

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
Steak Pie or Cheese, onion & Potato Pasty, New
Potatoes, Sliced Green Beans & Side Salad
Jelly & Fresh Fruit Salad

FRIDAY

Carrot & Coriander Soup
Breaded Haddock or Salmon Fish Fingers or
Vegetable Frittata, Chips, Peas & Side Salad
Yoghurt or Fresh Fruit Salad

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
Beef/Vegetable Chilli, Boiled Rice, Corn on the
Cob & Side Salad
Chocolate Sponge & Custard

FRIDAY

Lentil Soup
Breaded Haddock or Salmon Fish Fingers,
Chips or Oriental Stir-Fried Vegetable Noodles,
Peas & Side Salad
Yoghurt or Fresh Fruit Salad

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