (V) with Rice Broccoli	Steak Pie with Boiled Potatoes Chicken Mayo Wrap with Mixed Salad Macaroni Cheese (V) with Crusty Bread Mixed Vegetables Chocolate Cake with Fruit (V)	Lentil Soup (Ve) Pork Sausages with Mashed Potatoes & Baked Beans Sliced Egg Finger Roll** (V) with Coleslaw Veggieballs in Tomato Sauce (Ve) with Pasta Sweetcorn	Hot Filled Chicken Wrap with Pasta Salad Breaded Fish with Chips Veggie Nuggets (V) with Chips Peas Jelly with Fruit (Ve)