

HIGH SCHOOLS "BALANCED 4 YOU" CORE MENU WEEK 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil & Veg	Potato & Leek	Lentil & Veg	Lentil & Vegetable	Tomato
Traditional Plate £2.35	Red Tractor Pork Sausages Mashed Potato Baked Beans Beetroot Fruit Bag	Cajun Chicken Potato Wedges Sweetcorn & Peas Fruit Bag	Breaded Haddock Garden Peas Chips Chunky Coleslaw Fruit Bag	Homemade Mac & Cheese Sliced Green Beans Mixed Salad Fruit Bag	Chicken Curry Chapati & Rice Sweetcorn Fruit Bag
Meal Deal 1 £2.70	Cheese Toastie Chunky Coleslaw Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Breaded Salmon Sub Roll Shredded Lettuce & Coleslaw Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Hot Chicken Wrap Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Breaded Chicken Grill in a Wholemeal Bun Chunky Coleslaw Mixed Salad Fruit Bag Semi-Skimmed Milk or Water	Cosmos Margherita Pizza Wedge Chunky Coleslaw Mixed Salad Fruit Bag Semi-Skimmed Milk or Water
Meal Deal 2 Panini Pick £2.70	Cheese & Onion Panini Mixed Salad Fruit Bag	Tuna & Onion Panini Mixed Salad Fruit Bag	Tuna & Onion Panini Cheese & Onion Panini Mixed Salad Fruit Bag	Tuna & Onion Panini Mixed Salad Fruit Bag	Tuna & Onion Panini Cheese & Onion Panini Mixed Salad Fruit Bag
Pasta King £2.30	Fresh Pasta Basilio or Pomodoro Sauce Mixed Salad Melon Wedge Garlic Bread Slice	Fresh Pasta Basilio or Pomodoro Sauce Mixed Salad Fruit Bag Garlic Bread Slice	Fresh Pasta Basilio Chicken Italian Sauce Mixed Salad Fruit Bag Garlic Bread Slice	Fresh Pasta Basilio or Pomodoro Chicken Italian Sauce Mixed Salad Fruit Bag Garlic Bread Slice	Fresh Pasta Pomodoro Chicken Italian Sauce Mixed Salad Fruit Bag Garlic Bread Slice

Our 3 Week Menus offers a Healthy Balanced Choice which meets the Scottish Governments Food Drink Standards for Secondary Schools.
Local variations may apply due to product availability