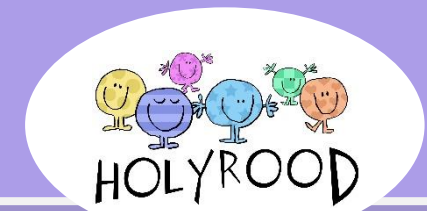
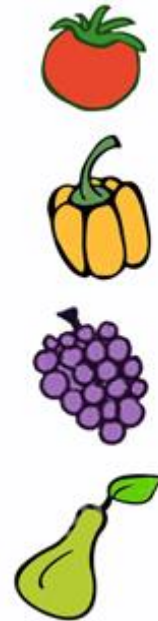
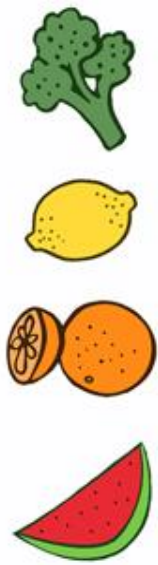


Holyrood Princes Dock Menu



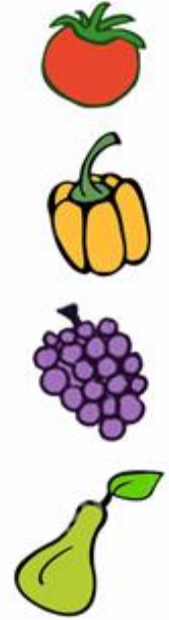
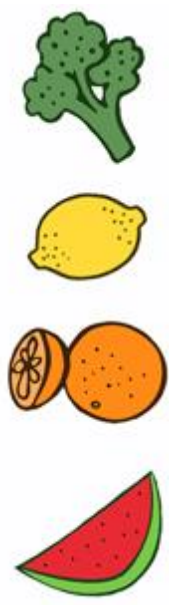
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudité's with fresh fruit				
Lunch	Vegetable pasta bake with sweetcorn	Quiche, mashed potatoes & baked beans	Chinese chicken or vegetables with noodles	Savoury mince with rice & seasonal vegetables	Fishcakes with new potatoes & broccoli
Starter or Pudding	Fresh fruit	Vegetable sticks with dips	Yoghurt	Ice Cream	Vanilla Sponge
Afternoon Snack	Vegetable sticks, breadsticks, rice cakes				
Light Tea (all served with Fresh Fruit)	Selection of sandwiches	Crumpets & cheese sticks	Soup with pitta bread	Crackers with a selection of dips & spreads	A variety of filled wraps



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



Holyrood Princes Dock Menu

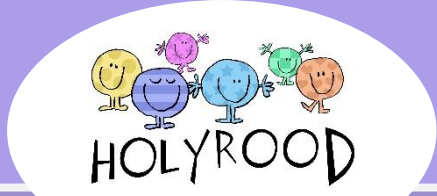


Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudité's with fresh fruit				
Lunch	Tomato, pea & prawn risotto	Pork casserole with Caribbean cous-cous	Vegetable pizza with new potatoes & salad	Chicken & broccoli pasta	Jacket potato with a variety of toppings
Starter or Pudding	Fresh fruit	Ice cream	Jelly	Vegetable sticks with dips	Yoghurt
Afternoon Snack	Vegetable sticks, breadsticks, rice cakes				
Light Tea (all served with Fresh Fruit)	Selection of sandwiches	Crackers & cheese	Muffins	Pancakes	Homemade soup with pitta bread

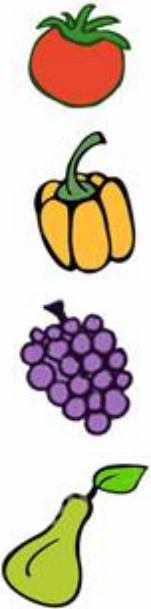
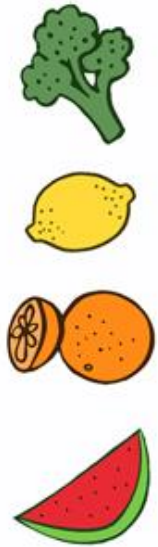
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Holyrood Princes Dock Menu



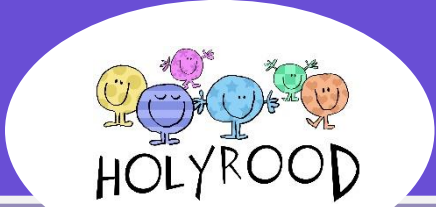
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudités with fresh fruit				
Lunch	Vegetable Chow Mein	Spanish chicken ratatouille with potatoes	Keema curry with rice	Fish pie with mixed vegetables	Macaroni cheese with broccoli
Starter or Pudding	Vegetable spring rolls	Yoghurt	Vanilla sponge	Rice pudding	Garlic bread
Afternoon Snack	Vegetable sticks, breadsticks, rice cakes				
Light Tea (all served with Fresh Fruit)	Crackers & cheese	Beans on toast	Selection of sandwiches	Toasted crumpets or tea cakes	Tortilla wraps with a variety of fillings



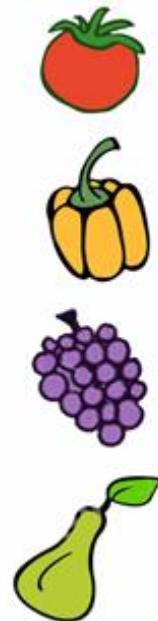
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Holyrood Princes Dock Menu



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals, toasts & fresh fruit				
Morning Snack	Vegetable crudités with fresh fruit				
Lunch	Tuna or Vegetable pasta salad	Sausage & tomato stew	Chicken or Vegetable curry with rice	Vegetarian chilli with jacket potatoes	Bean & courgette stew with seasonal vegetables & baby potatoes
Starter or Pudding	Stewed rhubarb & custard	Yoghurt	Naan Bread	Sponge cake	Fresh fruit
Afternoon Snack	Vegetable sticks, breadsticks, rice cakes				
Light Tea (all served with Fresh Fruit)	Selection of sandwiches	Crumpets or pancakes with a selection of spreads	Ravioli with garlic bread	Crackers & cheese	Muffins



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