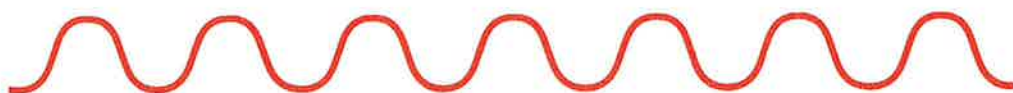




PRIMARY SCHOOL MENU

2021 - 2022



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Cheese and Crackers / Fresh Fruit	Chicken and Rice Soup with Bread/Roll / Yoghurt Fresh Fruit	Homemade Shortbread Biscuit Fresh Fruit	Watermelon / Apple Sponge and Custard Fresh Fruit	Lentil Soup with Bread/ Roll (v) / Yoghurt Fresh Fruit
Main Course 1	Beef Burger in a Bun	Roast Chicken with Gravy and Yorkshire Pudding	Homemade Scottish Steak Pie	Pork Stir Fry	Breaded Fish
Main Course 2	Homemade Tomato Pasta Bake (v)	Baked Potato with a Choice of Fillings (v)	Quorn Sausage and Gravy (v)	Homemade Macaroni Cheese (v)	Vegetable Curry (v)
Also Available	Potato Wedges Garlic Bread Peas Carrots Salad Selection	Duchess Potatoes Pitta Bread Broccoli Baked Beans Salad Selection	Mashed Potatoes Carrots Cabbage Salad Selection	Noodles Garlic Bread Green Beans Cherry Tomatoes Salad Selection	Chips Boiled Rice Peas Sweetcorn Salad Selection

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Egg Mayonnaise / Yoghurt Fresh Fruit	Lentil Soup with Bread Roll (v) / Fresh Fruit	Berry Cookie Fresh Fruit	Homemade Tiffin Fresh Fruit	Chicken Noodle Soup with Bread/Roll / Ice-Cream with Fresh Fruit Salad
Main Course 1	Chicken Pie	Beef Tacos	Sausage and Gravy	Breaded Chicken Grill	Salmon Fish Fingers Breaded Fish
Main Course 2	Pizza (v)	Veggie Balls with Tomato Sauce (v)	Tomato Pasta (v)	Potato and Chickpea Curry (v)	Baked Potato with a Choice of Fillings (v)
Also Available	Baby Boiled Potatoes Roasted Vegetables Green Beans Salad Selection	Diced Potatoes Carrots Cherry Tomatoes Salad Selection	Mashed Potatoes Garlic Bread Broccoli Baked Beans Salad Selection	Duchess Potatoes Rice Pitta Bread Sweetcorn Coleslaw Salad Selection	Chips Peas Broccoli Salad Selection


Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Tomato Soup with Bread/Roll (v) / Yoghurt Fresh Fruit	Ice-Cream and Fresh Fruit Salad	Chicken Noodle Soup with Bread/Roll / Fresh Fruit	Lentil Soup with Bread/Roll (v) / Yoghurt Fresh Fruit	Homemade Oatie Biscuit Fresh Fruit
Main Course 1	Breaded Chicken Goujons	Scottish Savoury Mince Cobbler	Homemade Scottish Steak Pie	Chicken and Sweet Potato Curry	Breaded Fish
Main Course 2	Homemade Macaroni Cheese (v)	Omelette with a Variety of Fillings (v)	Ploughman's Lunch Picking Plate (v)	Baked Potato with a Choice of Fillings (v)	Quorn Dippers in a Wrap (v)
Also Available	Saute Potatoes Veggie Sticks Carrots Salad Selection	Mashed Potatoes Potato Wedges Garlic Bread Roasted Vegetables Sweetcorn Salad Selection	Baby Boiled Potatoes Broccoli Puree of Turnip Salad Selection	Boiled Rice Pitta Bread Green Beans Mixed Vegetables Salad Selection	Chips Peas Broccoli Salad Selection

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Corn on the Cob (v) / Fresh Fruit	Lentil Soup with Bread/Roll (v) / Yoghurt Fresh Fruit	Vegetable Soup with Bread/Roll / Yoghurt Fresh Fruit	Caramel Shortcake Fresh Fruit	Bruschetta (v) / Ice-Cream and Fresh Fruit Salad
Main Course 1	Chicken Fajitas	Spaghetti Bolognese	Beef Meatballs in Gravy	BBQ Chicken Fillet on a Ciabatta Roll	Fish Fingers Salmon Fish Fingers
Main Course 2	Pizza (v)	Baked Potato with Fillings (v)	Homemade Vegetable Lasagne (v)	Quorn Chilli (v)	Veggie Burger (v)
Also Available	Duchess Potatoes Cherry Tomatoes Broccoli Salad Selection	Spaghetti Baked Beans Carrots Salad Selection	Baby Boiled Potatoes Garlic Bread Roasted Vegetables Green Beans Salad Selection	Diced Potatoes Boiled Rice Broccoli Veggie Sticks Salad Selection	Chips Peas Sweetcorn Salad Selection

DID YOU KNOW.....

All pupils in Primary 1 - Primary 4 are now entitled to a free school meal, and from January 2022 pupils in P5 will also be entitled to a meal.

For more information, please contact the school office, or visit the website.

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- All eggs are free range
 - All fish are Marine Stewardship Council Certified
 - All beef served is Scottish and all meat and poultry is UK Farm Assured



ALLERGIES AND SPECIAL DIETS

If your child has a food allergy, please notify the school. All catering managers are trained on allergy awareness, and every effort will be made to accommodate your child's needs. Full allergy and recipe information is available for all dishes at www.argyll-bute.gov.uk/primary-school-meals-menu



**A TWO COURSE MEAL IS
£2.30**

**WATER AND MILK IS
AVAILABLE FREE OF
CHARGE WITH LUNCH**



Full details about our school meals can be found on the Council's website at www.argyll-bute.gov.uk/education-and-learning/school-meals

This menu is compliant with The Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020. This ensures more access to fruit and vegetables, reduction in sugar, red and red processed meat and ensures our children and young people have access to an appropriate amount of nutrients such as iron and vitamins.

The menu meets the standard required by the Soil Association Food for Life Catering Mark Bronze Award, which promotes freshly made, sustainable and farm assured meals.



WE WELCOME ANY FEEDBACK YOU MAY HAVE.

If you have any suggestions or require any information, please visit our website or contact us at catering@argyll-bute.gov.uk