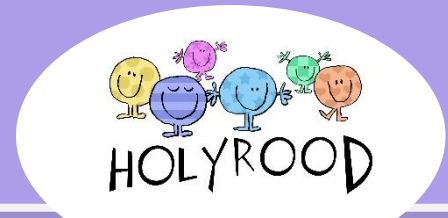
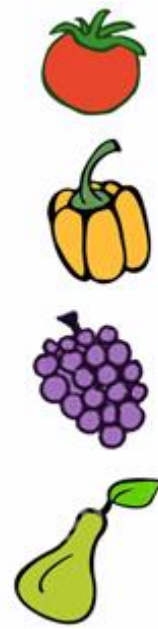
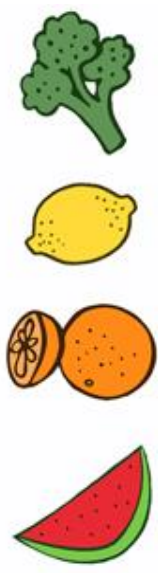


# Holyrood Shaw Menu



| Week 1  | Monday                                      | Tuesday                    | Wednesday                            | Thursday   | Friday   |
|---|---|----------------------------|--------------------------------------|--|--|
| <b>Breakfast</b>                                  | Selection of cereals, toast & fresh fruit   |                            |                                      |  |  |
| <b>Lunch</b>                                      | Vegetable Chow Mein                         | Bean hash with red cabbage | Chicken or Vegetable curry with rice | Lancashire hotpot (lamb or vegetable) with red cabbage | Fish fingers, new potatoes, peas & parsley sauce |
| <b>Starter or Pudding</b>                         | Yoghurt                                     | Jelly                      | Naan bread                           | Rice Pudding   | Sliced Pears                                     |
| <b>Afternoon Snack</b>                            | Vegetable crudité's & breadsticks with dips |                            |                                      |  |  |
| <b>Light Tea</b><br>(all served with Fresh Fruit) | Selection of sandwiches                     | Crumpets & soft cheese     | Homemade soup & pitta bread          | Crackers & cheese                                      | Selection of sandwiches                          |



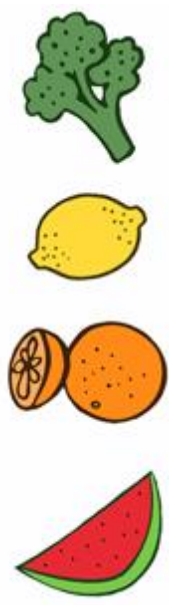
All of our menus adhere to current Eat Better Start Better Guidelines which you can see [here](#)



# Holyrood Shaw Menu



| Week 2  | Monday                                     | Tuesday  | Wednesday                                   | Thursday  | Friday   |
|---|--|--|---|---|--|
| <b>Breakfast</b>                                  | Selection of cereals, toast & fresh fruit  |  |   |   |  |
| <b>Lunch</b>                                      | Tuna or Tomato pasta                       | Meat & potato pie (beef or veggie) with mashed carrots & swede | Roast vegetable cous-cous with tomato sauce | Pork or Vegetarian sausages with mashed potato, cabbage & onion gravy | Roast chicken or Quorn dinner with seasonal vegetables |
| <b>Starter or Pudding</b>                         | Mandarin oranges                           | Yoghurt  | Potato wedges & dip                         | Fresh fruit salad   | Sponge cake  |
| <b>Afternoon Snack</b>                            | Vegetable crudités & breadsticks with dips |  |   |   |  |
| <b>Light Tea</b><br>(all served with Fresh Fruit) | Baked beans, bread & butter                | Toasted bagels   | Selection of sandwiches                     | Crumpets & soft cheese  | Crackers & cheese                                      |



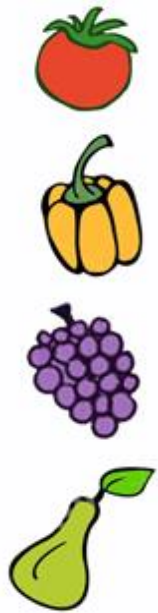
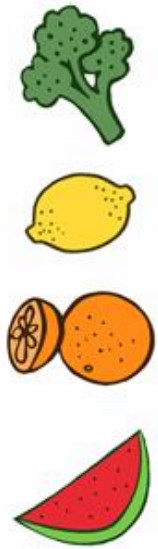
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# Holyrood Shaw Menu



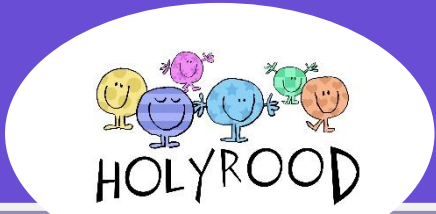
| Week 3  | Monday                                     | Tuesday  | Wednesday                                    | Thursday  | Friday                                       |
|---|--|--|--|---|--|
| <b>Breakfast</b>                                  | Selection of cereals, toast & fresh fruit  |  |  |   |  |
| <b>Lunch</b>                                      | Vegetable risotto with tomato sauce        | Moroccan lamb or Vegetarian mince with cous-cous | Chicken & barley or Vegetable & lentil broth | Pasta Bolognese (beef or veggie) with mixed salad | Fishcakes with sweet potato mash & sweetcorn |
| <b>Starter or Pudding</b>                         | Yoghurt                                    | Fresh fruit salad                                | Jelly  | Garlic bread                                      | Bananas & custard                            |
| <b>Afternoon Snack</b>                            | Vegetable crudités & breadsticks with dips |  |  |   |  |
| <b>Light Tea</b><br>(all served with Fresh Fruit) | Selection of sandwiches                    | Crumpets & soft cheese                           | Crackers & cheese                            | Homemade soup with pitta bread                    | Selection of sandwiches                      |



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# Holyrood Shaw Menu



| Week 4  | Monday                                     | Tuesday                     | Wednesday                          | Thursday                                   | Friday  |
|---|--|-----------------------------|------------------------------------|--|---|
| <b>Breakfast</b>                                  | Selection of cereals, toast & fresh fruit  |                             |                                    |  |   |
| <b>Lunch</b>                                      | Tuna or Vegetable pasta                    | Vegetarian chilli with rice | Turkey or Vegetable stew           | Chicken or Vegetable tagine with cous-cous | Cheese & onion pie, mashed potato & baked beans |
| <b>Starter or Pudding</b>                         | Peaches                                    | Ice cream                   | Chocolate pudding with white sauce | Vegetable crudités & breadsticks with dip  | Yoghurt   |
| <b>Afternoon Snack</b>                            | Vegetable crudités & breadsticks with dips |                             |                                    |  |   |
| <b>Light Tea</b><br>(all served with Fresh Fruit) | Crumpets & soft cheese                     | Crackers & cheese           | Selection of sandwiches            | Spaghetti hoops with bread & butter        | Baked beans with bread & butter                 |



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