

DID YOU KNOW...



All eggs are Free Range

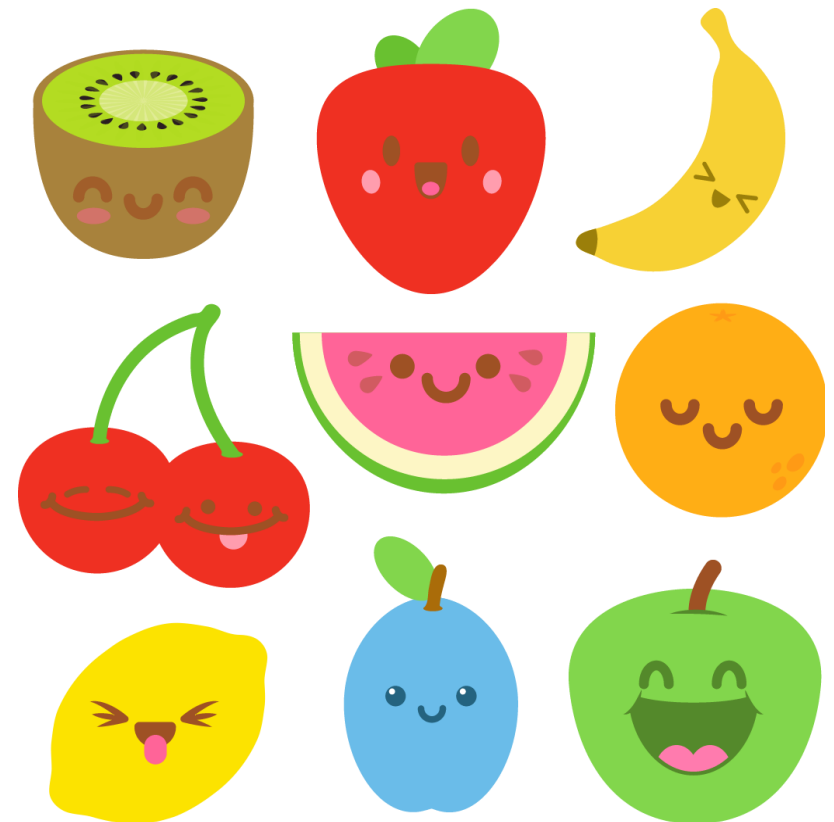
Allergies and Special Diets

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-

We Welcome Feedback you may have. If you have any suggestions or require any information, please visit our website or contact us on Catering@argyll-bute.gov.uk



Early Years Vegetarian Menu 2021-2022



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Tomato Soup (v)	Yoghurt and Fresh Fruit Bowls	Homemade Lentil Soup (v)	Apple Sponge and Custard	Homemade Lentil Soup (v)
Main Course	Pasta Shells with Spicy Tomato Sauce	Homemade Macaroni Cheese (v)	Homemade Vegetable Pie (v)	Homemade Vegetable Lasagne (v)	Homemade Vegetable Curry (v)
Also Available	Pitta Bread Peas Water	Garlic Bread Broccoli Water/Milk	Fresh Bread Puree of Carrot and Turnip Water	Diced Potatoes Sweetcorn Water	Chips Baked Beans Water

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Homemade Tomato Soup (v)	Ice-Cream and Fresh Fruit Bowls	Fresh Fruit Bowls	Homemade Lentil Soup (v)	Yoghurt and Fresh Fruit Bowls
Main Course	Homemade Macaroni Cheese (v)	Homemade Potato and Baked Bean	Homemade Vegetable Curry (v)	Tomato and Basil Pasta (v)	Homemade Vegetable Lasagne (v)
Also Available	Garlic Bread Carrots Water	Fresh Bread Roasted Vegetables Water	Boiled Rice Broccoli Water	Garlic Bread Green Beans Water	Chips Peas Water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Fresh Fruit Bowls	Homemade Lentil Soup (v)	Homemade Berry Cookie and Fresh Fruit Bowls	Fresh Fruit Bowls	Fresh Fruit Bowls
Main Course	Bean Quorn Hotpot (v)	Tomato and Basil Pasta (v)	Homemade Potato and Chickpea Curry (v)	Homemade Pizza and Pasta (v)	Homemade Lentil Bolognese (v)
Also Available	Fresh Bread Roast Vegetables Water	Garlic Bread Carrots Water	Boiled Rice Broccoli Water	Pitta Bread Sweetcorn Water	Spaghetti Peas Water

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Fresh Fruit Bowls	Homemade Lentil Soup (v)	Fresh Fruit Bowls	Fresh Fruit Bowls	Yoghurt and Fresh Fruit Bowls
Main Course	Homemade Pizza and Pasta (v)	Homemade Leek and Potato Bake (v)	Homemade Macaroni Cheese (v)	Ploughman's Lunch (v)	Baked Potato with Fillings (v)
Also Available	Fresh Bread Broccoli Water	Garlic Bread Carrots Water	Garlic Bread Tomatoes Water	Seasonal Mixed Salad Roast Vegetables Water	Fresh Bread Sweetcorn Water