

All Beef served is Scottish and all Meat & Poultry is UK Farm Assured
* Where possible, Haggis is UK Farm Assured

All fish is Marine Stewardship Council certified

All eggs are free range

Bread, seasonal vegetables and a salad selection is available every day

Yoghurt is always available as an alternative dessert

A selection of fresh fruit is available every day

Water is available, and milk can be purchased: 10p for 200ml

Week 1 Starting
Monday 3rd
November.

Would you like your child to see a dietician?

A team of professionals who specialise in helping people learn about food and health, can be contacted at:

High-UHB.DietitiansDirect@nhs.net

Where there is a choice, pupils can choose to have either a starter and main course, or a main course and a dessert. Some larger schools may have baked potatoes available every day.

There may be occasions where a school changes a dish, to suit the needs of their pupils. If your school is making any substitutions, they will let you know.

All catering staff are trained in food hygiene, hold an Elementary Food Hygiene Certificate, and receive regular refresher training. All kitchens follow HACCP guidance, and comply with environmental health.

The catering staff are also trained in nutrition.

A NOTE TO PARENTS

The menu is designed largely by pupils, through consultation with them. We run a programme of pupil focus groups, to ensure that pupils are able to contribute to the menu's development, and it also gives them an understanding of having a balanced choice. Teaching staff, catering staff and parents have also contributed to its development.

The menu meets the standard required by the Soil Association Catering Mark Bronze Award, which promotes freshly made, sustainable and farm assured meals. Please contact us for more information.

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. We will do our best to accommodate special diets. Further information regarding food allergens is available on request.

All of our menus are compliant with the Nutrition Requirements for Food and Drink in Schools (Scotland) Regulations 2008. You can be assured that all menus are nutritionally balanced and meet the required standards.

We welcome any feedback you may have.

If you have any suggestions, or require any information, please visit our website:

www.argyll-bute.gov.uk

or contact: Christine Boyle, Food and Nutrition Officer.

Tel: 01369 768592 or by email:

Christine.Boyle@argyll-bute.gov.uk

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Lentil Soup		Winter Vegetable Soup		Chicken Noodle Soup
Baguette with a choice of filling with Diced Potatoes & Broccoli	Spaghetti Bolognese with Garlic Bread & Carrots	Sausages & Gravy with Mashed Potatoes & Beans	Roast Beef & Yorkshire Pudding & Roast Potatoes & Mixed Vegetables	Breaded Fish with chips and Peas
	Beef burger in a Bun with Potato Wedges & Carrots	Chicken Stir Fry with Rice		Fish Fingers with Chips and Peas
Homemade Tomato Pasta with Broccoli	Vegetable Burger with Potato Wedges & Carrots	Vegetable Stir Fry with Rice	Vegetable Frittata with Roast Potatoes & Mixed Vegetables	Chicken Salad Wrap
Filled Baked Potato	Filled Baked Potato	Filled Baked Potato	Filled Baked Potato	Breaded Salmon with chips and Peas
Filled Roll	Filled Roll	Filled Roll	Filled Roll	Filled Roll
Gingerbread and Custard	Hot Chocolate & Shortbread	Chocolate Crispie	Apple Crumble & Custard	Homemade Fruit Loaf
All Rolls can be Filled with :-	Cheese, Ham, Tuna Mayonnaise		Yoghurt or Fruit Available Daily instead of the daily dessert	
All Baked Potatoes can be filled with:-	Cheese or Tuna			

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
		Theme Day	Vegetable Broth	Chicken Noodle Soup
Macaroni Cheese with Potato Wedges & Broccoli	Chicken Korma with Rice & Carrots	See Menu Displayed Around The School	Steak Pie With Baby Potatoes & Mixed Vegetables	Breaded Fish with chips and Peas
Ham & Pineapple Pizza with Potato Wedges & Broccoli	Spaghetti Carbonara with Garlic bread & Carrots			Fish Fingers with Chips and Peas
Cheese Pizza with Potato Wedges & Broccoli	Vegetable Korma with Rice & Carrots		Vegetable Risotto	Ravioli with Chips and Peas
Filled Baked Potato	Filled Baked Potato		Filled Baked Potato	
Filled Roll	Filled Roll		Filled Roll	Filled Roll
Chocolate Brownie & Custard	Fruity Flapjack		Ice Cream & Fruit	Carrot Cake & Custard
All Rolls can be Filled with :-	Cheese, Ham, Tuna Mayonnaise		Yoghurt or Fruit Available Daily instead of the daily dessert	
All Baked Potatoes can be filled with:-	Cheese or Tuna			

Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Lentil Soup		Tomato Soup		Chicken Noodle Soup
Chicken Fried Rice	Chicken in Gravy with Mashed Potatoes & Broccoli	Salmon Nibbles with Potato Wedges & carrots	Meatballs in Gravy with Baby Potatoes & Cauliflower Cheese	Breaded Fish with chips and Peas
Omelette with Garlic Bread & Salad		Beefburger in a Bun with Potato Wedges & Carrots	BBQ Chicken Baguette & Salad	Fish Fingers with Chips and Peas
Vegetable Fried Rice	Ratatouille with Pasta & Broccoli	Vegetable Burger with Potato Wedges & Carrots	Cheese Baguette & Salad	Vegetable Enchilada with Chips and Peas
Filled Baked Potato	Filled Baked Potato	Filled Baked Potato	Filled Baked Potato	
Filled Roll	Filled Roll	Filled Roll	Filled Roll	Filled Roll
Autumn Fruit & Custard	Rice Pudding	Banana bread & Custard	Chocolate Cake & Custard	Fruit Scone and Jam
All Rolls can be Filled with :-	Cheese, Ham, Tuna Mayonnaise		Yoghurt or Fruit Available Daily instead of the daily dessert	
All Baked Potatoes can be filled with:-	Cheese or Tuna			

Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Cream of Chicken Soup		Lentil Soup		Chicken Noodle Soup
Macaroni Cheese with Garlic Bread & Green Beans	Chicken Curry with Rice, Naan Bread & Carrots	Beef Stew with Baby Potatoes & Sweetcorn	Sweet and Sour Chicken with Rice	Breaded Fish with chips and Peas
Ham & Cheese Panini with Salad		Ham & Pineapple with Pizza Baby Potatoes & Sweetcorn	Haggis Neeps and Tatties	Fish Fingers with Chips and Peas
Cheese Panini with Salad	Tomato & Vegetable Cobbler with Potato Wedges & Carrots	Cheese Pizza with Baby Potatoes & Sweetcorn	Veggie Haggis Neeps and Tatties	Homemade Quiche with Chips and Peas
Filled Baked Potato	Filled Baked Potato	Filled Baked Potato	Filled Baked Potato	
Filled Roll	Filled Roll	Filled Roll	Filled Roll	Filled Roll
Iced Sponge	Fruit Cocktail & Custard	Cheesecake	Caramel Flan & Custard	Homemade Cupcake
All Rolls can be Filled with :-	Cheese, Ham, Tuna Mayonnaise			Yoghurt or Fruit Available Daily instead of the daily dessert
All Baked Potatoes can be filled with:-	Cheese or Tuna			