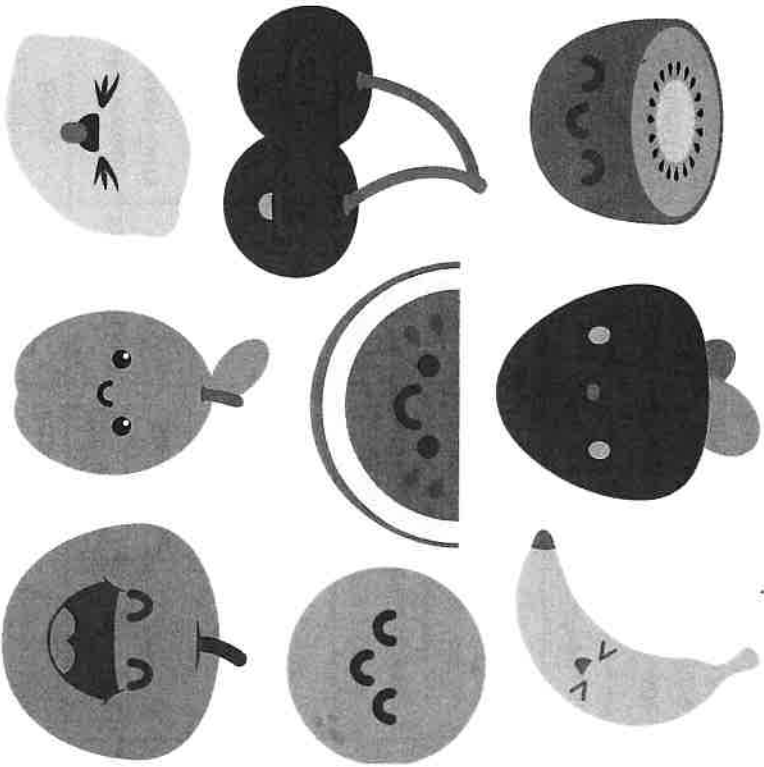




Primary School Menu 2021-2022



DID YOU KNOW...

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

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



A two course meal is £2.30.
Water is available, and milk can be purchased for 10p

Allergies and Special Diets

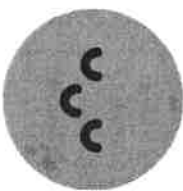
If your child has a food allergy, please notify the school. All catering managers are trained on allergy awareness, and every effort will be made to accommodate your child's needs. Full allergy and recipe information is available for all dishes at www.argyll-bute.gov.uk/primary-school-meals-menu

We Welcome Feedback you may have. If you have any suggestions or require any information, please visit our website or contact us on Catering@argyll-bute.gov.uk



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



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 Catering Mark Bronze Award, which promotes freshly made, sustainable and farm assured meals.



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Tomato Soup (v)/ Fresh Fruit Bowls	Yoghurt and Fresh Fruit Bowls	Homemade Lentil Soup (v)/ Fresh Fruit Bowls	Watermelon/ Apple Sponge and Custard	Homemade Lentil Soup (v)/ Fresh Fruit Bowls
Main Course 1	Homemade Chicken Curry	Roast Chicken with Gravy	Homemade Scottish Steak Pie	Chicken Fried Rice	Breaded Fish/ Fish Fingers
Main Course 2	Pasta Shells with Spicy Tomato Sauce (v)	Homemade Macaroni Cheese (v)	Homemade Vegetable Pie (v)	Homemade Vegetable Lasagne (v)	Homemade Vegetable Curry (v)
Also Available	Boiled Rice Pitta Bread Peas Water/Milk (top)	Potato Wedges Garlic Bread Broccoli Stir Fry Vegetables Water/Milk (top)	Mashed Potatoes Fresh Bread Puree of Carrot and Turnip Water/Milk (top)	Diced Potatoes Sweetcorn Water/Milk (top)	Chips Peas Baked Beans Water/Milk (top)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Corn on the Cob (v)/ Fresh Fruit Bowls	Homemade Lentil Soup (v)/ Fresh Fruit Bowls	Homemade Berry Cookie and Fresh Fruit Bowls	Homemade Lentil Soup (v)/ Fresh Fruit Bowls	Homemade Chicken Noodle Soup/ Fresh Fruit Bowls
Main Course 1	Homemade Chicken Pie	Homemade Scottish Mince Cobbler	Homemade Sausage Casserole	Homemade Chicken Korma	Breaded Fish/ Fish Fingers in a Tortilla Wrap
Main Course 2	Bean Quorn Hotpot (v)	Tomato and Basil Pasta (v)	Homemade Potato and Chickpea Curry (v)	Homemade Pizza and Pasta (v)	Homemade Lentil Bolognese (v)
Also Available	Saute Potatoes Fresh Bread Roast Vegetables Water/Milk (top)	Mashed Potatoes Garlic Bread Carrots Cucumber Water/Milk (top)	Duchesse Potatoes Boiled Rice Broccoli Carrots Water/Milk (top)	Boiled Rice Pitta Bread Sweetcorn Tomato and Pepper Salsa Water/Milk (top)	Chips Peas Broccoli Water/Milk (top)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Tomato Soup (v)/ Fresh Fruit Bowls	Ice-Cream and Fresh Fruit Bowls	Homemade Cream of Chicken Soup / Fresh Fruit Bowls	Homemade Lentil Soup (v)/ Fresh Fruit Bowls	Yoghurt and Fresh Fruit Bowls
Main Course 1	Tuna Rainbow Salad	Chicken Schnitzel	Homemade Scottish Steak Pie	Homemade Chicken and Sweet Potato Curry	Breaded Fish
Main Course 2	Homemade Macaroni Cheese (v)	Homemade Potato and Baked Bean Pie (v)	Homemade Vegetable Curry (v)	Tomato and Basil Pasta (v)	Homemade Vegetable Lasagne (v)
Also Available	Garlic Bread Carrots Sweetcorn Water/Milk (top)	Baby Boiled Potatoes Roasted Vegetables Coleslaw Water/Milk (top)	Mashed Potatoes Boiled Rice Broccoli Turnip Water/Milk (top)	Boiled Rice Garlic Bread Green Beans Fresh Tomato and Onion Salsa Water/Milk (top)	Chips Peas Broccoli Water/Milk (top)

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Corn on the Cob (v)/ Fresh Fruit Bowls	Homemade Lentil Soup (v)/ Fresh Fruit Bowls	Homemade Chicken Noodle Soup/ Fresh Fruit Bowls	Homemade Yellow Split Pea Soup (v)/ Fresh Fruit Bowls	Bruschetta (v)/Yoghurt and Fresh Fruit Bowls
Main Course 1	Meatballs in Gravy with Yorkshire Pudding	Homemade Spaghetti Bolognese	BBO Chicken Fillet on a Ciabatta Roll	Paprika Chicken with Tagliatelle	Breaded Fish/Salmon Fish Fingers
Main Course 2	Homemade Pizza and Pasta (v)	Homemade Leek and Potato Bake (v)	Homemade Macaroni Cheese (v)	Ploughman's Lunch (v)	Baked Potato with Fillings (v)
Also Available	Mashed Potatoes Fresh Bread Carrots Broccoli Water/Milk (top)	Side Salad of Greens Garlic Bread Peas Carrots Water/Milk (top)	Duchess Potatoes Broccoli Tomatoes Water/Milk (top)	Seasonal Mixed Salad Roast Vegetables Water/Milk (top)	Chips Fresh Bread Peas Sweetcorn Water/Milk (top)