

Early Years Vegetarian Menu 2025-26

This menu starts Oct 2025

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Apple Crumble & Custard	Lentil Soup	Ginger Biscuit	Crackers & Cheese	Bruschetta
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Main Meal	Homemade Pesto Style Pasta	Homemade Vegetarian Rice	Margherita Pizza	Homemade Macaroni Cheese	Homemade Roasted Vegetable Pasta
Sides	Garlic Bread	Pitta Bread	Diced Potatoes	Garlic Bread	Chips
Unlimited vegetables, fruit and salad are available each day.					

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Cheese and Crackers	Fruit Jelly	Sweet Potato Soup	Oat Shortbread & Ice Cream	Tomato Soup
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Main Meal	Veggie Sausage Roll	Quorn Dippers with a Wrap	Homemade Tomato Pasta	Homemade Sweet & Sour Vegetables	Homemade Vegetarian Sausage Pasta
Sides	Diced Potatoes	Diced Potatoes	Garlic Bread	Rice	Chips
Unlimited vegetables, fruit and salad are available each day.					

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Potato & Leek Soup	Shortbread & Wibble Whip	Melon Slice	Lentil Soup	Homemade Tiffin
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Main Meal	Homemade Lentil Curry	Homemade Macaroni Cheese	Quorn Sausages In Gravy	Margherita Pizza	Omelette
Sides	Rice	Garlic Bread	Baby Boiled Potatoes	Diced Potatoes	Chips
Unlimited vegetables, fruit and salad are available each 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.

All Early Years pupils are now entitled to a funded school meal. For more information, please contact your ELC office.

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>