

3 Choice Autumn/Winter Menu for Primary & Early Years

(this menu starts 23rd Oct 2023)

weeks commencing: 23rd Oct, 13th Nov, 4th Dec, 8th Jan, 29th Jan, 19th Feb (hol), 11th Mar

Week 1:	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	Salmon Nibbles in a Wrap with Marie Rose Sauce	Cheese Burger & Diced Potatoes	Chicken Curry & Rice	Roast Beef with Gravy, Yorkshire Pudding & Mashed Potatoes	Quorn Dippers in a Wrap with Flavoured Mayo Ve
Green	Cheese & Tomato Pizza V *Ve	Meat free Meatballs & Tomato Pasta Ve	Veggie Noodles & Crusty Bread Ve	Meat free Sausage Roll with Mash & Beans Ve	Roasted Vegetable Pasta Bake Ve
Blue	Baked Potato with Ham & Coleslaw	Homemade Soup with Tuna Mayo & Sweetcorn Sandwich	Baked Potato with Cheese & Coleslaw V	Homemade Soup with Chicken Sandwich	Homemade Soup with Cheese Sandwich V
Dessert	Fruit Yoghurt	Jelly	Oaty Fruit Cookie	Fruit Platter	Sponge Cake

Seasonal veg and/or salads available with every meal option. Fruit is available with every dessert option.

Water or milk available to drink. Sandwich fillings are in wholemeal bread, rolls or wraps.

weeks commencing: 30th Oct, 20th Nov, 11th Dec, 15th Jan, 5th Feb, 26th Feb, 18th Mar

Week 2:	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	Macaroni Cheese with Cauliflower & Crusty Bread V	Breaded Fish & Chips	Steak & Vegetable Pie with Mashed Potatoes	Hot Dog Sausage in a Roll	Chicken Meatballs in Cook's Sauce & Rice
Green	Fried Rice with Homemade Curry Sauce & Crusty Bread Ve	Vegetable Fajita Ve	Quorn Sausage with Gravy & Mashed Potatoes Ve	Meat free Bolognese with Garlic Bread Ve	Tomato Pasta Bake Ve
Blue	Baked Potato with Cheese & Coleslaw V	Homemade Soup with Tuna Mayo Sandwich	Homemade Soup with Chicken Sandwich	Homemade Soup with Ham Sandwich	Baked Potato with Roasted Veg & Mozzarella V
Dessert	Fruit Platter	Honey Fruit Sponge	Fruit Yoghurt	Chocolate Sponge Cake	Carrot Cake

Seasonal veg and/or salads available with every meal option. Fruit is available with every dessert option.

Water or milk available to drink. Sandwich fillings are in wholemeal bread, rolls or wraps.

weeks commencing: 6th Nov, 27th Nov, 18th Dec, 22nd Jan, 12th Feb, 4th Mar, 25th Mar

Week 3:	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	Breaded Fish & Chips	Mince & Mashed Potatoes *Ve	Homemade Cheese & Tomato Pizza V *Ve	Pasta Bolognese	Chicken Goujons & Diced Potatoes
Green	Veggie Melt Wrap & Chips V *Ve	Cheese Wheel V	Macaroni Cheese & Crusty Bread V	Veggie Curry & Rice Ve	Quorn Sausage Hot Dog Roll Ve
Blue	Homemade Soup with Cheese Sandwich V	Homemade Soup with Chicken Sandwich	Baked Potato with Baked Beans Ve	Homemade Soup with Ham Sandwich	Baked Potato with Tuna Mayo & Sweetcorn
Dessert	Fruit Yoghurt	Chocolate & Vanilla Banana Cake	Fruit Platter	Homemade Oaty Shortbread	Flapjack

Seasonal veg and/or salads available with every meal option. Fruit is available with every dessert option.

Water or milk available to drink. Sandwich fillings are in wholemeal bread, rolls or wraps.

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.

V = Vegetarian
Ve = Vegan
*Ve = can be pre-ordered and made Vegan

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.

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



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

