

# WEEKLY LUNCH

# Menu

## Monday Soup

Leek and potato  
In-house Flavoured Breads  
\*\*\*\*\*

## Main Course

Pizza Bar  
Traditional pepperoni  
Smoked ham and pineapple  
\*\*\*\*\*

## Vegetarian

Plum tomato  
and mozzarella melt  
with oregano  
\*\*\*\*\*  
Market green salad crunch  
Red slaw with lemon dressing  
\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes  
with a choice of  
Hot & Cold Fillings  
\*\*\*\*\*

## Dessert

Selection of Market Fruits  
Lime jelly

## Tuesday Soup

House prepared soup  
In-house Flavoured Breads  
\*\*\*\*\*

## Main Course

Penne pasta carbonara  
with garlic sauce and ham  
bites  
\*\*\*\*\*

## Vegetarian

Penne pasta bake with  
roasted mushroom and  
Parmesan crumb  
\*\*\*\*\*  
Beef tomato, red onion and basil  
salad  
Garlic and herb slice  
\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes  
with a choice of  
Hot & Cold Fillings  
\*\*\*\*\*

## Dessert

Selection of Market Fruits  
House prepared dessert

## Wednesday Soup

House prepared soup  
In-house Flavoured Breads  
\*\*\*\*\*

## Main Course

Fillet of marinated chicken  
with balti spices with fresh  
coriander leaf  
\*\*\*\*\*

## Vegetarian

Lentil and chick pea  
Dahl with coriander and  
spinach  
\*\*\*\*\*  
Minted cucumber salad with  
yogurt  
Spiced onions, Nan, mango  
chutney  
\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes  
with a choice of  
Hot & Cold Fillings  
\*\*\*\*\*

## Dessert

Selection of Market Fruits  
House prepared dessert

## Thursday Soup

House prepared soup  
In-house Flavoured Breads  
\*\*\*\*\*

## Main Course

Traditional roll bar  
Roasted ham and cheddar  
Tuna and Mozzarella , Chorizo  
melt  
\*\*\*\*\*

## Vegetarian

Beef tomato and  
mature cheddar  
melt  
\*\*\*\*\*  
Selection of market leaves  
feta and olive salad with peppers  
\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes  
with a choice of  
Hot & Cold Fillings  
\*\*\*\*\*

## Dessert

Selection of Market Fruits  
House prepared dessert

## Friday Soup

Roast sweet potato and lentil  
In-house Flavoured Breads  
\*\*\*\*\*

## Main Course

Crispy coated haddock fillet  
with tartar and lemon  
wedge  
\*\*\*\*\*

## Vegetarian

Omelette Bar  
Selection of filled omelettes  
Plain oven baked omelette  
\*\*\*\*\*  
Crispy fried potatoes chips  
Garden peas  
\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes  
with a choice of  
Hot & Cold Fillings  
\*\*\*\*\*

## Dessert

Selection of Market Fruits  
Strawberry and raspberry yogurt

# WEEKLY LUNCH

# Menu

## Monday

### Soup

House prepared

In-house Flavoured Breads

\*\*\*\*\*

### Main Course

Fillet of chicken breast with  
oriental spicing and  
vegetable plum sauce

\*\*\*\*\*

### Vegetarian

Breaded vegetable  
strips with plum

sauce

\*\*\*\*\*

Steamed fragrant rice  
Prawn crackers, oriental salad

\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes

with a choice of  
Hot & Cold Fillings

\*\*\*\*\*

### Dessert

Selection of Market Fruits  
Assorted Fresh Fruit Pot

## Tuesday

### Soup

House prepared

In-house Flavoured Breads

\*\*\*\*\*

### Main Course

Baguette bar  
Honey roast ham melt  
Tuna melt , Salami melt

\*\*\*\*\*

### Vegetarian

Mature cheddar melt  
Low Cheddar and plum

tomato

\*\*\*\*\*

Tossed salad , Crunchy coleslaw  
Sliced pepper and onion salad

\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes

with a choice of  
Hot & Cold Fillings

\*\*\*\*\*

### Dessert

Selection of Market Fruits  
Crème Caramel / Fruit yogurt

## Wednesday

### Soup

House prepared

In-house Flavoured Breads

\*\*\*\*\*

### Main Course

Scottish Beef Mince Lasagne  
with Tomato & Oregano  
sauce

\*\*\*\*\*

### Vegetarian

Vegetarian Lasagne  
with Tomato & Oregano

Sauce

\*\*\*\*\*

Garlic and slice  
Parmesan , Tomato and onion salad

\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes

with a choice of  
Hot & Cold Fillings

\*\*\*\*\*

### Dessert

Selection of Market Fruits  
Jelly / Fruit yogurt

## Thursday

### Soup

House prepared

In-house Flavoured Breads

\*\*\*\*\*

### Main Course

BBQ pulled pork with  
crisp peppers  
and onions

\*\*\*\*\*

### Vegetarian

Vegetable and quorn  
strips with bbqs

sauce

\*\*\*\*\*

Apple slaw , flour  
tortillas, corn and avocado salsa

\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes

with a choice of  
Hot & Cold Fillings

\*\*\*\*\*

### Dessert

Selection of Market Fruits  
Butterscotch mousse

## Friday

### Soup

House prepared

In-house Flavoured Breads

\*\*\*\*\*

### Main Course

Breaded Sustainable Haddock  
with Tartar Sauce &  
lemon

\*\*\*\*\*

### Vegetarian

Baked cheese and tomato  
egg

omelette

\*\*\*\*\*

Chunky Chips  
Freshly Steamed

\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes

with a choice of  
Hot & Cold Fillings

\*\*\*\*\*

### Dessert

Selection of Market Fruits  
Assorted desserts

# WEEKLY LUNCH Menu

## Monday

### Soup

House prepared soup  
In-house Flavoured Breads  
\*\*\*\*\*

### Main Course

Tender chicken breast with  
<Mexican spicing and  
nacho crust  
\*\*\*\*\*

### Vegetarian

Vegan meat free strips  
with tomato sauce  
and nacho crunch  
\*\*\*\*\*

Steamed wild rice  
Sweetcorn salsa salad,  
Guacamole  
\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes  
with a choice of  
Hot & Cold Fillings  
\*\*\*\*\*

### Dessert

Selection of Market Fruits  
House prepared dessert

## Tuesday

### Soup

House prepared soup  
In-house Flavoured Breads  
\*\*\*\*\*

### Main Course

Traditional Mac and cheese  
with a hint of mustard and  
mature cheddar topping  
\*\*\*\*\*

### Vegetarian

Traditional Mac and cheese  
with a hint of mustard and  
mature cheddar topping  
\*\*\*\*\*

Cherry, sundried tomato , chard  
salad  
Grilled tomatoes , garden peas  
\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes  
with a choice of  
Hot & Cold Fillings  
\*\*\*\*\*

### Dessert

Selection of Market Fruits  
House prepared dessert

## Wednesday

### Soup

House prepared soup  
In-house Flavoured Breads  
\*\*\*\*\*

### Main Course

Scotch beef lasagne  
bolognaise with tomato and  
oregano  
\*\*\*\*\*

### Vegetarian

Soy mince lasagne  
with tomato and  
oregano  
\*\*\*\*\*

Garlic and herb slice  
Parmesan and rocket salad  
\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes  
with a choice of  
Hot & Cold Fillings  
\*\*\*\*\*

### Dessert

Selection of Market Fruits  
House prepared dessert

## Thursday

### Soup

House prepared soup  
In-house Flavoured Breads  
\*\*\*\*\*

### Main Course

Burger Bar  
Butchers Scotch beef burger  
House Made special burger  
\*\*\*\*\*

### Vegetarian

Cheesy red slaw  
Market leave green salad with rice  
crunch  
melt  
\*\*\*\*\*

Selection of market leaves  
feta and olive salad with peppers  
\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes  
with a choice of  
Hot & Cold Fillings  
\*\*\*\*\*

### Dessert

Selection of Market Fruits  
House prepared dessert

## Friday

### Soup

House prepared soup  
In-house Flavoured Breads  
\*\*\*\*\*

### Main Course

Crispy coated haddock fillet  
with tartar and lemon  
wedge  
\*\*\*\*\*

### Vegetarian

Omelette Bar  
Selection of filled omelettes  
Plain oven baked omelette  
\*\*\*\*\*

Crispy fried potatoes chips  
Garden peas  
\*\*\*\*\*

Freshly Baked Sweet Potatoes  
& Freshly Baked Potatoes  
with a choice of  
Hot & Cold Fillings  
\*\*\*\*\*

### Dessert

Selection of Market Fruits  
House prepared dessert