

Early Years Menu Vegetarian 2023-24

This menu starts Aug 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Yoghurt	Homemade Shortbread & Ice Cream	Homemade Lentil Soup	Homemade Custard Creams	Yoghurt
Main Course	Baked Beans & Cheese Baked Potato served with Seasonal Salad (V)	Quorn Sausage (Ve) in Gravy served with Diced Potatoes and Carrots (V)	Homemade Macaroni Cheese served with Garlic Bread and Broccoli (V)	Homemade Vegetable and Lentil Cottage Pie served with Potato Wedges and Seasonal Vegetables (Ve)	Homemade Arrabiata Pasta served with Chips and Peas (Ve)

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Yoghurt	Yoghurt	Bruschetta	Beetroot Brownie	Homemade Seasonal Vegetable Soup
Main Course	Homemade Macaroni Cheese served with Garlic Bread and Seasonal Salad (V)	Homemade Mild Bean Chilli served with Rice and Broccoli (Ve)	Quorn Dipper Wrap served with Tomato Salsa and Seasonal Salad (V)	Cheese and Tomato Pizza served with Diced Potatoes and Seasonal Vegetables (V)	Vegetable Tacos served with Chips and Seasonal Salad (V)

Unlimited vegetables, fruit and salad are available every day.

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Lentil Soup	Homemade Tiffin	Yoghurt	Yoghurt	Cheese and Crackers
Main Course	Meat Free Burger (Ve) in a Bun served with Diced Potatoes and Broccoli (V)	Homemade Arrabiata Pasta (Ve) served with Garlic Bread and Seasonal Vegetables (V)	Homemade Creamy Pea and Broccoli Pasta served with Garlic Bread and Carrots (V)	Vegetable Sweet & Sour (Ve) served with Rice, Pitta Bread and Sweetcorn (V)	Cheese and Tomato Pizza served with Chips and Peas (V)

Unlimited vegetables, fruit and salad are available every day.

All eggs are free range.
All meat and poultry is UK Farm Assured.
All fish served is certified by Marine Stewardship Council.
Water is available daily.

(V) - Vegetarian choice
(Ve) - Vegan choice

All Early Years pupils are now entitled to a free school meal. For more information, please contact the school office, or visit the website.

This menu is compliant with The Setting the Table Guidance for Early Years. 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.



If your child has a food allergy, please contact the school office. Full details about our school meals can be found on our website at <https://www.argyll-bute.gov.uk/education-and-learning/schools/school-meals>

