

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

(this menu starts 2nd June 2025)

Meals are
2 Courses

weeks commencing; 2nd Jun (in-service), 30th Jun, 18th Aug (in-service), 15th Sep (in-service), 27th Oct, 24th Nov, 22nd Dec, 5th Jan (hol), 2nd Feb, 2nd Mar, 30th Mar

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|---|---|---|
| Orange | Fish Fingers & Chips with Seasonal Veg/ Salad | Mince (Beef) & Mashed Tatties with Seasonal Veg (H) | Homemade Sausage Roll (Pork) with Mashed Potato & Beans or Seasonal Veg/ Salad (H) | Spaghetti Bolognese & Garlic Bread with Seasonal Veg/Salad (H) | <p>Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake.</p> <p>Filling choices will be - Cheese, Sliced Chicken, Tuna or Egg Mayo.</p> <p>Water is available for those who do not have their own.</p> |
| Green | Baked Potato with Cheese/Beans & Seasonal Veg/ Salad (H, V) | Macaroni Cheese & Garlic Bread with Seasonal Veg/ Salad (H, V) | Vegan Burger in a Bun with Seasonal Veg/ Salad (Ve) | Homemade Soup with Spanish Omelette & Seasonal Veg/ Salad (H, V) | |
| Blue | Homemade Soup with Cheese & Egg Picnic Platter (V) | Homemade Soup with Tuna Mayo Sandwich & Seasonal Salad | Homemade Soup with Sliced Chicken Sandwich & Seasonal Salad | Homemade Soup with Ham Sandwich & Seasonal Salad | |
| Dessert | Yoghurt & Fruit | Jelly & Fruit | Fruit Platter | Chocolate Cookie | |

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



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

(this menu starts 2nd June 2025)



weeks commencing; 9th Jun, 25th Aug, 22nd Sep, 3rd Nov, 1st Dec, 12th Jan, 9th Feb, 9th Mar

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|---|---|--|--|
| Orange | Gf Pork Meatballs in a Tomato Sauce with Mash & Seasonal Veg/ Salad (H) | Chicken Korma & Rice with Seasonal Veg/Salad | Salmon Fish Fingers* & Chips with Seasonal Veg/ Salad * Salmon Nibbles in ELC | Roast Beef, Gravy, Mash & Yorkshire Pudding* with Seasonal Veg (H) * No Yorkshire Pudding in ELC | 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 | Quorn Sausage Toad in the Hole with Gravy & Mash with Seasonal Veg/Salad (H,V) | Cheesy Lentil Bake & Baked Beans with Seasonal Veg/Salad (H,V) | Cheese and Tomato Pizza & Chips with Seasonal Veg/Salad (V) | Homemade Soup & Cheese Wheel with Seasonal Veg/Salad (H,V) | |
| Blue | Homemade Soup with Cheese & Egg Picnic Platter (V) | Homemade Soup with Tuna Mayo Sandwich & Seasonal Salad | Homemade Soup with Ham Sandwich & Seasonal Salad | Homemade Soup with Sliced Chicken Sandwich & Seasonal Salad | |
| Dessert | Yoghurt & Fruit | Carrot Cake & Fruit | Oat Cookie & Fruit | Fruit Platter | |



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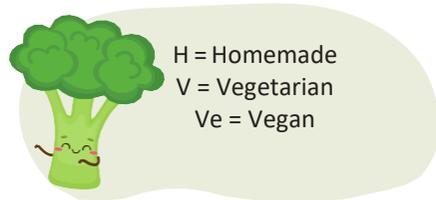


weeks commencing; 16th Jun, 1st Sep, 29th Sep, 10th Nov, 8th Dec, 19th Jan, 16th Feb (hol), 16th Mar

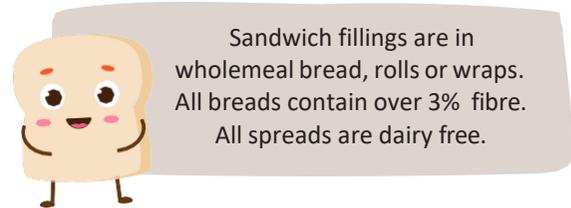
| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|---|--|---|--|--|
| Orange | Breaded Fish* & Chips with Seasonal Veg/Salad * Fish Fingers in ELC | Cheeseburger & Diced Potatoes with Seasonal Veg/Salad | Chicken Fried Rice with Cook's Choice Homemade Sauce & Seasonal Veg/ Salad (H) | Beef Lasagne & Diced Potatoes 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 | Creamy Veg Pearl Barley Risotto & Crusty Bread with Seasonal Veg/Salad (H,V) | Sweet Potato & Coconut Curry with Rice & Seasonal Veg/Salad (H,V) | Macaroni Cheese & Garlic Bread with Seasonal Veg/Salad (H,V) | Vegan Sausage Roll with Mash, Beans & Seasonal Veg/Salad (Ve) | |
| Blue | Homemade Soup with Sliced Chicken Sandwich & Seasonal Salad | Homemade Ham Sandwich & Seasonal Salad | Homemade Soup with Tuna Mayo Sandwich & Seasonal Salad | Homemade Soup with Cheese Sandwich & Seasonal Salad (V) | |
| Dessert | Yoghurt & Fruit | Fruit Platter | Ice Cream & Fruit | Chocolate Brownie & Fruit | |



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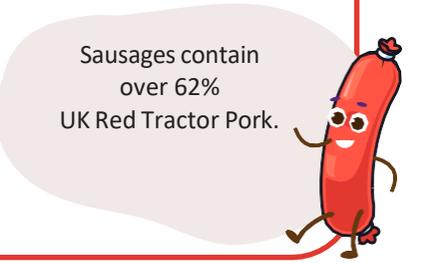
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3 Choice Grab & Go Menu (June - April) for Primary Schools & Early Years

(this menu starts 2nd June 2025)



weeks commencing; 23rd Jun, 8th Sep, 6th Oct, 17th Nov, 15th Dec, 26th Jan, 23rd Feb, 23rd Mar

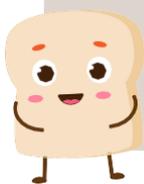
| Week 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------|--|---|---|--|--|
| Orange | Homemade Fishcakes & Chips with Seasonal Veg/ Salad (H) | Pork Sausages in a Hot Dog Roll with Seasonal Veg/Salad | Chicken in Homemade Katsu Curry Sauce with Rice and Seasonal Veg/Salad (H) | Steak Pie & Boiled Potatoes 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 | Quorn Dippers in a Wrap with Seasonal Veg & Salad (Ve) | Kitchari Rice & Peas with Crusty Bread with Seasonal Veg/Salad (H, Ve) | Vegetarian Lasagne & Crusty Bread with Seasonal Veg/Salad (H, V) | Pizza Baguette & Diced Potatoes with Seasonal Veg/ Salad (H, V) | |
| Blue | Homemade Soup with Cheese Sandwich & Seasonal Salad (V) | Homemade Soup with Tuna Mayo Sandwich & Seasonal Salad | Homemade Soup with Cheese & Egg Picnic Platter & Seasonal Salad (V) | Homemade Soup with Ham Sandwich & Seasonal Salad (V) | |
| Dessert | Yoghurt & Fruit | Lemon Drizzle Cake & Fruit | Coconut Biscuit | Fruit Platter | |



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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.



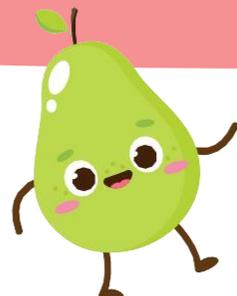
All meat and poultry is UK Farm assured.



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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