

October 2020: Temporary Early Years hot and cold meal choices

This menu is provided for schools where the Head Teachers have indicated they now have capacity to offer both a hot and cold service for pupils. Risk assessments are still in place to ensure our staff can deliver food safely. Measures have been put in place according to Scottish Government guidelines and with the support of Environmental Health Officers and the Highland Council Health and Safety department.

The options here form a part of the full menu which would have been in place at this time. This full menu is compliant with the current Scottish Government food regulations. The hot and cold options provide carbohydrates, protein and plenty of fresh fruit and vegetables to give children energy for their school day. We hope that these options will be in place for only a short while and we will then transition into the full menu suitable for your setting. This will be the spring summer menu which should have started in April 2020. It will now be in place right through the winter to Easter 2021.

Thank you for your support and we hope you feel assured we are providing safe, healthy and nutritious lunches during this time.



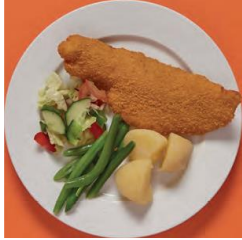






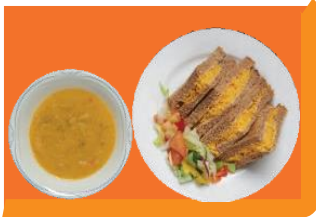
More information on going back to school can be found [here](#).

Catering Services

October 2020: Temporary Early Years hot and cold meal choices

Sandwich fillings can be in wraps or rolls for variation

WEEK 1 commencing **WEEK 1** commencing 26th October, 23rd November, 21st December, 25th January, 22nd February, 22nd March - subject to change






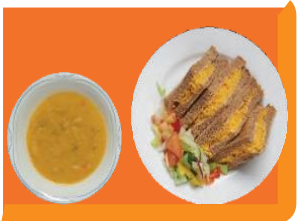




Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Butcher's Sausages, Seasonal Veg & Mashed Potatoes</p>	 <p>Cheese & Tomato Pizza, Salad & Seasonal Veg</p>	 <p>Breaded Haddock, Salad, Seasonal Veg & Boiled Potatoes</p>	 <p>Chicken Curry, Seasonal Veg, Salad & Boiled Rice</p>	 <p>Herby Tomato Pasta Bake, Crusty Bread, Salad & Seasonal Veg</p>
<p>Or</p>  <p>Ham (or Cheese) Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Or</p>  <p>Egg Mayo Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Or</p>  <p>Sliced Chicken (or Egg Mayo) Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Or</p>  <p>Tuna Mayo (or Cheese) Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Or</p>  <p>Cheese Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>
<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>

SMART LIFESTYLE

October 2020: Temporary Early Years hot and cold meal choices

WEEK 2 commencing, 2nd November, 30th November, 4th January (Hol), 1st February, 1st March, 29th March -
subject to change

Sandwich fillings can be in wraps or rolls for variation

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Salmon Nibbles, with Salad & in a wrap or with potatoes</p>	<p>Macaroni Cheese, Salad, Seasonal Veg & Garlic Bread</p>	<p>Beef/Venison Burger in a Bun, Salad & Seasonal Veg</p>	<p>Chicken Fillet Bites, Seasonal Veg, Salad & Mashed Potatoes</p>	<p>Pasta Bolognese, Seasonal Veg & Salad</p>
<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>
				
<p>Cheese Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Egg Mayo Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Ham (or cheese) Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Tuna (or Egg) Mayo Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Sliced Chicken (or Cheese) Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>
<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>

SMART LIFESTYLE

October 2020: Temporary Early Years hot and cold meal choices

WEEK 3 commencing 9th November, 7th December, 11th January, 8th February, 8th March - subject to change






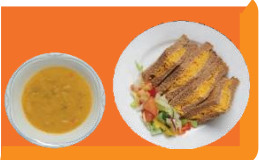




Sandwich fillings can be in wraps or rolls for variation

SMART LIFESTYLE

October 2020: Temporary Early Years hot and cold meal choices

WEEK 4 commencing 16th November, 14th December, 18th January, 15th February (Hol), 15th March - subject to change

Sandwich fillings can be in wraps or rolls for variation

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Salmon Nibbles, Salad, in a Wrap with Seasonal Veg</p>	<p>Macaroni Cheese, Salad & Seasonal Veg</p>	<p>Chicken Curry, Salad, Seasonal Veg & Boiled Rice</p>	<p>Homemade Sausage Roll, Salad, Seasonal Veg & Boiled Potatoes</p>	<p>Beef Lasagne, Salad & Seasonal Veg</p>
Or	Or	Or	Or	Or
				
<p>Cheese Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Sliced Chicken Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Egg Mayo Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Ham (or Cheese) Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Tuna (or Egg) Mayo Sandwich with Homemade soup where possible & Veg Sticks / Salad selection</p>
<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>