

Your Choice – the Smart Choice

School meals across the Highlands continue to give excellent value for money. All pupils can have 2 courses, bread and a drink.

These lunches provide pupils with energy, vitamins and minerals to support growth & learning. The menus are healthy and nutritious and meet all the requirements of the Scottish Schools Health Promotion & Nutrition Act 2007.

Our school cooks tell us about their pupils likes and dislikes. We then base our menus on the most popular choices.

This new summer menu offers a great choice. It includes favourites such as Macaroni Cheese, Fish Fillet Fingers, Roast

Beef, Spaghetti Bolognese and Butcher's Sausages, alongside lighter dishes like Homemade Soup, Wraps, Pizza & Jacket Potatoes. For dessert, choices include home baking, fresh fruit salad & ice cream.

We hold the Food for Life Bronze Award for serving meals that are good for children and good for the climate: freshly prepared, free range eggs, farm assured meat, no hydrogenated fats or GM products.

We hope that your children enjoy this menu!

For further information on school meals including:-

- Gaelic and Polish versions of the menus
- Provision of Special Diets
- Free School Meals
- Please visit our website <http://www.highland.gov.uk/learninghere/schools/schoolmeals/>

Or contact us:

- ecscatering@highland.gov.uk
- Ruthven House, Drummond Road, Inverness, IV2 4NZ,
- 01463 663340

WEEK 1	OPTIONS
Monday	Macaroni Cheese
Tuesday*	Vegetable Fried Rice
Wednesday*	Tomato & Cheese Pizza Baguette
Thursday*	Egg Mayonnaise Wrap
Friday*	Veggie Hot Dogs
Week 2	OPTIONS
Monday*	Spicy Bean Bar & Potato Wedges
Tuesday	Homemade Soup & Sandwiches
Wednesday	Cheese Salad Wrap
Thursday*	Veggie Sausages & Mash
Friday*	Cheese & Tomato Pizza
Week 3	OPTIONS
Monday	Veggie Bolognese
Tuesday	Macaroni Cheese
Wednesday*	Cheese Wheel & Potato Wedges
Thursday*	Vegetable & Bean Casserole
Friday	Spanish Omelette & Chips
Week 4	OPTIONS
Monday*	Cheese & Tomato Pizza
Tuesday	Veggie Mince or Soup & Sandwiches
Wednesday*	Veggie Burger in a Roll
Thursday*	Spiced Bean Pattie
Friday*	Veggie Sausage Casserole

MEALS FOR VEGETARIAN PUPILS

All main courses which are suitable for vegetarian pupils are marked with a (v) on the main menu. On days marked with an* pupils who require a vegetarian option must inform the catering staff in advance, as these are not prepared for non-vegetarian pupils.



Highland Council Catering Service Primary School Menus Clàran-bidh Bun-sgoile

BE COOL!
Have your lunch at school!

Spring/Summer 2013



SMART LIFESTYLE **SPRING/SUMMER 2013**

Children's favourites made with healthier ingredients



WEEK 1

MON

Macaroni Cheese
or
Scotch Beef or Venison Burger in a Bun

Lemon Drizzle Muffin

TUE

* Cod Fillet Fish Fingers
Potatoes
or
Chicken Fried Rice

Fruit Sorbet

WED

* Spaghetti Bolognaise
or
Tuna Melt Pizza Baguette

Iced Carrot Cake

THUR

* Roast Pork & Gravy
Roast Potatoes
or
Chicken Mayo Wrap

Summer Fruit Crumble & Custard

FRI

* Salmon Nibbles^{MSC} & Ketchup
or
Hot Dog Roll & Ketchup
Potato Wedges/Dice
Cooks Homebake & Milkshake

WEEK 2

Week 2: 22nd April, 20th May, 17th June, 26th August, 23rd September

* Chicken Fillet Bites
or
Salmon Kebab
Potato Wedges/Dice

Forest Fruit Sponge & Custard

Mince & Pasta Bake
or
Homemade Soup & Sandwiches

Chocolate & Mandarin Brownie

Fish & Chips
or
Cheese Salad Wrap

Fruit Pie & Cream

* Steak Casserole
or
Pork Sausages
Mashed Potatoes

Golden Flapjack

* Chicken Korma & Rice
or
Pizza and Baked Beans
Ice Cream & Fruit

WEEK 3

Week 3: 29th April, 27th May, 24th June, 2nd September, 30th September

* Spaghetti Bolognaise
or
Ham Salad Baguette

Rice Pudding & Fruit

* Macaroni Cheese
or
Sweet Chilli Chicken Salad
on Naan Bread

Fruit Jelly & Cream

* Cod Fillet Fish Fingers
or
Sausage Roll Plait
Potato Wedges/Dice

Banana Cake & Custard

* Chicken Casserole
or
Salmon Nibbles^{MSC} & Ketchup
Potatoes

Mini Milk Lolly

Scotch Beef or Venison Burger in a Bun
or
Spanish Omelette (v)
Spaghetti Hoops
Cooks Homebake & Milkshake

WEEK 4

Week 4: 6th May (school closed), 3rd June, 12th August (school closed), 9th September

* Pizza (v)
or
Jacket Potato with Tuna
Baked Beans

Fruit Muffin & Custard

Mince & Tatties
or
Homemade Soup & Sandwiches

Ice Cream & Fruit

* Fish & Chips
or
Chicken Burger in a Bun

Chocolate Sponge
& Vanilla Sauce

* Roast Beef
or
Fishcake^{MSC} & Ketchup
Roast Potatoes

Apple Strudel & Cream

* Chicken Fillet Bites
or
Sausage Casserole
Potato Wedges/Dice
Fresh Fruit Salad

MON

TUE

WED

THUR

FRI

EVERY DAY

Seasonal vegetables and pick'n mix salad.

Bread served with all meals.

Milk, fruit juice or water to drink.

Fresh fruit or yoghurt as an alternative to dessert.

All our chicken is British. All our meat is from the Highlands.

(v)=Vegetarian * Vegetarian meal on request. Occasionally the menus may have to be changed because of supply issues.