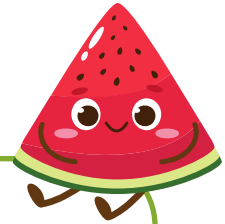




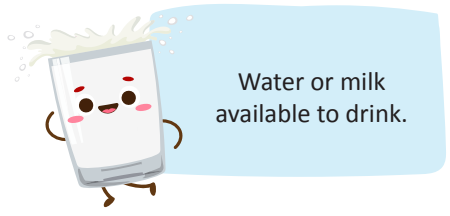
# Single Choice Menu (October-June) for Primary Schools & Early Years

(this menu starts 28th October 2024)



weeks commencing; 28th Oct, 18th Nov, 9th Dec, 6th Jan, 27th Jan, 17th Feb (Hol), 10th Mar, 31st Mar, 21st Apr (Hol), 12th May

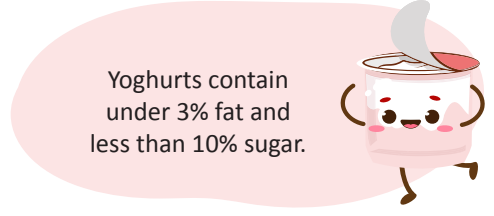
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Breaded Fish &amp; Chips</b> with Seasonal Veg/ Salad	<b>Cheese Burger (Beef)</b> with Diced Potatoes and Seasonal Veg/ Salad	Homemade <b>Sweet &amp; Sour Chicken &amp; Rice</b> with Seasonal Veg/Salad (H)	<b>Steak Pie &amp; Boiled or Mashed Potatoes</b> with Seasonal Veg (H)	Homemade Lentil Soup with <b>Ham or Egg Mayo Sandwich &amp; Seasonal Salad</b>
<b>Dessert</b>	Yoghurt & Fruit	Oaty Cookie & Fruit	Fruit Muffin & Fruit	Fruit Platter	Ginger Biscuit & Fruit



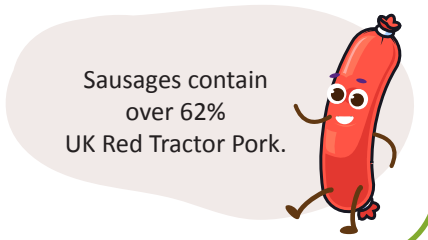
Water or milk available to drink.



H = Homemade  
V = Vegetarian  
Ve = Vegan



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



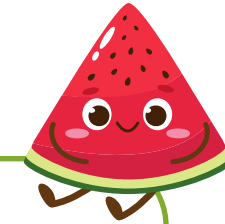
Sausages contain over 62% UK Red Tractor Pork.

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

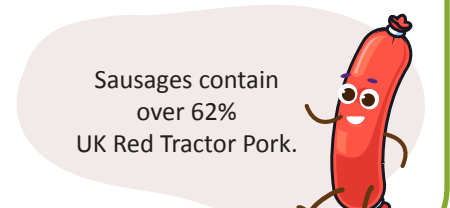
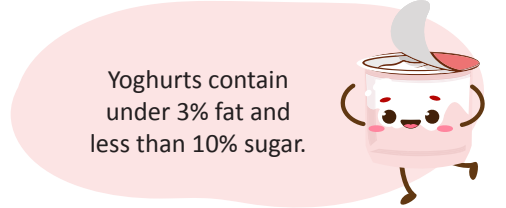
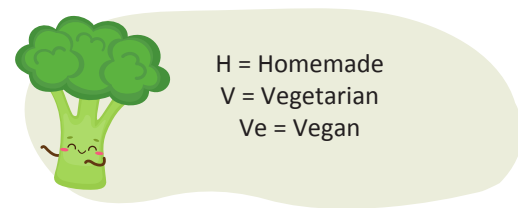
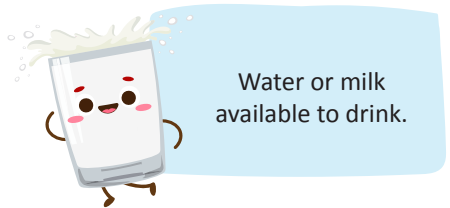
# Single Choice Menu (October - June) for Primary Schools & Early Years

(this menu starts 28th October 2024)

weeks commencing; 4th Nov, 25th Nov, 16th Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 28th Apr, 19th May



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Macaroni Cheese</b> with Garlic Bread & Seasonal Veg/ Salad (H,V)	<b>Mince (Beef) &amp; Mashed Tatties</b> with Seasonal Veg (H)	<b>Cowboy Pie</b> made with Scottish Pork Sausages, Mash & Beans or Seasonal Veg/Salad (H)	Homemade <b>Cheese &amp; Tomato Pizza</b> with Seasonal Veg/Salad (H,V)	Homemade <b>Chicken Burger</b> with Diced Potatoes & Seasonal Veg/ Salad (H)
<b>Dessert</b>	Yoghurt & Fruit	Honey Fruit Sponge & Fruit	Fruit Platter	Ice Cream & Fruit	Oaty Shortbread & Fruit

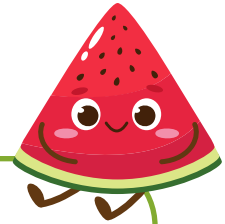


Our food contains no unwanted additives e.g. trans fats, MSG, sweeteners or undesirable food colouring




# Single Choice Menu (October - June) for Primary Schools & Early Years

(this menu starts 28th October 2024)




weeks commencing; 11th Nov, 2nd Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar, 5th May (Hol), 26th May

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Meal</b>	<b>Chicken Goujons</b> with Optional Sauce in a Wrap with Salad	<b>Salmon Bubble Fish &amp; Chips</b> with Seasonal Veg/ Salad	Homemade <b>Chicken Curry &amp; Rice</b> with Garlic Bread & Seasonal Veg/ Salad (H)	<b>Spaghetti Bolognese</b> with Seasonal Veg/Salad (H)	Homemade <b>Cheese Wheel</b> (Pastry, Mash & Cheese) with Seasonal Veg/ Salad (H,V)
<b>Dessert</b>	Yoghurt & Fruit	Apple Cake & Fruit	Fruit Platter	Jelly & Fruit	Flapjack & Fruit




Water or milk available to drink.




H = Homemade  
V = Vegetarian  
Ve = Vegan

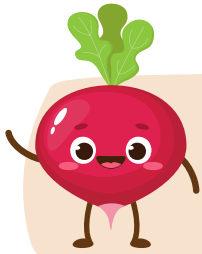
Yoghurts contain under 3% fat and less than 10% sugar.



Sausages contain over 62% UK Red Tractor Pork.



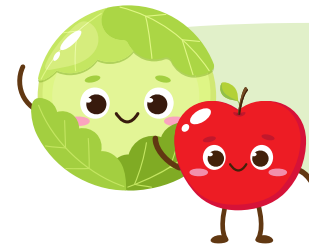
Our food contains no unwanted additives e.g. trans fats, MSG, sweeteners or undesirable food colouring



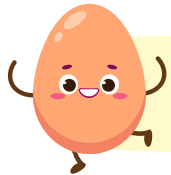
Check with your school if the meals offered are 3 Choice, 2 Choice, Single Choice or Grab & Go Friday menu.  
Supply issues may mean that some meals are changed at short notice, we will attempt to communicate this through your school.



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](http://www.highland.gov.uk/info/878/schools/9/school_meals/2)



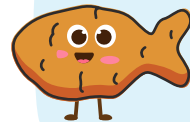
Fruit and Veg are sourced locally where possible.



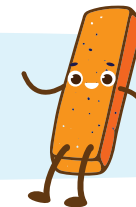
Eggs are local and free range.



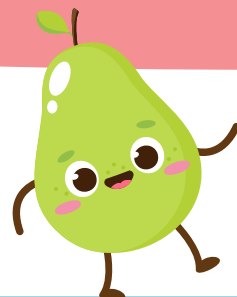
All meat and poultry is UK Farm assured.



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](http://www.highland.gov.uk/info/878/schools/9/school_meals/4)



Contact details  
Email: [cl.catering@highland.gov.uk](mailto:cl.catering@highland.gov.uk)  
Phone: 01463 644102

