

Early Years Menu 2023-24

This menu starts Aug 2023

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|--|--|---|
| Starter/ Dessert | Yoghurt | Homemade Shortbread & Ice Cream | Homemade Lentil Soup | Homemade Custard Creams | Yoghurt |
| Main Course | 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 | Breaded Fish served with Chips and Peas |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|---|--|----------------------------------|
| Starter/ Dessert | Yoghurt | Yoghurt | Bruschetta | Beetroot Brownie | Homemade Seasonal Vegetable Soup |
| Main Course | Salmon and Sweet Potato Fish Cake served with Potato Wedges and Sweetcorn | Homemade Beef Cottage Pie served with Broccoli | Quorn Dipper Wrap served with Tomato Salsa and Seasonal Salad (V) | Cheese and Tomato Pizza served with Diced Potatoes and Seasonal Vegetables (V) | Fish Fingers with Chips and Peas |

Unlimited vegetables, fruit and salad are available every day.

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| Week 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|---|--|---|---|---|
| Starter/ Dessert | Homemade Lentil Soup | Homemade Tiffin | Yoghurt | Yoghurt | Cheese and Crackers |
| Main Course | Pork Meatballs in Gravy served with Diced Potatoes and Broccoli | Homemade Arrabiata Pasta (Ve) served with Garlic Bread and Seasonal Vegetables (V) | Homemade Scottish Steak Pie served with Mashed Potatoes and Carrots | Homemade Chicken Curry with Rice, Pitta Bread and Sweetcorn | Salmon Nibbles served with Chips and Peas |

Unlimited vegetables, fruit and salad are available every 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.

(V) - Vegetarian choice
(Ve) - Vegan choice

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

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>

