

# Primary School Menu 2023-24

This menu starts Aug 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Seasonal Vegetable Soup/Yoghurt Fresh Fruit	Homemade Shortbread & Ice Cream Fresh Fruit	Homemade Lentil Soup/Yoghurt Fresh Fruit	Homemade Custard Creams Fresh Fruit	Homemade Chicken Noodle Soup/Yoghurt Fresh Fruit
Choice 1	Veggie Sausage Rolls served with Duchesse Potatoes and Baked Beans (V)	Beef Mince Tacos served with Diced Potatoes and Seasonal Salad	Homemade Chickpea Curry served with Rice and Broccoli (Ve)	Vegetable and Lentil Cottage Pie served with Potato Wedges and Seasonal Vegetables (Ve)	Breaded Fish served with Chips and Peas
Choice 2	Chicken Goujon Wrap served with Duchesse Potatoes and Baked Beans	Quorn Sausage (Ve) in Gravy served with Diced Potatoes and Carrots (V)	Homemade Macaroni Cheese served with Garlic Bread and Broccoli (V)	Beef Burger in a Bun served with Potato Wedges and Seasonal Vegetables	Homemade Arrabiata Pasta served with Chips and Peas (Ve)
Choice 3	Baked Beans & Cheese Baked Potato served with Seasonal Salad (V)	Tuna Mayo Baked Potato served with Seasonal Salad	Cheese Sandwich served with Seasonal Salad (V)	Chicken Baguette served with Seasonal Salad	Chicken Mayo & Sweetcorn Baked Potato served with Seasonal Salad

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Lentil Soup/Yoghurt Fresh Fruit	Homemade Scones Fresh Fruit	Bruschetta /Yoghurt Fresh Fruit	Beetroot Brownie Fresh Fruit	Homemade Seasonal Vegetable Soup/Yoghurt Fresh Fruit
Choice 1	Homemade Macaroni Cheese served with Garlic Bread and Seasonal Salad (V)	Homemade Beef Cottage Pie served with Broccoli	Quorn Dipper Wrap served with Tomato Salsa and Seasonal Salad (Ve)	Homemade Mild Vegetable Korma served with Rice and Seasonal vegetables (V)	Fish Fingers served with Chips and Peas
Choice 2	Salmon & Sweet Potato Fish Cake served with Potato Wedges and Sweetcorn	Homemade Mild Bean Chilli served with Rice and Broccoli (Ve)	Grilled Sausage served with Baked Beans and Mashed Potato	Cheese and Tomato Pizza served with Diced Potatoes and Seasonal Vegetables (V)	Vegetable Tacos served with Chips and Seasonal Salad (V)
Choice 3	Homemade Chicken Tikka Baguette served with Seasonal Salad	Tuna & Sweetcorn Baked Potato served with Seasonal Salad	Sweet Chilli Chicken Wrap served with Seasonal Salad	Baked Beans & Cheese Baked Potato served with Seasonal Salad (V)	Chicken Mayo Sandwich served with Seasonal Salad

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Lentil Soup/Yoghurt Fresh Fruit	Homemade Tiffin Fresh Fruit	Homemade Tomato Soup/Yoghurt Fresh Fruit	Homemade Apple Crumble & Custard Fresh Fruit	Cheese and Crackers/Yoghurt Fresh Fruit
Choice 1	Pork Meatballs in Gravy served with Diced Potatoes and Broccoli	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)	Homemade Chicken Curry served with Rice, Pitta Bread and Sweetcorn	Cheese & Tomato Pizza served with Chips and Peas (V)
Choice 2	Meat Free Burger (Ve) in a Bun served with Diced Potatoes and Broccoli (V)	Vegetable Chow Mein served with Garlic Bread and Seasonal Vegetables (V)	Homemade Scottish Steak Pie served with Mashed Potatoes and Carrots	Vegetable Sweet and Sour (Ve) served with Rice, Pitta Bread and Sweetcorn (V)	Salmon Nibbles served with Chips and Peas
Choice 3	Cheese & Coleslaw Baked Potato served with Seasonal Salad	Egg Mayo Sandwich served with Seasonal Salad (V)	Baked Beans & Cheese Baked Potato served with Seasonal Salad (V)	Chicken Sandwich served with Seasonal Salad	Tuna Mayo & Cucumber Baguette served with Seasonal Salad

(V) – Vegetarian choice  
(Ve) – Vegan choice

P1 to P5 pupils are entitled to a free school meal. If your child is in primary 6 or 7, you may qualify for a free school meal and clothing grants. Please speak to your school office.

Meals are ordered via the iPay system. For details, please speak to your school office.

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>

All eggs are free range.  
All meat and poultry is UK Farm Assured.  
All fish served is certified by Marine Stewardship Council.  
We use Scottish/local produce when available.  
Water and milk is available every day.  
Unlimited vegetables, fruit and salad are available each day.

