






**SMART LIFESTYLE**  
WEEK 4 commencing

**SPRING SUMMER 2016**  
LOCHARDIL

V = vegetarian  
\* Vegetarian meal prepared on request  
\*\* Venison burger contains lamb  
\*\*\* Venison sausages contain Pork

5<sup>th</sup> September, 3<sup>rd</sup> October

Monday*	Tuesday	Wednesday	Thursday	Friday*
				
Cheese & Tomato Pasta (v)	Mince & Tatties	Chicken Burger	Sausages, Mash & Beans	Cod Bites <sup>MSC</sup> with Cook's Potatoes
or GRAB & GO HAM BAGUETTE	or GRAB & GO CHEESE ROLL (v)	or GRAB & GO TUNA WRAP	or GRAB & GO CHEESE ROLL (v)	or GRAB & GO HAM BAGUETTE
Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection
Fruit Sorbet	Cook's Homebaking	Cook's Homebake & Milkshake	Angel Delight	Fruity Friday
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection






Children's favourites made with healthier ingredients

**SMART LIFESTYLE**  
WEEK 1 commencing

**SPRING SUMMER 2016**  
LOCHARDIL



15<sup>th</sup> August (in-service day), 12<sup>th</sup> September

Monday*	Tuesday	Wednesday	Thursday	Friday*
				
Macaroni Cheese (v)	Mince & Tatties	Cook's Chicken Curry & Rice	Sausages, Mash & Beans	Pizza (v)
or GRAB & GO HAM BAGUETTE	or GRAB & GO CHEESE ROLL (v)	or GRAB & GO TUNA WRAP	or GRAB & GO CHEESE ROLL (v)	or GRAB & GO HAM BAGUETTE
Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection	Seasonal Vegetables Salad Selection
Ice Cream & Fruit	Cook's Homebaking	Cook's Homebake & Milkshake	Mini Milk Lolly	Fruity Friday
Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection	Fresh Fruit Selection

Children's favourites made with healthier ingredients