

2 Choice Grab & Go 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 *Ve	Roast Beef with Gravy, Yorkshire Pudding & Mashed Potatoes	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake.
Green	Cheese & Tomato Pizza V *Ve	Meat free Meatballs & Tomato Pasta Ve	Baked Potato with Cheese & Coleslaw V	Meat free Sausage Roll with Mash & Beans Ve	Water is available for those who do not have their own.
Dessert	Fruit Yoghurt	Jelly	Oaty Fruit Cookie	Fruit Platter	Filling choices will be as follows - Cheese, Sliced Chicken, Tuna or Egg Mayo.

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 *Ve	Hot Dog Sausage in a Roll	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake.
Green	Fried Rice with Homemade Curry Sauce & Crusty Bread Ve	Vegetable Fajita Ve	Homemade Soup & Chicken Sandwich	Meat free Bolognese with Garlic Bread Ve	Water is available for those who do not have their own.
Dessert	Fruit Platter	Honey Fruit Sponge	Fruit Yoghurt	Chocolate Sponge Cake	Filling choices will be as follows - Cheese, Sliced Chicken, Tuna or Egg Mayo.

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	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake.
Green	Homemade Soup & Cheese Sandwich V	Cheese Wheel V	Baked Potato with Baked Beans Ve	Veggie Curry & Rice Ve	Water is available for those who do not have their own.
Dessert	Fruit Yoghurt	Chocolate & Vanilla Banana Cake	Fruit Platter	Homemade Oaty Shortbread	Filling choices will be as follows - Cheese, Sliced Chicken, Tuna or Egg Mayo.

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.

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

