

# 3 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
<b>Orange</b>	Salmon Nibbles in a Wrap with Marie Rose Sauce	Cheese Burger & Diced Potatoes	Chicken Curry & Rice	Roast Beef with Gravy, Yorkshire Pudding & Mashed Potatoes	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake.  Water is available for those who do not have their own.  Filling choices will be as follows - Cheese, Sliced Chicken, Tuna or Egg Mayo.
<b>Green</b>	Cheese & Tomato Pizza <i>V *Ve</i>	Meat free Meatballs & Tomato Pasta <i>Ve</i>	Veggie Noodles & Crusty Bread <i>Ve</i>	Meat free Sausage Roll with Mash & Beans <i>Ve</i>	
<b>Blue</b>	Baked Potato with Ham & Coleslaw	Homemade Soup with Tuna Mayo & Sweetcorn Sandwich	Baked Potato with Cheese & Coleslaw <i>V</i>	Homemade Soup with Chicken Sandwich	
<b>Dessert</b>	Fruit Yoghurt	Jelly	Oaty Fruit Cookie	Fruit Platter	

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
<b>Orange</b>	Macaroni Cheese with Cauliflower & Crusty Bread <i>V</i>	Breaded Fish & Chips	Steak & Vegetable Pie with Mashed Potatoes	Hot Dog Sausage in a Roll	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake.  Water is available for those who do not have their own.  Filling choices will be as follows - Cheese, Sliced Chicken, Tuna or Egg Mayo.
<b>Green</b>	Fried Rice with Homemade Curry Sauce & Crusty Bread <i>Ve</i>	Vegetable Fajita <i>Ve</i>	Quorn Sausage with Gravy & Mashed Potatoes <i>Ve</i>	Meat free Bolognese with Garlic Bread <i>Ve</i>	
<b>Blue</b>	Baked Potato with Cheese & Coleslaw <i>V</i>	Homemade Soup with Tuna Mayo Sandwich	Homemade Soup with Chicken Sandwich	Homemade Soup with Ham Sandwich	
<b>Dessert</b>	Fruit Platter	Honey Fruit Sponge	Fruit Yoghurt	Chocolate Sponge Cake	

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
<b>Orange</b>	Breaded Fish & Chips	Mince & Mashed Potatoes <i>*Ve</i>	Homemade Cheese & Tomato Pizza <i>V *Ve</i>	Pasta Bolognese	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake.  Water is available for those who do not have their own.  Filling choices will be as follows - Cheese, Sliced Chicken, Tuna or Egg Mayo.
<b>Green</b>	Veggie Melt Wrap & Chips <i>V *Ve</i>	Cheese Wheel <i>V</i>	Macaroni Cheese & Crusty Bread <i>V</i>	Veggie Curry & Rice <i>Ve</i>	
<b>Blue</b>	Homemade Soup with Cheese Sandwich <i>V</i>	Homemade Soup with Chicken Sandwich	Baked Potato with Baked Beans <i>Ve</i>	Homemade Soup with Ham Sandwich	
<b>Dessert</b>	Fruit Yoghurt	Chocolate & Vanilla Banana Cake	Fruit Platter	Homemade Oaty Shortbread	

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](http://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.

- V* = Vegetarian
- Ve* = Vegan
- \*Ve* = can be pre-ordered and made Vegan

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](mailto: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](http://www.highland.gov.uk/info/878/schools/9/school_meals/4)

