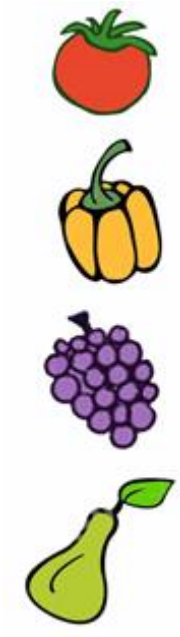
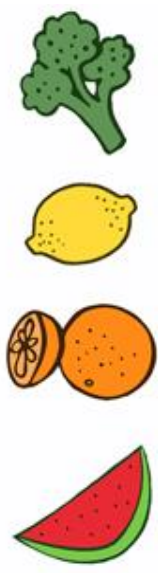


Holyrood Hope Menu



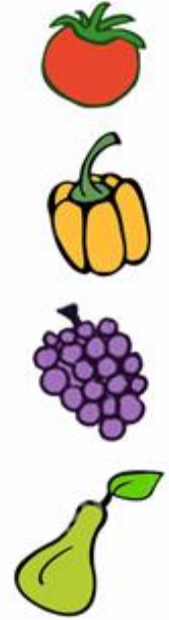
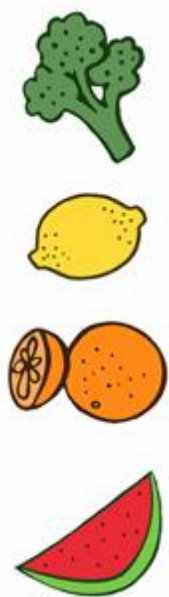
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudités with fresh fruit				
Lunch	Tomato pasta served with mixed vegetables	Cheese pie with new potatoes & beans	Chicken curry with fluffy rice & naan bread	Corned beef hash	Fish fingers with mashed potatoes & garden peas
Pudding	Sliced pears			Ice Cream	
Afternoon Snack	Breadsticks with dips	Rice Cakes	Yoghurt	Breadsticks with dips	Yoghurt
Light Tea (all served with Fresh Fruit)	Crackers & Cheese	Selection of sandwiches	Spaghetti hoops with bread & butter	Selection of sandwiches	Toasted crumpets with butter



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



Holyrood Hope Menu



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudités with fresh fruit				
Lunch	Macaroni Cheese	Vegetable Risotto	Chicken Casserole	Spaghetti with meatballs & garlic bread	Roast Dinner or Quorn Dinner with seasonal vegetables
Pudding	Mandarin Oranges	Ice Cream			
Afternoon Snack	Rice Cakes	Breadsticks with a selection of dips	Yoghurt	Raisins	Breadsticks with a selection of dips
Light Tea (all served with Fresh Fruit)	Selection of sandwiches	Crackers with cheese & cucumber	Selection of sandwiches	Crumpets with cheese	Yoghurt

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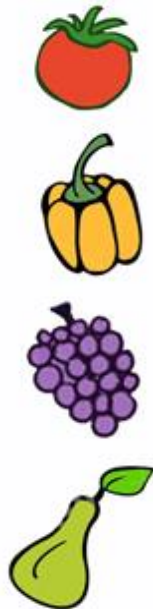
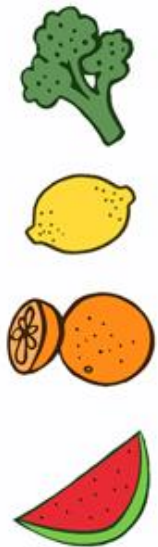


Holyrood Hope Menu

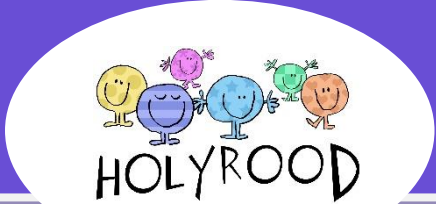


Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudité's with fresh fruit				
Lunch	Vegetable Chow Mein	Shepherd's Pie	Spanish Chicken with rice	Fish fingers with potato wedges, peas & sweetcorn	Pasta Bolognese (beef or veggie) with garlic bread & mixed salad
Pudding	Pineapple		Yoghurt	Rice Pudding	
Afternoon Snack	Breadsticks with dips	Yoghurt	Rice Cakes	Fresh Fruit	Raisins
Light Tea (all served with Fresh Fruit)	Selection of sandwiches	Crackers & cheese	Selection of sandwiches	Breadsticks, carrots & cucumber with dips	Crackers & cheese

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Holyrood Hope Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudités with fresh fruit				
Lunch	Tomato pasta with tuna & basil	Pork or Vegetarian sausages, sweet potato mash, cabbage & onion gravy	Jacket potato with cheese & beans	Chicken or Vegetable curry with rice and naan bread	Beef or Quorn & Potato pies with mashed carrots & swede
Pudding	Fresh Fruit Salad				
Afternoon Snack	Rice cakes	Bananas	Yoghurt	Breadsticks with a selection of dips	Fresh fruit
Light Tea (all served with Fresh Fruit)	Selection of sandwiches	Crumpets & raisins	Breadsticks, carrots & cucumber with dips	Crackers & cheese	Yoghurt



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