


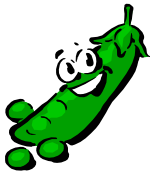

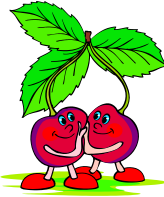

# SMART LIFESTYLE

Spring/Summer 2021 - Lochardil PS

Primary School Temporary Hot / Cold Menu (moving to regular menu ASAP)

Week 1: weeks commencing 19th April, 10th May, 31st May, 21st June, 30th August, 20th September

Sandwich fillings can be in wraps or rolls for variation

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p><b>Cheese &amp; Tomato Pizza</b> served with <b>Seasonal Veg &amp; Salad <sup>V</sup></b></p>	<p><b>Savoury Mince (Beef or Quorn <sup>V</sup>) &amp; Tatties</b> served with <b>Seasonal Veg</b></p>	<p><b>Breaded Fish MSC &amp; Chips</b> served with <b>Seasonal Veg &amp; Salad</b></p>	<p><b>RT Chicken Curry &amp; Boiled Rice</b> served with <b>Seasonal Veg &amp; Salad</b></p>	<p><b>Hot Dog in a Roll (pork or Quorn <sup>V</sup>)</b> served with <b>Seasonal Veg &amp; Salad</b></p>
<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>
<p><b>Homemade Soup <sup>V</sup> &amp; Egg Mayonnaise Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b></p>	<p><b>Homemade Soup <sup>V</sup> &amp; Tuna Mayonnaise Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b></p>	<p><b>Homemade Soup <sup>V</sup> &amp; Cheese Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b></p>	<p><b>Homemade Soup <sup>V</sup> &amp; Ham (or Egg Mayonnaise) Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b></p>	<p><b>Homemade Soup <sup>V</sup> &amp; Sliced <sup>RT</sup> Chicken Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b></p>
<p><b>Fresh Fruit served with Flapjack</b></p>	<p><b>Fresh Fruit served with Ice Cream</b></p>	<p><b>Fresh Fruit served with Oaty Shortbread</b></p>	<p><b>Fresh Fruit Salad</b></p>	<p><b>Fresh Fruit served with optional Natural Yoghurt</b></p>

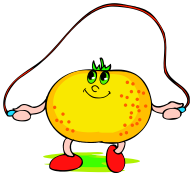

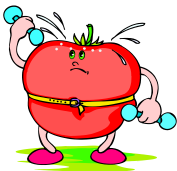

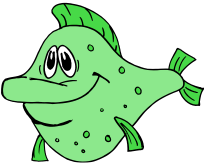
# SMART LIFESTYLE

Spring/Summer 2021 - Lochardil PS

Primary School Temporary Hot / Cold Menu (moving to regular menu ASAP)

Week 2: weeks commencing 26th April, 17th May, 7th June, 16th August (in-service),  
6th September, 27th September

RT – Red tractor  
# - Venison burger is  
64% venison / 28% lamb

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Salmon Nibbles <sup>MSC</sup> &amp; Cous Cous served with Seasonal Veg &amp; Salad</b></p> <p style="text-align: center;">Or</p> <p><b>Homemade Soup <sup>V</sup> &amp; Sliced RT Chicken (or Cheese) Sandwich served with Veg Sticks, Salad or Grated Carrot</b></p>	 <p><b>Beef/Venison<sup>#</sup> Burger &amp; Potato Wedges served with Seasonal Veg &amp; Salad</b></p> <p style="text-align: center;">Or</p> <p><b>Homemade Soup <sup>V</sup> &amp; Cheese Sandwich served with Veg Sticks, Salad or Grated Carrot</b></p>	 <p><b>RT Chicken Pasta Bake &amp; Crusty Bread served with Seasonal Veg &amp; Salad</b></p> <p style="text-align: center;">Or</p> <p><b>Homemade Soup <sup>V</sup> &amp; Ham (or Egg Mayonnaise) Sandwich served with Veg Sticks, Salad or Grated Carrot</b></p>	 <p><b>Steak Pie &amp; Roast Potatoes served with Seasonal Veg</b></p> <p style="text-align: center;">Or</p> <p><b>Homemade Soup <sup>V</sup> &amp; Egg Mayonnaise Sandwich served with Veg Sticks, Salad or Grated Carrot</b></p>	 <p><b>RT Chicken (or Veggie<sup>V</sup>) Curry &amp; Boiled Rice served with Seasonal Veg &amp; Salad</b></p> <p style="text-align: center;">Or</p> <p><b>Homemade Soup <sup>V</sup> &amp; Tuna Mayonnaise Sandwich served with Veg Sticks, Salad or Grated Carrot</b></p>
<p><b>Fresh Fruit served with Carrot Cake</b></p>	<p><b>Fresh Fruit served with Oat &amp; Sultana Cookie</b></p>	<p><b>Fresh Fruit Salad</b></p>	<p><b>Fresh Fruit served with optional Natural Yoghurt</b></p>	<p><b>Fresh Fruit served with Fruit Jelly</b></p>


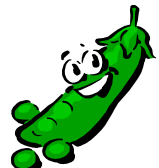

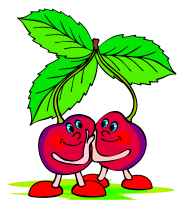
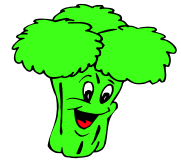
# SMART LIFESTYLE

Spring/Summer 2021 - Lochardil PS

V - Vegetarian  
MSC – Marine  
Stewardship Council

## Primary School Temporary Hot / Cold Menu (moving to regular menu ASAP)

Week 3: weeks commencing 3rd May (hol), 24th May, 14th June, 23rd August,  
13th Sept (in-service), 4th October

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Pasta Bolognese (Beef or Quorn Mince) served with Seasonal Veg &amp; Salad</p>	<p><sup>RT</sup> Chicken Fillet Bites &amp; Savoury Rice served with Seasonal Veg &amp; Salad</p>	<p>Steak (or Vegetable) Pie &amp; Mashed Potatoes served with Seasonal Veg &amp; Salad</p>	<p>Butcher's Sausages (pork or Quorn) &amp; Chips served with Seasonal Veg &amp; Salad</p>	<p><sup>RT</sup> Chicken (or Veggie <sup>V</sup>) Curry &amp; Boiled Rice served with Seasonal Veg &amp; Salad</p>
<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>
<p>Homemade Soup <sup>V</sup> &amp; Tuna Mayonnaise Sandwich served with Veg Sticks, Salad or Grated Carrot</p>	<p>Homemade Soup <sup>V</sup> &amp; Egg Mayonnaise Sandwich served with Veg Sticks, Salad or Grated Carrot</p>	<p>Homemade Soup <sup>V</sup> &amp; Sliced <sup>RT</sup> Chicken Sandwich served with Veg Sticks, Salad or Grated Carrot</p>	<p>Homemade Soup <sup>V</sup> &amp; Ham Sandwich served with Veg Sticks, Salad or Grated Carrot</p>	<p>Homemade Soup <sup>V</sup> &amp; Cheese Sandwich served with Veg Sticks, Salad or Grated Carrot</p>
<p>Fresh Fruit served with optional Natural Yoghurt</p>	<p>Fresh Fruit served with Muffin of the Day</p>	<p>Fresh Fruit served with Ice Cream</p>	<p>Fresh Fruit served with Oaty Shortbread</p>	<p>Fresh Fruit Salad</p>