

School meals across the Highlands continue to give excellent value for money. All pupils can have 2 courses, bread and a drink. These lunches provide pupils with energy, vitamins and minerals to support growth & learning. The menus are nutritionally analysed and meet Scottish Government requirements.



All our school cooks tell us their pupils likes and dislikes. We base our menus on the popular choices.

This new summer menu offers a great choice. It includes favourites such as Fish Fillet Fingers, Roast Beef, Spaghetti Bolognese and Fish & Chips, along side lighter dishes like BBQ Pitta Pockets, Pizza & Jacket Potatoes. For dessert, choices include homemade muffins, ice cream and jelly. Fresh fruit and yoghurt are

available every day. A selection of bread and a drink (milk, water or pure fruit juice) are included with all meals.

We hold the Food for Life Bronze Award for serving meals that are good for children and good for the climate: freshly prepared, free range eggs, farm assured meat, no hydrogenated fats or GM products and a meat free day.

We are also able to cater for special diets. If your child is prescribed a special diet, you

must contact your school office and ask for a special diet request form.

We hope that your children enjoy this menu!

Please contact the Highland Council Catering Team for further information or comment:

- ecscatering@highland.gov.uk
- Ruthven House, Drummond Road, Inverness, IV2 4NZ.
- 01463 663340

WEEK 1 OPTIONS

Monday*	Veggie Sausage in Gravy & Potato Dice
Tuesday*	Shepherdess Pie or Soup & Sandwich
Wednesday	Cheese & Tomato Pizza & Garlic Slice
Thursday*	Spicy Bean Bar & Roast Potatoes
Friday	Cheesy Baked Potato

WEEK 2 OPTIONS

Monday	Macaroni Cheese
Tuesday*	BBQ Quorn Pitta Pocket
Wednesday	Cheese Salad Baguette
Thursday*	Lentil Burger & Roast Potatoes
Friday*	Sweet & Sour Vegetables & Rice

WEEK 3 OPTIONS

Monday	Pizza & Crusty Bread
Tuesday*	Quorn Mince & Tatties
Wednesday	Soup 'n Egg or Cheese Sandwich
Thursday*	Veggie Sausage & Mash
Friday*	Free Range Egg/Omlette & Chips

WEEK 4 OPTIONS

Monday*	Quorn Bolognese & Spaghetti
Tuesday	Macaroni Cheese or Veggie Curry & Rice
Wednesday*	Veggie Burger in a Roll
Thursday*	Roasted Vegetable Puff & Potatoes
Friday*	Veggie Hot Dog & Wedges

MEALS FOR VEGETARIAN PUPILS

All main courses which are suitable for vegetarian pupils are marked with a (v) on the main menu. On days marked with a* pupils who require a vegetarian option must inform the catering staff in advance, as these are not prepared for non vegetarian pupils.



Highland Council Catering Service
Primary School Menus
Clàran-bidh Bun-sgoile

BE COOL!
 Have your lunch at school!

Spring/Summer 2012



SMART LIFESTYLE **SPRING/SUMMER 2012**



MON

TUE

WED

THUR

FRI

MON

TUE

WED

THUR

FRI

WEEK 1

Week 1: 16th April (school closed), 14th May, 11th June, 20th August, 17th September

* Chicken Fillet Bites
Sausages in Gravy
Potato Dice
Seasonal Vegetable & Salad Selection
Mini Milk Lolly

Shepherd's Pie
Soup 'n Sandwich (v)
Baked Beans
Seasonal Vegetable & Salad Selection
Fruit Muffin

Pizza with Garlic Slice (v)
Chicken Korma & Rice
Seasonal Vegetable & Salad Selection
Ice Cream & Fruit

* Roast Beef
Fishcake**
Roast Potatoes
Seasonal Vegetable & Salad Selection
Fruity Flapjack

Fish & Chips
Cheesy Baked Potato(v)
Seasonal Vegetable & Salad Selection
Fresh Fruit Salad

WEEK 2

Week 2: 23rd April, 21st May, 18th June, 27th August, 24th September

Macaroni Cheese (v)
100% Beef or Venison
Burger in a Roll
Seasonal Vegetable & Salad Selection
Banoffee Muffin Traybake

* Fish Fingers & Potato Wedges
BBQ Chicken Pitta Pocket
Seasonal Vegetable & Salad Selection
Iced Carrot Cake

Spaghetti Bolognese
Cheese Baguette (v)
Seasonal Vegetable & Salad Selection
Fruit Crumble & Custard

* Roast Pork
Salmon Nibbles** & Ketchup
Roast Potatoes
Seasonal Vegetable & Salad Selection
Jelly Delight (v)

* Sweet & Sour Chicken & Rice
Sausage Roll Plait
Spaghetti Hoops
Seasonal Veg & Salad Selection
Fruit Sorbet & Shortbread

WEEK 3

Week 3: 30th April, 28th May, 25th June, 3rd September, 1st October

Pizza with Crusty Bread (v)
Jacket Potato & Tuna
Seasonal Vegetable & Salad Selection
Ice Cream & Berry Sauce

* Minced Beef
Salmon Kebab
Potatoes
Seasonal Vegetable & Salad Selection
Toffee Apple Muffin

Soup 'n Sandwich (v)
Chicken Fillet Bites
Savoury Rice
Seasonal Veg & Salad Selection
Lemon Drizzle Sponge & Custard

* Steak Pie
Pork Sausages
Mashed Potatoes
Baked Beans
Seasonal Veg & Salad Selection
Pears & Chocolate Sauce

* Fish
Chicken Burger in a Bun
Chips
Seasonal Veg & Salad Selection
Melon, Grape & Orange Salad

WEEK 4

Week 4: 7th May (school closed), 4th June (school closed), 13th August (school closed), 10th September

* Pasta Bolognese
Tuna Mayonnaise Wrap
Seasonal Vegetable & Salad Selection
Rice Pudding & Fruit

Macaroni Cheese (v)
Veggie Curry & Rice (v)
Seasonal Vegetable & Salad Selection
Jelly (v) Fruit & Cream

* 100% Beef or Venison
Burger in a Roll
Chicken Stir Fry & Noodles
Seasonal Vegetable & Salad Selection
Gingerbread & Custard

* Chicken Pie
Salmon Nibbles** & Ketchup
Potatoes
Seasonal Vegetable & Salad Selection
Angel Delight & Fruit

* Fish Fingers
Hot Dog Roll
Potato Wedges
Seasonal Veg & Salad Selection
Cook's Homebake & Milkshake

(v)=Vegetarian * Vegetarian meal on request. **MSC Certified Fish Products. A selection of bread is served with meals everyday. Fresh fruit & yoghurt offered as an alternative to dessert. Milk, juice & water served with meals everyday.