

DID YOU KNOW...

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

The menu is designed largely by pupils, through consultation with them. We run a programme of Pupil Focus Groups, to ensure that pupils are able to contribute to the menu's development, and it also gives them an understanding of having a balanced choice. Teaching staff, catering staff, and parents have also contributed to its development.

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



A selection of fresh fruit is available every day

Yoghurt is always available as an alternative dessert

Bread, carbohydrate selection, seasonal vegetables and a salad selection is available every day

We welcome any feedback you may have: if you have any suggestions, or require any information, please visit our website or contact us catering@argyll-bute.gov.uk

Where there is a choice, pupils can choose to have either a starter and main course, or a main course and a dessert. Some larger schools may have baked potatoes available every day.

There may be occasions where a school changes a dish, to suit the needs of their pupils. If your school is making any substitutions, they will let you know.

A school meal costs £2.20

Water is available, and milk can be purchased: 10p for 189ml

Allergies and Special Diets:

If your child has requires a special diet, please contact the school office and complete a Special Diet Request Form. 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

All eggs are free range

All fish served is Marine Stewardship Council certified

All beef served is Scottish and all meat and poultry is UK Farm Assured * except haggis

All pupils in Primary 1 - Primary 3 are now entitled to a free school meal.

For more information, please contact the school





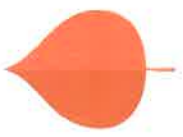



Primary School Menu

Autumn-Winter

2019/20



	Week One	Week Two	Week Three
Monday	<p>Soup of the Day</p> <p>Chicken Curry</p> <p>Or Homemade Macaroni Cheese (v)</p> <p>Selection of Fruit and Yoghurt</p> 	<p>Soup of the Day</p> <p>Tomato and Cheese Pizza with Peppers (v)</p> <p>Or Beef Meatballs in Gravy</p> <p>Winter Fruit Salad</p> 	<p>Soup of the Day</p> <p>Breaded Goujons in a Wrap</p> <p>Or Quorn Meatballs (v)</p> <p>Ice Cream and Fruit</p> 
Tuesday	<p>Soup of the Day</p> <p>Selection of Toasties/Panini's and Soup (v)</p> <p>Or Pork Sausage and Potato Bake and Gravy</p> <p>Ice Cream and Fruit</p>	<p>Theme Day!</p>	<p>Red Pepper and Tomato Dip with Pitta Bread</p> <p>Margherita Pizza (v)</p> <p>Or Homemade Beef Lasagne</p> <p>Winter Fruit Salad</p>
Wednesday	<p>Bruschetta</p> <p>Vegetable Fried Rice (v)</p> <p>Or Haggis, Neeps and Tatties</p> <p>Winter Fruit Salad</p>	<p>Soup of the Day</p> <p>Homemade Macaroni Cheese (v)</p> <p>Or Toad in the Hole</p> <p>Ice Cream and Fruit</p> 	<p>Soup of the Day</p> <p>Roast Chicken, Gravy and Yorkshire Pudding</p> <p>Or Veggie Fingers (v)</p> <p>Selection of Fruit and Yoghurt</p>
Thursday	<p>Homemade Steak Pie</p> <p>Or Quorn Dippers (v)</p> <p>Homemade Apple Sponge and Custard</p>	<p>Soup of the Day</p> <p>Spaghetti Bolognese</p> <p>Or Vegetarian Fajita (v)</p> <p>Selection of Fruit and Yoghurt</p>	<p>Gammon Steak</p> <p>Or Vegetable Enchilada's (v)</p> <p>Homemade Apple Crumble and Custard</p>
Friday	<p>Soup of the Day</p> <p>Breaded Fish</p> <p>Or Pasta Carbonara</p> <p>Orange Slices</p> 	<p>Spring Rolls</p> <p>Breaded Fish Fingers</p> <p>Or Homemade Quiche (v)</p> <p>Cheese and Oatcakes</p> 	<p>Soup of the Day</p> <p>Salmon</p> <p>Or Beef or Quorn Burger (v)</p> <p>Fruit Cupcake</p> 