

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Cheese and Crackers/ Yoghurt	Homemade Custard Creams	Homemade Lentil Soup/ Yoghurt	Homemade Chocolate and Cinnamon Shortbread	Homemade Tomato Soup/ Yoghurt
Main Course 1	Grilled Sausage, Beans and Mash	BBQ Chicken Fillet in a Ciabatta Roll with Potato Wedges and Roast Vegetables	Scottish Beef Lasagne with Garlic Bread and Carrots	Chicken Fajita's with Diced Potatoes and Broccoli	Fish Goujons with Chips and Peas
Main Course 2 (Vegetarian)	Homemade Chickpea Curry with rice, Pitta Bread and Sweetcorn	Homemade Mediterranean Vegetable Bake with Potato Wedges and Mixed Salad	Veggie Sausage Rolls with Garlic Bread and Carrots	Hunter Style Vegetarian Fillets with Diced Potatoes and Broccoli	Homemade Tomato Pasta with Chips and Peas

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Lentil Soup/ Yoghurt	Homemade Shortbread Biscuit	Homemade Vegetable Soup/Yoghurt	Homemade Scones	Homemade Potato and Leek Soup/ Yoghurt
Main Course 1	Beef Meatballs in Gravy with Boiled Potatoes and Carrots	Chicken Tikka in Pitta Bread with Duchesse Potatoes and Baked Beans	Scottish Mince with Mashed Potatoes and Mashed Turnips	Homemade Chicken Pie with Potato Wedges and Sweetcorn	Fish Fingers with Chips and Peas
Main Course 2 (Vegetarian)	Fishless fingers with Boiled Potatoes and Carrots	Homemade Macaroni Cheese with Duchesse Potatoes and Mixed Salad	Vegetarian Haggis, Neeps and Tatties	Pizza with Potato Wedges and Sweetcorn	Baked Potato with a Variety of Fillings and Mixed Salad

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Lentil Soup/ Yoghurt	Homemade Jammie Dodgers	Homemade Tomato Soup/ Yoghurt	Homemade Tiffin	Bruschetta/ Yoghurt
Main Course 1	Cod and Salmon Fishcakes with Potato Wedges and Sweetcorn	Toad in the Hole with Mashed Potatoes and Broccoli	Homemade Scottish Steak Pie with Baby Boiled Potatoes and Seasonal Vegetables	Homemade Chicken Curry with Rice, Pitta Bread and Carrots	Breaded Fish with Chips and Peas
Main Course 2 (Vegetarian)	Quorn Dippers in a Wrap with Wedges and Sweetcorn	Homemade Italian Vegetable and Ricotta Bake with Garlic Bread and Broccoli	Veggie Nuggets with Baby Boiled Potatoes and Seasonal Vegetables	Omelette with a Variety of Fillings with Pitta Bread and Carrots	Vegetarian Burger in a Bun with Chips and Peas

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Lentil Soup/ Yoghurt	Homemade Oaty Creams	Homemade Vegetable Soup/Yoghurt	Ice Cream with Homemade Melting Moment Biscuit	Homemade Chicken Noodle Soup/ Yoghurt
Main Course 1	Scottish Beef Burger in a Bun with Potato Wedges and Seasonal Vegetables	Breaded Chicken Goujons with Duchesse Potatoes and Sweetcorn	Homemade Spaghetti Bolognaise with Garlic Bread and Mixed Salad	Roast Chicken with Boiled Potatoes, Gravy, Yorkshire Pudding and Roast Veg	Salmon Fish Fingers with Chips and Peas
Main Course 2 (Vegetarian)	Quorn Sausage with Gravy, Potato Wedges and Seasonal Vegetables	Vegeballs in a Tomato Sauce with Duchesse Potatoes and Sweetcorn	Pizza with Garlic Bread and Mixed Salad	Baked Potato with a Variety of Fillings and Mixed Salad	Homemade Macaroni Cheese with Chips and Peas

Did you know....

A two course meal is
£2.30.

Water and milk is
available

All pupils in Primary 1 - Primary 5 are
now entitled to a free school meal.

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

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 As-
sured

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 Nutri-
tional 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.

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 accom-
modate your child's needs.

Full allergy and recipe infor-
mation is available for all
dishes at [www.argyll-
bute.gov.uk/primary-school-
meals-menu](http://www.argyll-bute.gov.uk/primary-school-meals-menu)

