Single 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
Main Meal	Homemade Cheese & Tomato Pizza V	Cheese Burger & Diced Potatoes	Homemade Chicken Curry & Rice	Roast Beef with Gravy, Yorkshire Pudding & Mashed Potatoes	Homemade Soup Quorn Dippers in a Wrap with Flavoured Mayo Ve
Dessert	Fruit Yoghurt	Jelly	Oaty Fruit Cookie	Sponge Cake	Fruit Platter

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

Water or milk available to drink.

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

Week 2:	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Macaroni Cheese with Cauliflower & Crusty Bread V	Salmon Bubble Fish & Chips	Steak & Vegetable Pie with Mashed Potatoes	Hot Dog Sausage in a Roll	Chicken Meatballs in Cook's Sauce & Rice
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.

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

Week 3:	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Breaded Fish & Chips	Mince & Mashed Potatoes	Homemade Sausage Roll with Garlic Bread & Baked Beans	Pasta Bolognese	Chicken Goujons & Diced Potatoes
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.

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

V = Vegetarian
Ve = Vegan

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.

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

The Highland Council
Comhairle na Gàidhealtachd