

Kilpatrick Secondary

<u>Week 1</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup / Desserts</u>	Chicken Noodle Soup / Bread Corn on the Cob with Flora Fruit Sponge Custard Fruit Salad Fruit Yoghurt	Lentil Soup / Bread Iced Sponge & Custard Fruit Salad Fruit Yoghurt	Sunshine Veg Soup / Bread Apple Pie & Custard Fruit Salad Fruit Yoghurt	Tomato Soup / Bread Tomato & Basil Bruschetta Fruit Jelly Custard Fruit Salad Fruit Yoghurt	Lentil Soup / Bread Banana Muffin Custard Fruit Salad Fruit Yoghurt
<u>Option 1 Hot</u>	Savoury Links with Gravy & a Yorkshire Pudding	Chicken Tikka Masala	Mince Pie	Chicken Fillet & Gravy	Breaded Haddock
<u>Hot Snack</u>	Cheese Panini	Cheese & Tomato Pizza	Chicken Goujon Wrap	Calzone	4oz Beef Burger
<u>Option 2 Salad</u>	Turkey Salad	Egg Salad	Ham Salad	Tuna Pasta Salad	Cajun Chicken Salad
<u>Cold Snack</u>	Ham Sandwich / Roll	Turkey Sandwich / Roll	Egg Mayo Sandwich / Roll	Ham Sandwich / Roll	Tuna Mayo Sandwich / Roll
<u>Potatoes / Sides</u>	Mashed Potatoes Baked Potato with Cheese	Naan Bread Rice Baked Potato with Beans	Mashed Potatoes Baked Potato with Tuna	Baby Boiled Potatoes Baked Potato with Cheese	Chips Baked Potato with Beans
<u>Vegetables</u>	Broccoli	Green Beans	Carrot Roundels	Cabbage	Beans
<u>Drinks</u>	Water	Water	Water	Water	Water

<u>Week 2</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup / Desserts</u>	Minestrone Soup / Bread Melon Balls Empire Biscuit Custard Fruit Salad Fruit Yoghurt	Lentil Soup / Bread Creamed Rice Pudding Fruit Salad Fruit Yoghurt	Potato & Leek Soup / Bread Mandarin Trifle Ice Cream Fruit Salad Fruit Yoghurt	Cream of Chicken Soup / Bread Raspberry Sponge Custard Fruit Salad Fruit Yoghurt	Lentil Soup / Bread Ham & Cheese Bite with a Cracker Blueberry Muffin Custard Fruit Salad Fruit Yoghurt
<u>Option 1 Hot</u>	Macaroni Cheese	Cajun Chicken Pasta	Beef Meatballs & Gravy	Roast Beef & Yorkshire Pudding	Breaded Haddock
<u>Hot Snack</u>	Pizzini	Salmon Fish Finger Wrap	Cheese & Ham Panini	Sausage Baguette	Scotch Pie & Beans
<u>Option 2 Salad</u>	Tuna Salad	Turkey Salad	Cheese Salad	Ham Salad	Salmon Pasta Salad
<u>Cold Snack</u>	Chicken Sandwich / Roll	Cheese Oval Bite	Tuna Sandwich / Roll	Cheese Toastie	Chicken Sandwich / Roll
<u>Potatoes/ Sides</u>	Garlic Bread Baby Boiled Potatoes Baked Potato with Beans	Baby Boiled Potatoes Baked Potato with Tuna	Mashed Potatoes Baked Potato with Cheese	Mashed Potatoes Baked Potato with Tuna	Chips Baked Potato with Cheese
<u>Vegetables</u>	Cauliflower Broccoli	Beans Coleslaw	Cabbage	Diced Carrots Diced Turnip	Sweetcorn
<u>Drinks</u>	Water	Water	Water	Water	Water

<u>Week 3</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup / Desserts</u>	Lentil Soup / Bread Iced Gingerbread Custard Fruit Salad Fruit Yoghurt	Chicken & Rice Soup / Bread Corn on the Cob with Flora Shortbread Custard Fruit Salad Fruit Yoghurt	Tomato Soup / Bread Tuna Pate & Toast Apple Crumble Custard Fruit Salad Fruit Yoghurt	Chicken Noodle Soup / Bread Raspberry Muffin Custard Fruit Salad Fruit Yoghurt	Lentil Soup / Bread Seasonal Cupcake Custard Fruit Salad Fruit Yoghurt
<u>Option 1 Hot</u>	Chicken Fried Rice	Fish	Macaroni	Penne Pasta Bolognese	Steak Pie
<u>Hot Snack</u>	Cheese Pizza	Ham and Tomato Panini	Beef / Cheese Burger	Cod Fish Finger Wrap & Salad	Popping Chicken Wrap
<u>Option 2 Salad</u>	Ham & Pineapple Salad	Chicken Salad	Turkey Salad	Mackerel Salad	Ham & Cheese Salad
<u>Cold Snack</u>	Tuna Mayo Sandwich / Roll	Cheese and Ham Sandwich / Roll	Ham Sandwich / Roll	Turkey Sandwich / Roll	Cheese Sandwich / Roll
<u>Potatoes / Sides</u>	Baby Boiled Potatoes Baked Potato with Tuna	Chips Baked Potato with Beans	Baby Boiled Potatoes Baked Potato with Tuna	Garlic Bread Baked Potato with Cheese	Mashed Potatoes Baked Potato with Coleslaw
<u>Vegetables</u>	Sweetcorn Peas	Coleslaw Beans	Carrot Roundels	Broccoli	Diced Carrot Diced Turnip
<u>Drinks</u>	Water	Water	Water	Water	Water

<u>Week 4</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<u>Soup / Desserts</u>	Tomato Soup / Bread Iced Lemon Sponge Custard Fruit Salad Fruit Yoghurt	Chicken Noodle Soup / Bread Salmon Pate & Crackers Empire Biscuit Custard Fruit Salad Fruit Yoghurt	Minestrone Soup / Bread Carrot Cake Custard Fruit Salad Fruit Yoghurt	Lentil Soup / Bread Chocolate Muffin Custard Fruit Salad Fruit Yoghurt	Tomato & Lentil Soup / Bread Garlic & Cheese Bruschetta Shortie Biscuit Custard Fruit Salad Fruit Yoghurt
<u>Option 1 Hot</u>	Mince	Chinese Chicken Curry	Lasagne	Grilled Link Sausages / Gravy	Breaded Haddock
<u>Hot Snack</u>	Cheese Toastie	Pizza	Beef Burger	Cheese Panini	Chicken Goujon Wrap
<u>Option 2 Salad</u>	Tuna Pasta Salad	Ham & Pineapple Salad	Gammon Salad	Turkey & Beetroot Salad	Egg Salad
<u>Cold Snack</u>	Tuna Roll	Ham Roll	Cheese Sandwich	Chicken Sandwich	Ham Roll
<u>Potatoes / Sides</u>	Mashed Potatoes Baked Potato with Cheese	Rice Naan Bread Baked Potato with Beans	Garlic Bread Baked Potato with Coleslaw	Mashed Potatoes Baked Potato with Beans	Chips Ketchup Baked Potato with Tuna
<u>Vegetables</u>	Broccoli	Green Beans	Sweetcorn Beetroot	Beans Carrot Roundels	Peas
<u>Drinks</u>	Water	Water	Water	Water	Water