

IT'S YOUR CHOICE

TWO COURSES FOR £2.40

Fife
COUNCIL



WEEK 1

MONDAY

Lentil Soup
Chicken Fried Rice with Curry Sauce or Macaroni
Cheese, Garlic Bread, Peas & Side Salad
Yoghurt or Fresh Fruit Salad

TUESDAY

Lentil Soup
Pork/Vegan Sausages with Onions, Chips,
Sweetcorn & Side Salad
Yoghurt or Fresh Fruit Salad

WEDNESDAY

Tomato Soup
Chicken/Vegetable Korma, Boiled Rice, Naan
Bread, Vegetables & Side Salad
Yoghurt or Carrot Muffin

THURSDAY

Lentil or Broccoli Soup
Breaded Fish or Salmon Fish Fingers or Steak Pie,
Chips, Peas & Side Salad
Jelly & Fresh Fruit Salad

FRIDAY

Lentil Soup
Cheese/Cheese & Onion Toastie or Vegetable
Frittata, Peas & Side Salad
Yoghurt or Fresh Fruit Salad

AVAILABLE
AT MORNING
BREAK

WEEK 2

MONDAY

Lentil Soup
Italian Chicken Meatballs with Penne Pasta or
Quorn Fajitas, Vegetables & Side Salad
Yoghurt or Fresh Fruit Salad

TUESDAY

Vegetable Soup
BBQ Style Pulled Pork/Jackfruit with Savoury
Rice, Pitta Bread, Sweetcorn & Side Salad
Yoghurt or Fresh Fruit Salad

WEDNESDAY

Sweet Potato & Butternut Squash Soup
Roast Chicken/Quorn Fillet with Yorkie, Gravy,
Mashed Potato, Carrots & Peas
Yoghurt or Fresh Fruit Salad

THURSDAY

Lentil/Tomato Soup
Breaded Fish or Salmon Fish Fingers or Beef/
Vegetable Chilli, Chips, Peas & Side Salad
Chocolate Sponge & Custard

FRIDAY

Lentil Soup
Cheese/Cheese & Chicken Toastie or Oriental
Stir-Fried Vegetable Noodles, Peas & Side Salad
Yoghurt or Fresh Fruit Salad

AVAILABLE
AT MORNING
BREAK

ALL TWO COURSE MEALS WILL INCLUDE AN ADDITIONAL PIECE OF FREE FRUIT