



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

(this menu starts 28th October 2024)



Weeks commencing 28th October, 18th November, 9th December, 6th January, 27th January, 17th February (Hol), 10th March, 31st March

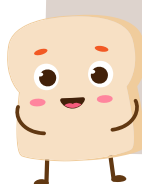
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	<b>Breaded Fish &amp; Chips</b> with Seasonal Veg/Salad	<b>Cheese Burger</b> (Beef) with Diced Potatoes & Seasonal Veg/Salad	Homemade <b>Sweet &amp; Sour Chicken</b> & Rice with Seasonal Veg/Salad	<b>Steak Pie</b> & Boiled Potatoes with Seasonal Veg (H)	<b>Grab &amp; Go Lunch</b> contains <b>Sandwiches, Veg Sticks, Fruit &amp; a Traybake.</b>  <b>Filling choices</b> will be - <b>Cheese, Sliced Chicken, Tuna or Egg Mayo.</b>  Water is available for those who do not have their own.
Green	<b>Veggie Fried Rice</b> with Optional Curry Sauce & Seasonal Veg/Salad (H,Ve)	<b>Veggie Enchiladas</b> with Seasonal Veg/ Salad (H,V)	Homemade <b>Pizza Baguette</b> with Seasonal Veg/Salad (H,V)	<b>Vegan Hot Dog</b> (Quorn Sausage) with Optional Sauce & Seasonal Veg/Salad (Ve)	
Blue	Homemade Soup with <b>Egg Mayo Sandwich</b> & Seasonal Salad (V)	Homemade Soup with <b>Ham Sandwich</b> & Seasonal Salad	Homemade Soup with <b>Tuna Mayo Sandwich</b> & Seasonal Salad	Homemade Soup with <b>Cheese Sandwich</b> & Seasonal Salad (V)	
Dessert	Yoghurt & Fruit	Oaty Cookie & Fruit	Fruit Muffin & Fruit	Fruit Platter	



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



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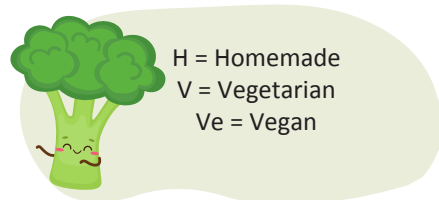


Weeks commencing 4th November, 25th November, 16th December, 13th January, 3rd February, 24th February, 17th March

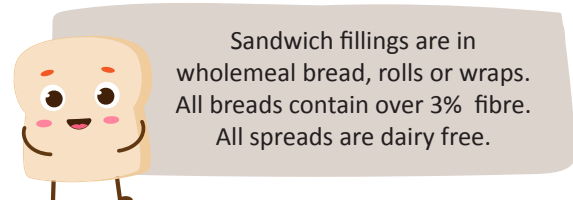
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	<b>Macaroni Cheese</b> with Garlic Bread & Seasonal Veg/ Salad (H,V)	<b>Mince</b> (Beef) & Mashed Tatties with Seasonal Veg (H)	<b>Homemade Sausage Roll</b> (Pork) with Mashed Potatoes & Baked Beans or Seasonal Veg/Salad (H)	<b>Mild Chilli</b> (Beef) with Rice, Homemade Tortilla Chips & Seasonal Veg/Salad (H)	<b>Grab &amp; Go Lunch contains Sandwiches, Veg Sticks, Fruit &amp; a Traybake.</b>  Filling choices will be - Cheese, Sliced Chicken, Tuna or Egg Mayo.  Water is available for those who do not have their own.
Green	<b>Veggie Curry</b> with Rice & Seasonal Veg/Salad (H,Ve)	<b>Quorn Dippers &amp; Chips</b> with Seasonal Veg/Salad (Ve)	<b>Veggie Fajitas</b> with Seasonal Veg/ Salad (H,V)	<b>Cheese &amp; Tomato Pizza</b> with Seasonal Veg/ Salad (V)	
Blue	Homemade Soup with <b>Tuna Mayo Sandwich</b> & Seasonal Salad	Homemade Soup with <b>Cheese Sandwich</b> & Seasonal Salad (V)	Homemade Soup with <b>Ham Sandwich</b> & Seasonal Salad	Homemade Soup with <b>Sliced Chicken Sandwich</b> & Seasonal Salad	
Dessert	Yoghurt & Fruit	Honey Fruit Sponge & Fruit	Fruit Platter	Ice Cream & Fruit	



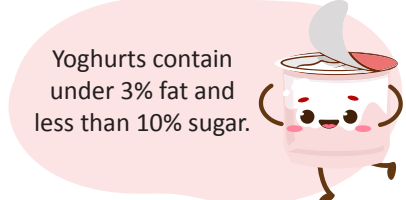
Water or milk available to drink.



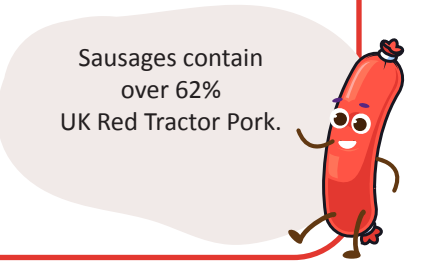
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Sandwich fillings are in wholemeal bread, rolls or wraps. All breads contain over 3% fibre. All spreads are dairy free.



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 (October - April) for Primary Schools & Early Years

(this menu start 28th October 2024)



Weeks commencing 11th November, 2nd December, 20th January, 10th February, 3rd March, 24th March

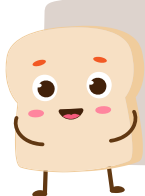
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Orange	<b>Hot Dog</b> (Scottish Pork Sausage) with Optional Sauce & Seasonal Veg/ Salad	<b>Salmon Nibbles &amp;</b> Chips with Seasonal Veg/Salad	<b>Chicken Curry &amp;</b> Rice with Seasonal Veg/Salad	<b>Spaghetti Bolognese</b> with Seasonal Veg/Salad (H)	<b>Grab &amp; Go Lunch contains Sandwiches, Veg Sticks, Fruit &amp; a Traybake.</b>  <b>Filling choices will be - Cheese, Sliced Chicken, Tuna or Egg Mayo.</b>  Water is available for those who do not have their own.
Green	<b>Veggie Noodles &amp;</b> Homemade Tortilla Chips, Seasonal Veg/ Salad (H,V)	<b>Macaroni Cheese</b> with Garlic Bread & Seasonal Veg/ Salad (H,V)	Homemade <b>Veggie Burger</b> with Diced Potatoes & Seasonal Veg/ Salad (H,V)	<b>Veggie Sausage Roll</b> with Mash & Beans or Seasonal Veg/Salad (Ve)	
Blue	Homemade Soup with <b>Ham Sandwich &amp;</b> Seasonal Salad	Homemade Soup with <b>Sliced Chicken Sandwich &amp;</b> Seasonal Salad	Homemade Soup with <b>Cheese Sandwich &amp;</b> Seasonal Salad (V)	Homemade Soup with <b>Egg Mayo Sandwich &amp;</b> Seasonal Salad (V)	
Dessert	<b>Yoghurt &amp;</b> Fruit	<b>Apple Cake &amp;</b> Fruit	<b>Fruit Platter</b>	<b>Jelly &amp;</b> Fruit	



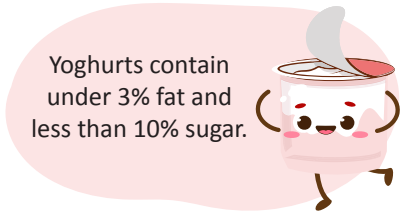
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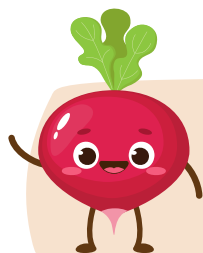


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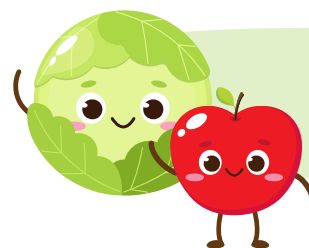
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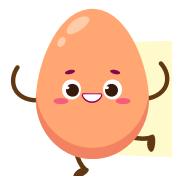
Check with your school if the meals offered are 3 Choice, 2 Choice, Single Choice or Grab & Go Friday menu.  
Supply issues may mean that some meals are changed at short notice, we will attempt to communicate this through your school.



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](http://www.highland.gov.uk/info/878/schools/9/school_meals/2)



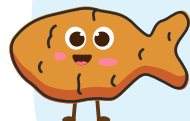
Fruit and Veg are sourced locally  
where possible.



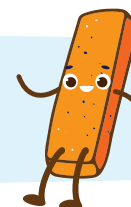
Eggs are local and free range.



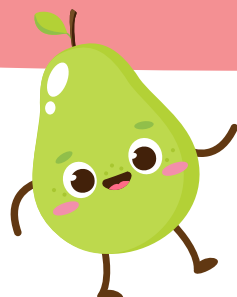
All meat and poultry is UK Farm assured.



Our salmon and white fish is certified  
by Marine Stewardship Council.



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)



Contact details  
Email: [cl.catering@highland.gov.uk](mailto:cl.catering@highland.gov.uk)  
Phone: 01463 644102

