

EAST AYRSHIRE SECONDARY SCHOOL MEALS 2020



WEEK ONE (V) Vegetarian Tuesday is meat free day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Farmhouse lentil soup	Seasonal vegetable soup (V)	Leek and potato soup (V)	Chicken and rice soup	Tomato soup (V)
Main Meal Chicken curry & brown rice Fruit pot/yogurt Drink	Main Meal Classic breaded fish & chips Fruit pot/yogurt Drink	Main Meal Steak pie with mashed potato Fruit pot/yogurt Drink	Main Meal Chicken goujons with savoury rice Fruit Pot/Yogurt Drink	Main Meal Chilli Con Carne with brown rice Cup Cake Friday Drink
Grab and Go Option 1 Sausage Sizzler	Grab and Go Option 1 Tomato pasta	Grab and Go Option 1 Baked potato with cheese (V)	Grab and Go Option 1 Creamy macaroni cheese with garlic bread (V)	Grab and Go Option 1 Homemade cheese & tomato pizza (V)
Grab and Go Option 2 Cheese and ham panini	Grab and Go Option 2 Cheese panini	Grab and Go Option 2 Cheese and ham panini	Grab and Go Option 2 Tuna melt panini	Grab and Go Option 2 Spicy chicken panini
Grab and Go Option 3 Cheese and tomato pizzini	Grab and Go Option 3 Cheese and tomato pizzini	Grab and Go Option 3 Cheese and tomato pizzini	Grab and Go Option 3 Cheese and tomato pizzini	Grab and Go Option 3 Cheese and tomato pizzini
Grab and Go Option 4 Tuna sub roll	Grab and Go Option 4 Egg sub roll	Grab and Go Option 4 Chicken burger	Grab and Go Option 4 Gammon sub roll	Grab and Go Option 4 Chicken mayo sub roll

WEEK TWO (V) Vegetarian Wednesday is meat free day

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Carrot & potato soup	Seasonal vegetable soup (V)	Carrot & coriander soup (V)	Farmhouse lentil soup	Leek & Potato Soup (V)
Main Meal Pork links with gravy & mashed potato Fruit pot/yogurt Drink	Main Meal Chicken fajitas Fruit pot/yogurt Drink	Main Meal Classic breaded fish & chips Fruit pot/yogurt Drink	Main Meal Katsu curry with brown rice Fruit Pot/Yogurt Drink	Main Meal Beefburger & potato wedges Cup Cake Friday Drink
Grab and Go Option 1 Baked potato with beans	Grab and Go Option 1 Spicy noodles	Grab and Go Option 1 Creamy macaroni cheese with garlic bread (V)	Grab and Go Option 1 Vegetarian sausage roll & beans	Grab and Go Option 1 Vegetable Rogan Josh with brown rice
Grab and Go Option 2 Cheese panini	Grab and Go Option 2 Cheese and ham panini	Grab and Go Option 2 Cheese and onion panini	Grab and Go Option 2 Tuna melt panini	Grab and Go Option 2 Ham panini
Grab and Go Option 3 Cheese and tomato pizzini	Grab and Go Option 3 Cheese and tomato pizzini	Grab and Go Option 3 Cheese and tomato pizzini	Grab and Go Option 3 Cheese and tomato pizzini	Grab and Go Option 3 Cheese and tomato pizzini
Grab and Go Option 4 Tuna sub roll	Grab and Go Option 4 Turkey sub roll	Grab and Go Option 4 Veggie burger	Grab and Go Option 4 Gammon sub roll	Grab and Go Option 4 Chicken mayo sub roll



Main Meal choices served with vegetables, fruit pot or yogurt and a drink Grab & Go options are all served with coleslaw, salad and a drink

If you have any allergens or special diet requirements please speak to your school Catering Manager