

















MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Starters</b>	<b>Starters</b>	<b>Starters</b>	<b>Starters</b>	<b>Starters</b>	<b>Starters</b>	<b>Starters</b>
Fruit Juice V	Fruit Juice V	Fruit Juice V	Fruit Juice V	Fruit Juice V	Fruit Juice V	Fruit Juice V
Scotch Broth V	Lentil Soup V	Vegetable Soup V	Yellow Split Pea Soup V	Leek and Potato Soup V	Green Split Pea Soup V	Minestrone Soup V
<b>Light Choices</b>	<b>Light Choices</b>	<b>Light Choices</b>	<b>Light Choices</b>	<b>Light Choices</b>	<b>Light Choices</b>	<b>Light Choices</b>
Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Egg Mayonnaise V <u>Hot Filling</u> Baked Beans V	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Chicken Tikka <u>Hot Filling</u> Chicken Curry	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Coleslaw V <u>Hot Filling</u> Chilli Con Carne	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Egg Mayonnaise V <u>Hot Filling</u> Baked Beans V	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Coleslaw (V) <u>Hot Filling</u> Chicken Curry	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Chicken Tikka <u>Hot Filling</u> Baked Beans (V)	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Coleslaw V <u>Hot Filling</u> Chilli Con Carne
<b>Sandwich Choices</b>	<b>Sandwich Choices</b>	<b>Sandwich Choices</b>	<b>Sandwich Choices</b>	<b>Sandwich Choices</b>	<b>Sandwich Choices</b>	<b>Sandwich Choices</b>
Corned Beef & Tomato (White Bread)	Ham (White Bread)	Chicken Tikka (Wholemeal Bread)	Chicken and Lettuce (White Roll)	Salmon Mayonnaise (Wholemeal Bread) E	Chicken & Sweetcorn (Malted Bread)	Tuna Mayonnaise (White Bread) E
Cheese and Pickle (Wholemeal Bread) V	Egg Mayonnaise (Wholemeal Bread)E, V	Cream Cheese & Chive (White Bread) E,V	Cheese (Wholemeal Bread) V	Egg, Tomato & cress (White Bread) V	1 Cheese/1 Egg Twin pack ( White Bread) V	Cheese & Onion (Wholemeal Bread) V
<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>
Minced Beef E	Mushroom Ravioli E,V	Cheese Omelette E,V	Beef Stew & Dumplings	Cheesy Cottage Pie E	Fish Pie E	Roast Beef in Gravy
Diced Turnip E	Broccoli E	Peas	Diced Carrots E	Sweetcorn	Diced Carrots E	Broccoli E
Mashed Potatoes E	Potato Croquettes E	Potato Croquettes E	Mashed Potatoes E	Spiced Potato Wedges	Potato Croquettes E	Roast Potatoes
<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>
<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese&amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>






















**NHS Greater Glasgow & Clyde  
Adult Menu Week 1 – Evening Meal**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main Choices</b>	<b>Main Choices</b>	<b>Main Choices</b>	<b>Main Choices</b>	<b>Main Choices</b>	<b>Main Choices</b>	<b>Main Choices</b>
Breaded Fish	Steak Pie 	Beef Curry 	Beef Lasagne E 	Breaded Fish	Pork Cutlet in Gravy 	Chicken Korma 
Turkey Salad 	Pork Meatballs in Tomato Sauce E	Fish Pie E 	Roast Pork Salad 	Chicken in Mushroom and Pepper Sauce 	Minced Beef E 	Sausage Roll 
Macaroni Cheese E,V 	Quorn and Bean Chilli V 	Egg Mayonnaise Salad V	Baked Egg and Cheese E,V	Macaroni Cheese E,V 	Vegetable Rissolle V 	Cheese Salad V 

Sandwich Choices	Sandwich Choices	Sandwich Choices	Sandwich Choices	Sandwich Choices	Sandwich Choices	Sandwich Choices
Roast Beef (White Bread)	Tuna Mayonnaise E (Wholemeal Bread)	Ham (Wholemeal Bread)	Corned Beef E (White bread)	1 Chicken/1 Tuna twin pack (White Bread)	Ham (Wholemeal Bread)	Chicken, lettuce and mayo (Wholemeal Roll)
Egg Mayonnaise (Wholemeal Bread) E,V	1 Cheese/1 Egg Twin pack ( White Bread) V	Cheese & Onion (White Bread) V	Egg, Tomato & cress (Wholemeal Bread) V	Cheese (Wholemeal Bread) V	Cream Cheese & Chive (White Bread) E,V	Egg Mayonnaise (White Bread) E,V

Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Peas	Sprouts E	Sweetcorn	Green Beans	Peas	Diced Carrots E	Baked Beans
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad



















Potatoes/Rice	Potatoes/Rice	Potatoes/Rice	Potatoes/Rice	Potatoes/Rice	Potatoes/Rice	Potatoes/Rice
Chips	Mashed Potatoes E	Spiced Potato Wedges	Potato Croquettes E	Mashed Potatoes E	Mashed Potatoes E	Chips
Mashed Potatoes E	Boiled Rice	Boiled Rice	Garlic Bread	Chips	Roast Potatoes	Boiled Rice













Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice	Dessert Choice
Apple Crumble with Custard 	Ginger Sponge with Custard E 	Gateaux with Cream 	Rhubarb Crumble with Custard 	Apple Sponge with Custard E 	Peach and Pear Crumble with Custard 	Cheese Cake with Cream 
<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>

**NHS Greater Glasgow & Clyde  
Adult Menu Week 2 – Lunch**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Starters</b>	<b>Starters</b>	<b>Starters</b>	<b>Starters</b>	<b>Starters</b>	<b>Starters</b>	<b>Starters</b>
Fruit Juice V	Fruit Juice V	Fruit Juice V	Fruit Juice V	Fruit Juice V	Fruit Juice V	Fruit Juice V
Scotch Broth V	Lentil Soup V	Vegetable Soup V	Yellow Split Pea Soup V	Leek and Potato Soup V	Green Split Pea Soup V	Minestrone Soup V
<b>Light Choices</b>	<b>Light Choices</b>	<b>Light Choices</b>	<b>Light Choices</b>	<b>Light Choices</b>	<b>Light Choices</b>	<b>Light Choices</b>
Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Egg Mayonnaise V <u>Hot Filling</u> Baked Beans V	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Coleslaw V <u>Hot Filling</u> Chicken Curry	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Chicken Tikka <u>Hot Filling</u> Chilli Con Carne	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Coleslaw V <u>Hot Filling</u> Baked Beans V	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Egg Mayonnaise V <u>Hot Filling</u> Chicken Curry	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Chicken Tikka <u>Hot Filling</u> Baked Beans V	Filled Baked Potato with side salad <u>Cold Fillings</u> Grated Cheese V Tuna Mayonnaise Coleslaw(V) <u>Hot Filling</u> Chilli Con Carne
<b>Sandwich Choices</b>	<b>Sandwich Choices</b>	<b>Sandwich Choices</b>	<b>Sandwich Choices</b>	<b>Sandwich Choices</b>	<b>Sandwich Choices</b>	<b>Sandwich Choices</b>
Corned Beef & Tomato (White Bread)	Ham (White Bread)	Chicken Tikka (Wholemeal Bread)	Chicken and Lettuce (White Roll)	Salmon Mayonnaise (Wholemeal Bread) E	Chicken & Sweetcorn (Malted Bread)	Tuna Mayonnaise (White Bread) E
Cheese and Pickle (Wholemeal Bread) V	Egg Mayonnaise (Wholemeal Bread) E,V	Cream Cheese & Chive (White Bread) E, V	Cheese (Wholemeal Bread) V	Egg, Tomato & cress (White Bread) V	1 Cheese/1 Egg Twin pack (White Bread) V	Cheese & Onion (Wholemeal Bread) V
<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>	<b>Hot Meal Choice</b>
Fish in Cheese Sauce E	Haggis	Cottage Pie E	Macaroni Cheese E,V	Breaded Fish	Baked Egg and Cheese E,V	Roast Turkey and Gravy
Carrots E	Turnip E	Diced Carrots E	Peas	Peas	Mixed Vegetables	Peas
Mashed Potatoes E	Mashed potatoes E	Spiced Potato Wedges	Potato Croquettes E	Chips	Potato Croquettes E	Roast Potatoes
<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>	<b>Dessert Choice</b>
<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> <li>▪ Cheese &amp; biscuits</li> </ul>

**NHS Greater Glasgow & Clyde  
Adult Menu Week 2 – Evening Meal**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main Choices</b>	<b>Main Choices</b>	<b>Main Choices</b>	<b>Main Choices</b>	<b>Main Choices</b>	<b>Main Choices</b>	<b>Main Choices</b>
Chilli Con Carne	Chicken Curry 	Steak Pie 	Sweet & Sour Pork 	Beef Lasagne E 	Beef Stroganoff 	Pork Cutlet in Gravy 
Tuna Mayonnaise Salad 	Minced Beef E 	Beef in Black Bean Sauce 	Chicken and Mushroom Pie 	Smoked Mackerel Salad	Scotch pie 	Chicken and Mushroom and Pepper Sauce 
Mushroom Ravioli E,V 	Cheese Omelette E,V	Quorn Cottage Pie V 	Spicy tomato pasta salad V 	Quorn Korma Curry (V) 	Macaroni Cheese E,V 	Cheese, tomato & basil Quiche Salad V 

Sandwich Choices	Sandwich Choices	Sandwich Choices	Sandwich Choices	Sandwich Choices	Sandwich Choices	Sandwich Choices
Roast Beef (White Bread)	Tuna Mayonnaise E (Wholemeal Bread)	Ham (Wholemeal Bread)	Corned Beef E (White bread)	1 Chicken/1 Tuna twin pack (White Bread)	Ham (Wholemeal Bread)	Chicken, lettuce and mayo (Wholemeal Roll)
Egg Mayonnaise (Wholemeal Bread) E,V	1 Cheese/1 Egg Twin pack ( White Bread) V	Cheese & Onion (White Bread) V	Egg, Tomato & cress (Wholemeal Bread) V	Cheese (Wholemeal Bread) V	Cream Cheese & Chive (White Bread) E,V	Egg Mayonnaise (White Bread) E, V
<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>	<b>Vegetables</b>
Peas	Diced Carrots E	Mixed Vegetables	Sweetcorn	Diced Carrots E	Baked Beans	Green Beans
Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad	Side Salad
<b>Potatoes/Rice</b>	<b>Potatoes/Rice</b>	<b>Potatoes/Rice</b>	<b>Potatoes/Rice</b>	<b>Potatoes/Rice</b>	<b>Potatoes/Rice</b>	<b>Potatoes/Rice</b>
Boiled Rice	Boiled Rice	Boiled Rice	Mashed Potatoes E	Boiled Rice	Boiled Rice	Roast Potatoes
Potato Croquettes E	Mashed Potatoes E	Mashed Potatoes E	Boiled Rice	Potato Croquettes E	Chips	Mashed Potatoes E
<b>Dessert Choices</b>	<b>Dessert Choices</b>	<b>Dessert Choices</b>	<b>Dessert Choices</b>	<b>Dessert Choices</b>	<b>Dessert Choices</b>	<b>Dessert Choices</b>
Apple Crumble with Custard 	Ginger Sponge with Custard E 	Gateaux with cream 	Rhubarb Crumble with Custard 	Apple Sponge with Custard E 	Peach and Pear Crumble with Custard 	Cheese Cake with Cream 
<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Fruit </li> <li>▪ Yoghurt E </li> <li>▪ Jelly and Ice Cream</li> <li>▪ Creamed Rice Pot E</li> <li>▪ Fruit Trifle</li> </ul>