

# St George's School, Edinburgh

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Soup of the Day</b>	Red lentil & vegetable soup	Carrot, coconut and chilli soup	Tomato and basil soup	Sweet potato soup (milk)	Chunky vegetable
<b>Main counter</b>	Mediterranean style Beef meatballs (mustard)	Chicken Massaman	Loaded Macaroni cheese, haggis, Sweet Chilli Quorn (wheat, mustard, milk, Egg)	Traditional Beef bolognaise	Oven baked haddock. Tartare sauce & lemon. (fish, wheat, egg)
<b>Main counter meat free</b>	Squash & spring onion frittata (egg, milk)	Cauliflower, chickpea & Quorn curry (egg)	Baked fillet of Coley	Vegetarian Bolognaise	Gnocchi, spinach, broccoli and tomato (wheat)
<b>Nursery</b>	Mediterranean style Beef meatballs (mustard)	Chicken Massaman	Loaded Macaroni cheese, haggis, (wheat, mustard, milk)	Traditional Beef bolognaise	Oven baked fish fingers (fish, wheat, egg)
<b>Sides</b>	Steamed broccoli Penne pasta	Bombay potato Spiced onions Raita	Steamed greens. Buttered carrots New potatoes	Courgettes Cauliflower Penne pasta Garlic bread	Fries Garden peas Lemon wedges Savoy Cabbage
<b>Pasta/Jackets</b>	Fresh pasta (gluten) / tomato sauce Baked potato & fillings	Fresh pasta (gluten) / tomato sauce Baked potato & fillings	Fresh pasta (gluten) / tomato sauce Baked potato & fillings	Fresh pasta (gluten) / tomato sauce Baked potato & fillings	Fresh pasta (gluten) / tomato sauce Baked potato & fillings
<b>Dessert of the Day</b>	Chocolate brownie (gluten/egg/milk/soya)	Sticky toffee pudding with custard (gluten, milk, egg, sulphites)	Jam sponge (gluten,egg,milk)	Ice cream cone & toppings ( milk,)	Sweet treat Friday (see staff for allergens)

Please note allergens may change. For allergen information please speak to a member of the team.