

DID YOU KNOW...

All pupils in Primary 1 - Primary 3 are now entitled to a free school meal.

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



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

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. Full allergy and recipe information is available for all dishes at

www.argyll-bute.gov.uk/primary-school-meals-menu

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 eggs are free range

All fish are Marine Stewardship Council certified

All Beef served is Scottish and all Meat & Poultry is UK Farm Assured

A selection of fresh fruit is available every day

Yoghurt is always available as an alternative dessert

We welcome any feedback you may have: if you have any suggestions, or require any information, please visit our website or contact us catering@argyll-bute.gov.uk



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

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 a balanced choice. Teaching staff, catering staff, NHS Dietetics Department 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.



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



Primary School Menu Spring/Summer 2016



Week One

Week Two

Week Three

Week Four

Monday

Quorn or Pork Sausage served with Mashed Potatoes and Beans
 Or Homemade Pasta Bake (v) served with Garlic Bread
 Homemade Apple Crumble and Custard

Homemade Lentil Soup (v)
 Meatball Sub served with Salad or Carrots
 Or Chicken or Vegetable (v) Curry served with Rice and Naan Bread and Carrots
 Homemade Iced Sponge



Tuesday

Homemade Vegetable Soup (v)
 Meatballs in Gravy
 Or Homemade Quiche (v)
 Both served with Baby Boiled Potatoes and Carrots
 Selection of Fresh Fruit or Yoghurt

Homemade Scottish Beef Lasagne
 Or Pizza with a Choice of Toppings (v)
 Both served with Potato Wedges and Green Beans
 Ice-Cream and Summer Fruits



Wednesday

Homemade Macaroni Cheese (v) served with Broccoli
 Or Gammon Steak served with Roast Potatoes and Broccoli
 Homemade Chocolate Tiffin

Theme Day!



Scottish Beef or Quorn (v) Burger in a Bun
 Or Salmon Fishcakes
 Both served with Potato Wedges and Cherry Tomatoes
 Summer Fruit Cheesecake

Homemade Spaghetti Bolognese
 Or Plated Salad (v)
 Both served with Garlic Bread and Carrot/Cucumber sticks
 Homemade Sticky Toffee Pudding and Custard

Thursday

Chicken Noodle Soup
 Scottish Beef Burger with Cheese in a Bun served with Potato Wedges and Mixed Vegetables
 Or Vegetable Fried Rice (v)
 Ice-Cream and Homemade Shortbread Biscuit

Chicken Breast Fillet or Quorn (v) Burger in a Bun
 Or Homemade Scottish Steak Pie
 Both served with Baby Boiled Potatoes and Broccoli
 Homemade Chocolate Fudge Cake and Custard



Friday

Breaded Salmon Or
 Chicken or Quorn (v) Goujons in a Wrap
 Both served with Chips and Peas/Sweetcorn
 Iced Cupcake

Tomato Soup (v)
 Breaded Fish
 Or Spaghetti with a Herby Cheese Sauce (v)
 Both served with Chips and Peas
 Selection of Fresh Fruit or Yoghurt

Homemade Chicken and Rice Soup
 Homemade Scottish Beef Mince Pie served with Baby Boiled Potatoes and Carrots
 Or Homemade Vegetable Tagliatelle (v)
 Selection of Fresh Fruit or Yoghurt
 Fish Fingers
 Or Chicken or Vegetable (v) Fajita
 Both served with Chips and Peas/Sweetcorn
 Meringue and Fresh Summer Fruit

Homemade Noodle Soup
 Scottish Beef Mince and Potatoes served with Green Beans
 Or Selection of Toasted Sandwiches or Panini's served with Soup (v)
 Homemade Iced Sponge
 Breaded Fish
 Or Omelette (v) with a Variety of Fillings
 Both served with Chips and Peas
 Summer Berries and Ice-Cream

