



## Early Years Menu 2023-2024



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter/Dessert</b>	Yoghurt	Homemade Shortbread and Ice Cream	Homemade Lentil Soup	Homemade Custard Creams	Yoghurt
<b>Main Course</b>	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)

**Unlimited vegetables, fruit and salad are available every day.**

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter/Dessert</b>	Yoghurt	Yoghurt	Bruschetta	Beetroot Brownie	Homemade Seasonal Vegetable Soup
<b>Main Course</b>	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 (Ve)	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 available every day.**

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Starter/Dessert</b>	Homemade Lentil Soup	Homemade Tiffin	Yoghurt	Yoghurt	Cheese and Crackers
<b>Main Course</b>	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 available every day.**

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

Water is available daily.

All eggs are Free Range. All fish are Marine Stewardship Council certified. All beef served is Scottish and all Meat and Poultry is UK Farm Assured

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](http://www.argyll-bute.gov.uk/primary-school-meals-menu)

**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](http://www.argyll-bute.gov.uk/education-and-learning/school-meals)**

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.