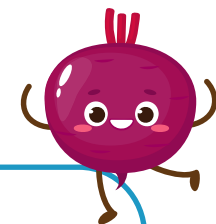




3 Choice Menu (May – October) for Primary Schools & Early Years

(this menu starts 7th May 2024)



Weeks commencing 6th May (Bank hol), 27th May, 17th June, 19th August (In-service), 9th September, 30th September

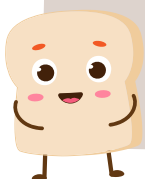
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	<p>Salmon Bubble Fish* & Potato Wedges with Seasonal Veg/Salad</p> <p><small>* Salmon Nibbles served in Early Years</small></p>	<p>Cheeseburger & Diced Potatoes with Seasonal Veg/ Salad</p>	<p>Ham, Tomato & Cheese Pasta with Garlic Bread & Seasonal Veg/Salad (H)</p>	<p>Roast Chicken with Gravy, Roast Potatoes* & Seasonal Veg (H)</p> <p><small>* Mashed Potatoes served in Early Years</small></p>	<p>Mince & Mashed Potatoes with Seasonal Veg (H)</p>
Green	<p>Cheese & Tomato Pizza with Potato Wedges, Seasonal Vegetables &/or Salad (V)</p>	<p>Homemade Veggie Burger & Diced Potatoes with Seasonal Veg/ Salad (H,Ve)</p>	<p>Baked Potato with Baked Beans &/or Seasonal Veg/Salad (H,Ve)</p>	<p>Cheese & Potato Pastry Wheel with Seasonal Veg/ Salad (H,V)</p>	<p>Tomato Pasta Bake & Garlic Bread with Seasonal Veg/Salad (H,Ve)</p>
Blue	<p>Homemade Soup with Sliced Chicken Sandwich & Seasonal Salad</p>	<p>Homemade Soup with Ham Salad Platter & freshly prepared Tortilla Chips</p>	<p>Homemade Soup with Tuna Mayo Sandwich & Seasonal Salad</p>	<p>Homemade Soup with Egg Mayo Sandwich & Seasonal Salad (V)</p>	<p>Homemade Soup with Cheese Sandwich & Seasonal Salad (V)</p>
Dessert	<p>Flapjack & Fruit</p>	<p>Yoghurt & Fruit</p>	<p>Fruit Platter</p>	<p>Apple Cake with Custard or Cream & Fruit</p>	<p>Iced Shortbread & Fruit</p>



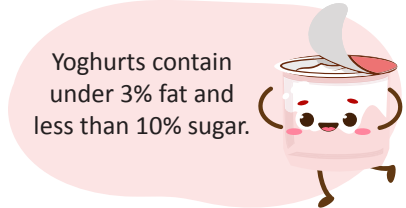
Water or milk available to drink.



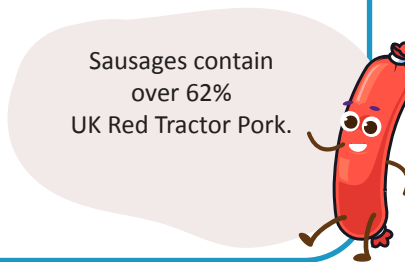
H = Homemade
V = Vegetarian
Ve = Vegan



Sandwich fillings are in wholemeal bread, rolls or wraps. All breads contain over 3% fibre. All spreads are dairy free.



Yoghurts contain under 3% fat and less than 10% sugar.



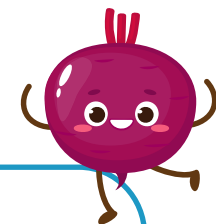
Sausages contain over 62% UK Red Tractor Pork.

Our food contains no unwanted additives e.g. trans fats, MSG, sweeteners or undesirable food colouring



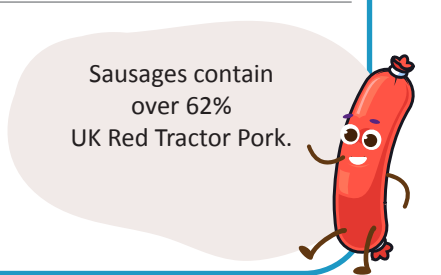
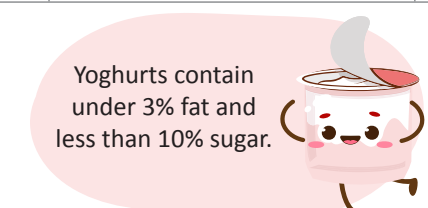
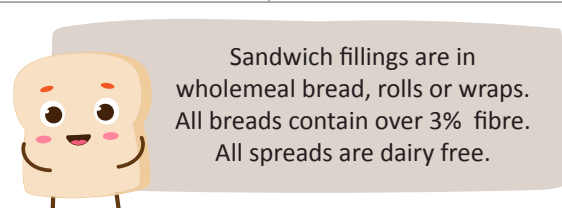
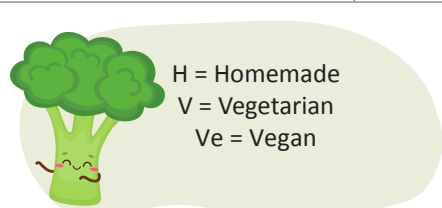
3 Choice Menu (May – October) for Primary Schools & Early Years

(this menu starts 7th May 2024)



Weeks commencing 13th May, 3rd June, 24th June, 26th August, 16th September (In-service), 7th October

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	Pork Sausages & Diced Potatoes with Seasonal Veg/Salad (H)	Mild Beef Chili & Rice with Seasonal Veg/Salad (H)	Breaded Fish & Chips with Seasonal Veg/ Salad	Steak Pie & Mashed Potatoes with Seasonal Veg (H)	Chicken Goujons & Potato Wedges* with Seasonal Veg/Salad <small>*Diced Potatoes served in Early Years</small>
Green	Super Veggie Noodles & Garlic Bread with Seasonal Salad (H,Ve)	Macaroni Cheese & Garlic Bread with Seasonal Veg/Salad (H,V)	Veggie Curry & Rice with Seasonal Veg/ Salad (H,Ve)	Veggie Sausage Roll with Mashed Potatoes & Baked Beans (Ve)	Quorn Sausage in a Hot Dog Roll with Cook's sauce & Seasonal Veg/Salad (Ve)
Blue	Homemade Soup with Ham Sandwich & Seasonal Salad	Homemade Soup with Tuna Mayo Sandwich & Seasonal Salad	Homemade Soup with Sliced Chicken Sandwich & Seasonal Salad	Homemade Soup with Cheese Salad Platter & freshly prepared Tortilla Chips (V)	Homemade Soup with Egg Sandwich & Seasonal Salad (V)
Dessert	Cook's Choice Sponge Cake & Fruit	Fruit Platter	Cook's Choice Muffin & Fruit	Yoghurt & Fruit	Coconut Biscuit & Fruit

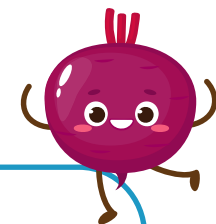


Our food contains no unwanted additives e.g. trans fats, MSG, sweeteners or undesirable food colouring



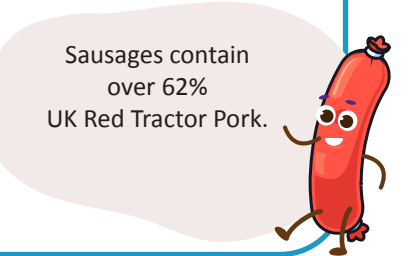
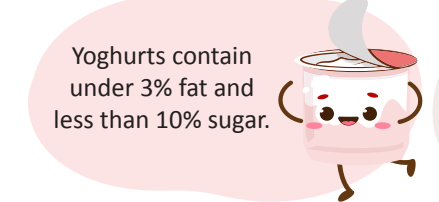
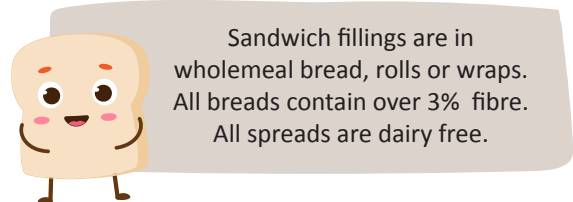
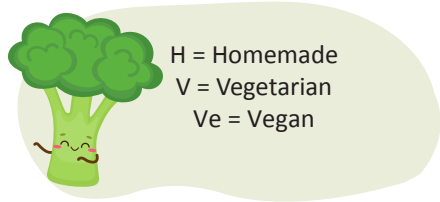
3 Choice Menu (May – October) for Primary Schools & Early Years

(this menu starts 7th May 2024)

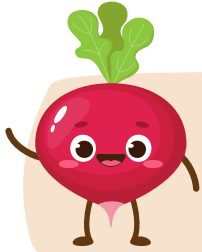


Weeks commencing 20th May, 10th June, 2nd September, 23rd September

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	<p>Breaded Fish & Chips* & Seasonal Veg/Salad</p> <p>* Diced Potatoes served in Early Years</p>	<p>Chicken Curry & Rice with Seasonal Veg/ Salad</p>	<p>Homemade Pork Sausage Rolls with Mashed Potatoes, Baked Beans &/or Seasonal Veg/Salad (H)</p>	<p>Spaghetti Bolognese & Garlic Bread with Seasonal Veg (H)</p>	<p>Homemade Chicken Burger & Diced Potatoes with Seasonal Veg/Salad (H)</p>
Green	<p>Vegetable Fajitas with Seasonal Veg/Salad (H,V)</p>	<p>Homemade Pizza Baguette with Seasonal Veg/Salad (H,V)</p>	<p>Baked Potato & Cheese with Seasonal Veg/Salad (V)</p>	<p>Quorn Dippers & Diced Potatoes with Seasonal Veg/Salad (Ve)</p>	<p>Macaroni Cheese & Garlic Bread with Seasonal Veg/Salad (H,V)</p>
Blue	<p>Homemade Soup with Sliced Chicken Sandwich & Seasonal Salad</p>	<p>Homemade Soup with Sliced Quorn Sandwich & Seasonal Salad (Ve)</p>	<p>Homemade Soup with Tuna Mayo Sandwich & Seasonal Salad</p>	<p>Homemade Soup with Cheese Sandwich & Seasonal Salad (V)</p>	<p>Homemade Soup with Ham Sandwich & Seasonal Salad</p>
Dessert	<p>Yoghurt & Fruit</p>	<p>Apple Pie with Custard or Cream</p>	<p>Fruit Platter</p>	<p>Ice Cream & Fruit</p>	<p>Ginger Biscuit & Fruit</p>



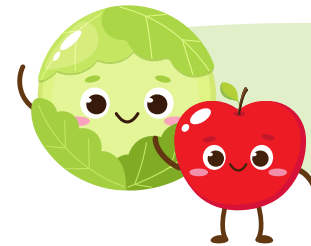
Our food contains no unwanted additives e.g. trans fats, MSG, sweeteners or undesirable food colouring



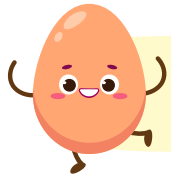
Check with your school if the meals offered are 3 Choice, 2 Choice, Single Choice or Grab & Go Friday menu.
Supply issues may mean that some meals are changed at short notice, we will attempt to communicate this through your school.



School meals for children in Primary 1 to 5 are free.
Payment options are at the link below or contact catering services
www.highland.gov.uk/info/878/schools/9/school_meals/2



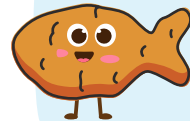
Fruit and Veg are sourced locally where possible.



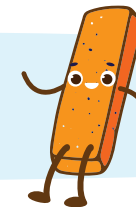
Eggs are local and free range.



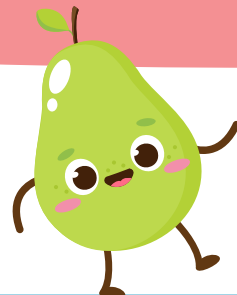
All meat and poultry is UK Farm assured.



Our salmon and white fish is certified by Marine Stewardship Council.



For Allergies, Intolerances, Cultural, Ethical or ASN meal choices - apply online
www.highland.gov.uk/info/878/schools/9/school_meals/4



Contact details
Email: cl.catering@highland.gov.uk
Phone: 01463 644102

