

3 Choice Grab & Go Menu (October - June) for Primary Schools & Early Years

(this menu starts 28th October 2024)

Meals are
2 Courses

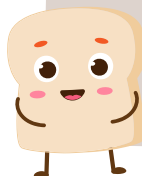
weeks commencing; 28th Oct, 18th Nov, 9th Dec, 6th Jan, 27th Jan, 17th Feb (Hol), 10th Mar, 31st Mar, 21st Apr (Hol), 12th May

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	Breaded Fish & Chips with Seasonal Veg/Salad	Cheese Burger (Beef) with Diced Potatoes & Seasonal Veg/Salad	Homemade Sweet & Sour Chicken & Rice with Seasonal Veg/Salad	Steak Pie & Boiled Potatoes with Seasonal Veg (H)	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake. Filling choices will be - Cheese, Sliced Chicken, Tuna or Egg Mayo. Water is available for those who do not have their own.
Green	Veggie Fried Rice with Optional Curry Sauce & Seasonal Veg/Salad (H,Ve)	Veggie Enchiladas with Seasonal Veg/ Salad (H,V)	Homemade Pizza Baguette with Seasonal Veg/Salad (H,V)	Vegan Hot Dog (Quorn Sausage) with Optional Sauce & Seasonal Veg/Salad (Ve)	
Blue	Homemade Soup with Egg Mayo Sandwich & Seasonal Salad (V)	Homemade Soup with Ham Sandwich & Seasonal Salad	Homemade Soup with Tuna Mayo Sandwich & Seasonal Salad	Homemade Soup with Cheese Sandwich & Seasonal Salad (V)	
Dessert	Yoghurt & Fruit	Oaty Cookie & Fruit	Fruit Muffin & Fruit	Fruit Platter	

Water or milk available to drink.



H = Homemade
V = Vegetarian
Ve = Vegan



Sandwich fillings are in wholemeal bread, rolls or wraps. All breads contain over 3% fibre. All spreads are dairy free.

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

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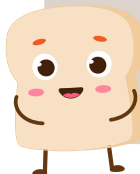
weeks commencing; 4th Nov, 25th Nov, 16th Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar, 28th Apr, 19th May

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	Macaroni Cheese with Garlic Bread & Seasonal Veg/ Salad (H,V)	Mince (Beef) & Mashed Tatties with Seasonal Veg (H)	Homemade Sausage Roll (Pork) with Mashed Potatoes & Baked Beans or Seasonal Veg/Salad (H)	Mild Chilli (Beef) with Rice, Homemade Tortilla Chips & Seasonal Veg/Salad (H)	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake. Filling choices will be - Cheese, Sliced Chicken, Tuna or Egg Mayo. Water is available for those who do not have their own.
Green	Veggie Curry with Rice & Seasonal Veg/Salad (H,Ve)	Quorn Dippers & Chips with Seasonal Veg/Salad (Ve)	Veggie Fajitas with Seasonal Veg/ Salad (H,V)	Cheese & Tomato Pizza with Seasonal Veg/ Salad (V)	
Blue	Homemade Soup with Tuna Mayo Sandwich & Seasonal Salad	Homemade Soup with Cheese Sandwich & Seasonal Salad (V)	Homemade Soup with Ham Sandwich & Seasonal Salad	Homemade Soup with Sliced Chicken Sandwich & Seasonal Salad	
Dessert	Yoghurt & Fruit	Honey Fruit Sponge & Fruit	Fruit Platter	Ice Cream & Fruit	

Water or milk available to drink.



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

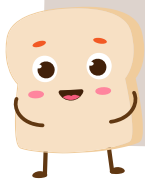
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	Hot Dog (Scottish Pork Sausage) with Optional Sauce & Seasonal Veg/ Salad	Salmon Nibbles & Chips with Seasonal Veg/Salad	Chicken Curry & Rice with Seasonal Veg/Salad	Spaghetti Bolognese with Seasonal Veg/Salad (H)	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake. Filling choices will be - Cheese, Sliced Chicken, Tuna or Egg Mayo. Water is available for those who do not have their own.
Green	Veggie Noodles & Homemade Tortilla Chips , Seasonal Veg/ Salad (H,V)	Macaroni Cheese with Garlic Bread & Seasonal Veg/ Salad (H,V)	Homemade Veggie Burger with Diced Potatoes & Seasonal Veg/ Salad (H,V)	Veggie Sausage Roll with Mash & Beans or Seasonal Veg/Salad (Ve)	
Blue	Homemade Soup with Ham Sandwich & Seasonal Salad	Homemade Soup with Sliced Chicken Sandwich & Seasonal Salad	Homemade Soup with Cheese Sandwich & Seasonal Salad (V)	Homemade Soup with Egg Mayo Sandwich & Seasonal Salad (V)	
Dessert	Yoghurt & Fruit	Apple Cake & Fruit	Fruit Platter	Jelly & Fruit	



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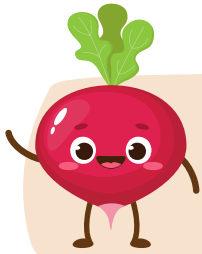
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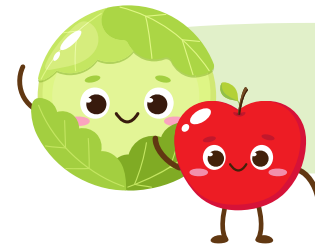
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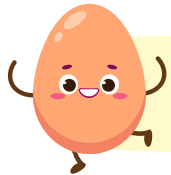
Check with your school if the meals offered are 3 Choice, 2 Choice, Single Choice or Grab & Go Friday menu.
Supply issues may mean that some meals are changed at short notice, we will attempt to communicate this through your school.



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



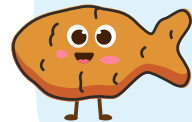
Fruit and Veg are sourced locally where possible.



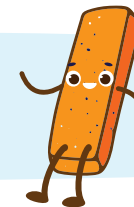
Eggs are local and free range.



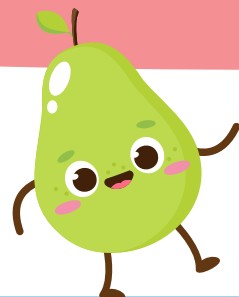
All meat and poultry is UK Farm assured.



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



Contact details
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