




























WEEKLY MENU


JUNE 8TH TO 12TH



Forfar
EDUCATION



MONDAY	MORNING SNACK		Yoghurt / Fruit and crackers  
	LUNCH	SOUP	Carrot cream
		MAIN DISH	Hake fillets with vegetable rice   
		SIDES	Salad
		VEG. DISH	Vegetable tempura with vegetable rice  
		DESSERT	Seasonal fruit (3 varieties)
AFTERNOON SNACK		Sandwiches with a variety of garnishes  	
TUESDAY	MORNING SNACK		Yoghurt / Fruit and crackers  
	LUNCH	SOUP	Beetroot and red cabbage soup
		MAIN DISH	Oven-baked chicken with pasta 
		SIDES	Salad
		VEG. DISH	Vegetable croquettes with pasta  
		DESSERT	Seasonal fruit (3 varieties)
AFTERNOON SNACK		Sandwiches with a variety of garnishes  	
WEDNESDAY	HOLIDAY		
THURSDAY	MORNING SNACK		Yoghurt / Fruit and crackers  
	LUNCH	SOUP	Turnip greens soup
		MAIN DISH	Beef rice pie
		SIDES	Salad
		VEG. DISH	Bean and quinoa "meatballs"
		DESSERT	Seasonal fruit (3 varieties)
AFTERNOON SNACK		Sandwiches with a variety of garnishes  	
FRIDAY	MORNING SNACK		Yoghurt / Fruit and crackers  
	LUNCH	SOUP	Carrot cream
		MAIN DISH	Black-eyed peas with potatoes, tuna and egg  
		SIDES	Salad
		VEG. DISH	Vegetable burger with pasta 
		DESSERT	Seasonal fruit (3 varieties)
AFTERNOON SNACK		Sandwiches with a variety of garnishes  	

 The meal may contain the following substances or their derivatives: gluten, fish, milk, shellfish, eggs, nuts, sesame seeds, molluscs, celery, mustard, soya and sulphites. For people without allergies or intolerances, these ingredients are harmless. If you need more information about the ingredients, please ask the staff.