



# South Ayrshire Early Years Menu 2024/2025

## Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Tasty protein power balls with tomato sauce & spaghetti ✓ Sweetcorn ✓	Flakey plant based sausage roll ✓ Baked beans ✓	Hearty mince and potato Baby carrots ✓	Traditional steak pie Mashed potato ✓ Peas ✓	Fish & Chips Baked beans ✓
Mixed salad available daily ✓		Second course option Soup or Fruit as per agreement with EYC units		

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Creamy mac & cheese ✓ Garlic bread ✓ Peas ✓	Traditional roast turkey & yorkshire pudding Mashed potato ✓ Mixed vegetables ✓	Home-made Kashmiri quorn curry ✓ Vegetable rice ✓ Sweetcorn ✓	Golden salmon fish fingers Garlic & herb wedges ✓ Sweetcorn ✓	Tasty sausage casserole Chips ✓ Baked beans ✓
Mixed salad available daily ✓		Second course option Soup or Fruit as per agreement with EYC units		

## Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Creamy mac & cheese ✓ Garlic bread ✓ Peas ✓	Home-made chicken curry & boiled rice Mixed vegetables ✓	Plant protein sausage beano ✓ Mashed potato ✓ Broccoli ✓	Rustic pasta bolognese Garlic bread ✓ Corn on the cob ✓	Chicken burger Chips ✓ Baked beans ✓
Mixed salad available daily ✓		Second course option Soup or Fruit as per agreement with EYC units		

### Key

- ✓ - Vegetarian
- ✓ - Vegan



Scan here to see the dates for each weekly menu and allergen information