MONDAY

Barbecue Beef Taco with Watermelon and Avocado Cream, accompanied by a Chopped Garden Salad

Salmon, pea, and red Onion Frittata served with Watercress and a Summer Leaf Salad

Vegetable Bolognese with wholemeal pasta, featuring slowly braised summer vegetables and mince in a rich tomato sauce, finished with fresh parsley (v)

Vegan summer vegetable and chickpea tagine paired with warm, fruity couscous (vg)

Soup
Cullen skink or Vegan seasonal vegetable and yellow split pea (vg)

TUESDAY

Fries Bar: Choose between Baked Potato Wedge or Crispy Fries Available toppings include: Crispy Bacon Lardon, Haggis Vegetable Chili, Scottish Cheddar, Jalapeno, Crispy Onions, Salsa, BBQ Sauce, Low-Fat Garlic Mayonnaise and House-Made Chili Jam

Chargrilled lemon and honey chicken served with sweetcorn salsa and a fresh green salad

Roasted beetroot and dill risotto enriched with cheddar and fresh dill (v)

Vegan crispy aubergine katsu curry accompanied by coconut rice and a dressed salad (vg)

Soup
Vegan Seasonal vegetable and Red lentil (vg) or Broccoli (v)

WEDNESDAY

Omelette Bar
Options include Scottish Ham, Red Tractor Bacon, or Poached Chicken Breast, along with Mushrooms, Onions, Sweetcorn, Peppers, and Scottish Cheddar Cheese, all served with a Fresh Salad

Low and slow-cooked diced beef shoulder and carrot stew topped with a puff pastry lid.

Classic macaroni pasta in a creamy cheese sauce, topped with grilled Scottish cheese (v)

Vegan cauliflower bites coated in tortilla crumbs, served with a summer salad and hot sauce (vg)

Soup
Vegan summer vegetable (vg) or Vegan Mexican bean and tomato (vg)

THURSDAY

Caesar Salad
A delightful mix of Crispy Cos Lettuce, Bacon Lardons, Parmesan, Croutons, and Rich Caesar Dressing, topped with a Poached Free-Range Egg

Broccoli, mushroom, and rainbow pepper pork stir-fry with rice noodles, all coated in a soy, chili, and garlic sauce, garnished with fresh coriander.

Sweet potato, spinach, and chickpea curry served with steamed brown rice (vg)

Vegan meat-free balls in tangy tomato sauce, served with lime-scented brown rice and pea shoots (vg)

Soup
Cauliflower cheese (v) or Vegan sweet potato and chilli (vg)

FRIDAY

North Sea Fresh Haddock Fillet
Prepared in three delicious styles: battered, breaded, or steamed, and accompanied by tartare sauce.

Vegan macaroni cheese topped with roast tomatoes and a nut-free basil dressing (vg)

Soup
Chef's soup of the day

If you have a food allergy or intolerance and require information about ingredients, please ask a member of our team.

ADULTS NEED AROUND 2000 KCAL A DAY

SOCIETY for GOOD

MONDAY

Pan-seared minute steak served in a toasted brioche bun, complemented by red onion jam, horseradish, and a refreshing watercress and rocket salad

A Scottish cheddar and caramelized onion pork sausage roll, served with red onion chutney

Summer vegetable and lentil lasagna crowned with Scottish cheddar cheese (v)

Vegan roasted red pepper, sweet potato, sunflower, and pumpkin seed loaf served with a rich tomato sauce (vg)

Soup
Vegan Carrot, sweetcorn and elderflower (vg)
or Cream of chicken

TUESDAY

Buttermilk chicken breast accompanied by the chef's signature slaw, low-fat lime mayonnaise, smashed potatoes, and a fresh cucumber salsa

Baked penne pasta featuring Scottish ham and woodland mushrooms in a creamy sauce, finished with Scottish cheddar

Savoury loaded nachos topped with vegetable and bean chili, fresh tomato salsa, creamy guacamole, and Scottish Yester Farm sour cream (v)

Vegan green split pea and spinach dal accompanied by garlic naan and topped with fresh coriander (vg)

Soup
Vegan red lentil (vg) or Vegan spiced citrus bean (vg)

WEDNESDAY

Omelette Bar
Select from Scottish ham, Red Tractor bacon, or poached chicken breast, along with mushrooms, onions, sweetcorn, peppers, and Scottish cheddar cheese, all served with a crisp salad

Chargrilled chicken stuffed with nut-free basil pesto and Scottish mozzarella, served alongside a cherry tomato, red onion, and rocket salad

Vegetable and bean burrito filled with lightly spiced seasonal vegetables and brown rice, topped with our homemade salsa and guacamole (v)

Vegan sausage toad in the hole made with organic Mungoswell flour, served with vegan gravy (vg)

Soup
Vegan Summer vegetable (vg) or Cream of mushroom (v)

THURSDAY

Mediterranean-style chicken seasoned with lemon and oregano, paired with beetroot hummus, tomato, cucumber, red onion, and iceberg lettuce, all wrapped in warm flatbread

Shepherd's pie made with slow-braised lamb, puy lentils, and seasonal vegetables, topped with a creamy potato mash

Classic macaroni pasta in a creamy cheese sauce, topped with grilled Scottish cheese (v)

Vegan butternut squash and peppers simmered in a coconut and chickpea broth (vg)

Soup
Vegan Chunky potato and leek (vg) or Vegan Tomato and Orzo (vg)

FRIDAY

North Sea Fresh Haddock Fillet
Prepared in three delicious styles: battered, breaded, or steamed, and accompanied by tartare sauce.

Vegan macaroni cheese featuring roasted tomatoes and a basil nut-free dressing (vg)

Soup
Chef's soup of the day

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MONDAY

Sliced BBQ pork belly served with steamed bao buns, pineapple salsa, and a refreshing carrot and cucumber salad

Crispy orange chicken garnished with toasted sesame seeds and served with steamed brown rice

Roasted red bell pepper stuffed with woodland mushrooms and braised brown rice, topped with Scottish buffalo mozzarella (v)

Vegan lentil and mince cottage pie with a sweet potato topping (vg)

Soup
Creamy leek & potato (v) or Vegan plum tomato (vg)

TUESDAY

Katsu chicken hoagie featuring panko-coated fried Red Tractor chicken, katsu curry sauce, pickled red cabbage, fresh chilies, and toasted sesame seeds nestled in a hoagie bun

Scottish beef lasagna topped with Scottish cheddar cheese and accompanied by a seasonal salad

Roasted vegetable and Scottish cheddar cheese tart made with wholemeal pastry and free-range eggs (v)

Vegan crispy tempura vegetables served with steamed brown rice and chili sauce (vg)

Soup
Vegan seasonal vegetable and green split pea (vg)or Vegan carrot and ginger (vg)

WEDNESDAY

Focaccia Bar
Create your own sandwich by selecting from Scottish ham, chicken, or roasted vegetables, then choose a spread: nut-free pesto, garlic mayonnaise, or salsa. Add fillings like tomato, cucumber, rocket, red onion, and roasted peppers, topped with Fife mozzarella, and wait for it to be toasted, accompanied by a side salad

North Sea Fresh Haddock Fillet
Prepared in three delicious styles: battered, breaded, or steamed, and accompanied by tartare sauce.

Barley risotto featuring roasted vegetables and shallots glazed in heather honey, topped with Scottish Mull cheddar cheese and fresh herbs (v)

Vegan rainbow peppers and summer vegetable stir-fry with rice noodles and black bean sauce (vg)

Soup
Vegan sweet potato (vg) or Pea and mint (v)

THURSDAY

Pasta Bar
Pasta bar offers a choice of penne pasta 234 kcal, wholemeal pasta 305 kcal or linguine 324 kcal
Select a filling: Bolognese 156 kcal arrabiata sauce 51 kcal or carbonara sauce 266 kcal
served alongside a crispy seasonal salad 16 kcal

Lightly spiced pulled pork and rainbow pepper burrito, topped with guacamole, Yesterfarm sour cream, and salsa

Summer vegetable, sun-dried tomato, and spinach potato dumplings finished with vegetarian parmesan (v)

Vegan jambalaya with slow-braised rice, tomatoes, and vegetables in a herb-spiced tomato sauce (vg)

Soup
Vegan Summer vegetable and red lentil (vg) or Potato, onion and bacon

FRIDAY

North Sea Fresh Haddock Fillet
Prepared in three delicious styles: battered, breaded, or steamed, and accompanied by tartare sauce.

Vegan samosa pie topped with filo pastry, served with coriander, mustard, and mango chutney (vg)

Soup
Chef's soup of the day

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