

## Spring/Summer 2021 – Early Years Temporary Hot/Cold Menu from 19<sup>th</sup> April to date to be confirmed by school

**Week 1:** weeks commencing 19th April, 10th May, 31st May, 21st June, 30th August, 20th September, 25th October, 15th November, 6th December, 3rd January (Hol), 24th January, 14th February, 7th March, 28th March

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Cheese &amp; Tomato Pizza</b> served with <b>Seasonal Veg &amp; Salad</b> <sup>v</sup>	<b>Savoury Mince</b> (Beef or Quorn) & <b>Tatties</b> served with <b>Seasonal Veg</b>	<b>Breaded Fish</b> <sup>MSC</sup> & <b>Boiled Potatoes</b> served with <b>Seasonal Veg &amp; Salad</b>	<b>RT Chicken</b> (or Roasted Veg) <b>Curry &amp; Boiled Rice</b> served with <b>Seasonal Veg &amp; Salad</b>	<b>Hot Dog in a Roll</b> (pork or Quorn) served with <b>Seasonal Veg &amp; Salad</b>
<b>Homemade Soup</b> <sup>v</sup> & <b>Egg Mayonnaise Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>v</sup> & <b>Tuna Mayonnaise Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>v</sup> & <b>Cheese Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>v</sup> & <b>Ham Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>v</sup> & <b>Sliced RT Chicken Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>
<b>Fresh Fruit</b> served with <b>Flapjack</b>	<b>Fresh Fruit</b> served with <b>Ice Cream</b>	<b>Fresh Fruit</b> served with <b>Oaty Shortbread</b>	<b>Fresh Fruit Salad</b>	<b>Fresh Fruit</b> served with optional <b>Natural Yoghurt</b>

### Meals consists of 2 courses: Choice of Orange, Green or Blue Meal plus Dessert

ALL MEALS WILL BE SERVED WITH A CHOICE OF 2 HOT SEASONAL VEG OPTIONS AND/OR SALAD.

MILK AND WATER ARE AVAILABLE TO DRINK EVERY DAY.

<sup>v</sup>Vegetarian; # Venison Burger – 64% Venison/28% Lamb; <sup>MSC</sup> certified by the Marine Stewardship Council; RT Red Tractor; \* Vegetarian option available

### **FOOD ALLERGENS AND INTOLERANCES - Please contact Catering Services about your requirements.**

*Please check if your school is offering a 3 Choice menu, 2 Choice menu, Single Choice menu or Grab & Go Friday menu.*

*Some meals may be subject to change due to unforeseen circumstances. We will attempt to communicate changes to you locally where possible.*

Contact us Email: [cl.catering@highland.gov.uk](mailto:cl.catering@highland.gov.uk) / Tel: 01463 644102 / Write: Ruthven House, Drummond Road, Inverness, IV2 4NZ.

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**Week 2:** weeks commencing 26th April, 17th May, 7th June, 16th August (in-service), 6th September, 27th September, 1st November, 22nd November, 13th December, 10th January, 31st January, 21st February (In-Service), 14th March

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Salmon Nibbles</b> <sup>MSC</sup> & <b>Cous Cous (or Macaroni Cheese &amp; Crusty Bread)</b> served with <b>Seasonal Veg &amp; Salad</b>	<b>Beef/Venison<sup>#</sup> Burger</b> served with <b>Seasonal Veg &amp; Salad</b>	<b>RT Chicken Pasta Bake &amp; Crusty Bread</b> served with <b>Seasonal Veg &amp; Salad</b>	<b>Roast Beef with Gravy &amp; Boiled Potatoes</b> served with <b>Seasonal Veg</b>	<b>RT Chicken (or Veggie) Curry &amp; Boiled Rice</b> with <b>Seasonal Veg &amp; Salad</b>
<b>Homemade Soup</b> <sup>V</sup> & <b>Sliced RT Chicken Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>V</sup> & <b>Cheese Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>V</sup> & <b>Ham Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>V</sup> & <b>Egg Mayonnaise Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>V</sup> & <b>Tuna Mayonnaise Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>
<b>Fresh Fruit</b> served with <b>Carrot Cake</b>	<b>Fresh Fruit</b> served with <b>Oat &amp; Sultana Cookie</b>	<b>Fresh Fruit Salad</b>	<b>Fresh Fruit</b> served with optional <b>Natural Yoghurt</b>	<b>Fresh Fruit</b> served with <b>Fruit Jelly</b>

### Meals consists of 2 courses: Choice of Orange, Green or Blue Meal plus Dessert

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MILK AND WATER ARE AVAILABLE TO DRINK EVERY DAY.

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## Spring/Summer 2021 – Early Years Temporary Hot/Cold Menu from 19<sup>th</sup> April to date to be confirmed by school

**Week 3:** weeks commencing 3rd May (hol), 24th May, 14th June, 23rd August, 13th Sept (in-service), 4th October, 8th November, 29th November, 20th December, 17th January, 7th February, 28th February, 21st March

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Pasta Bolognese</b> (Beef or Quorn Mince) served with <b>Seasonal Veg &amp; Salad</b>	<b>RT Chicken Fillet Bites &amp; Savoury Rice</b> served with <b>Seasonal Veg &amp; Salad</b>	<b>Steak (or Vegetable) Pie &amp; Mashed Potatoes</b> served with <b>Seasonal Veg &amp; Salad</b>	<b>Butcher's Sausages (or Quorn Sausages) &amp; Mashed Potatoes</b> served with <b>Seasonal Veg &amp; Salad</b>	<b>Roast RT Chicken with Gravy &amp; Boiled Potatoes</b> served with <b>Seasonal Veg</b>
<b>Homemade Soup</b> <sup>v</sup> & <b>Tuna Mayonnaise Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>v</sup> & <b>Egg Mayonnaise Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>v</sup> & <b>Sliced RT Chicken Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>v</sup> & <b>Ham Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>	<b>Homemade Soup</b> <sup>v</sup> & <b>Cheese Sandwich</b> served with <b>Veg Sticks, Salad or Grated Carrot</b>
<b>Fresh Fruit</b> served with optional <b>Natural Yoghurt</b>	<b>Fresh Fruit</b> served with <b>Muffin of the Day</b>	<b>Fresh Fruit</b> served with <b>Ice Cream</b>	<b>Fresh Fruit</b> served with <b>Oaty Shortbread</b>	<b>Fresh Fruit Salad</b>

### Meals consists of 2 courses: Choice of Orange, Green or Blue Meal plus Dessert

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MILK AND WATER ARE AVAILABLE TO DRINK EVERY DAY.

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