

# 2023 School Lunches

## 3 Choice Menu for Primary & Early Years

9th January to 22nd December

Weeks commencing: 9th January | 30th January | 20th February (hol) | 13th March  
17th April | 8th May (Bank hol) | 29th May | 19th June | 14th August (in-service)  
4th September | 25th September | 23rd October | 13th November | 4th December

Week 1:	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Orange</b>	Cheese & Tomato Pizza & Diced Potatoes ✓	Cook's Sausage Dish of the Day*	Beef Lasagne & Garlic Bread	MSC Breaded Fish & Chips	RT Chicken Pie & Mashed Potatoes
<b>Green</b>	Meat Free Burger in a Roll & Diced Potatoes ✓	Baked Potato with Cheese & Coleslaw ✓	Sweet & Sour Vegetable Noodles ✓	Quorn Sausage 'Cowboy' Pie ✓	Vegetable Curry & Boiled Rice ✓
<b>Blue</b>	Homemade Soup & Tuna Mayo Sandwich	Homemade Soup & Ham Sandwich	Homemade Soup & Sliced RT Chicken Sandwich	Homemade Soup & Egg Mayonnaise Sandwich ✓	Homemade Soup & Cheese Sandwich ✓
<b>Dessert</b>	Custard OR Yoghurt & Fresh Fruit	Flapjack & Fresh Fruit	Fresh Fruit Platter	Muffin & Fresh Fruit	Sponge Cake & Fresh Fruit

\*EITHER Sausages & Mashed Potatoes OR Hot Dog Sausage in a Roll but not both.  
Please check local communication from your school.

Weeks commencing: 16th January | 6th February | 27th February | 20th March | 24th April  
15th May | 5th June (in-service) | 26th June | 21st August | 11th September (in-service)  
2nd October | 30th October | 20th November | 11th December

Week 2:	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Orange</b>	MSC Salmon Nibbles with Marie Rose Sauce (optional) & Diced Potatoes	RT Chicken Fillet Bites & Chips	Cheesy Potato & Mince Bake	RT Chicken Curry, Boiled Rice & Chapati	Cook's Choice Beef Burger Dish of the Day*
<b>Green</b>	Tomato Pasta & Garlic Bread ✓	Quorn Dippers & Chips ✓	Vegetable Chow Mein & Crusty Bread ✓	Baked Potato & Baked Beans ✓	Cheese Wheel & Diced Potatoes ✓
<b>Blue</b>	Homemade Soup & Cheese Sandwich ✓	Homemade Soup & Tuna Mayo Sandwich	Homemade Soup & Sliced RT Chicken Sandwich	Homemade Soup & Egg Mayonnaise Sandwich ✓	Homemade Soup & Ham Sandwich
<b>Dessert</b>	Fresh Fruit Platter	Chocolate Slice & Fresh Fruit	Ice Cream & Fresh Fruit	Apple Crumble, Custard & Fresh Fruit	Carrot Cake & Fresh Fruit

\*EITHER Beef Burger with Mashed Potatoes and gravy OR in a Roll with diced potatoes but not both.  
Please check local communication from your school.

Weeks commencing: 23rd January | 13th February | 6th March | 27th March  
1st May (hol) | 22nd May | 12th June | 28th August | 18th September | 6th November  
27th November | 18th December

Week 3:	Meat Free Monday	Tuesday	Wednesday	Thursday	Friday
<b>Orange</b>	Macaroni Cheese & Crusty Bread ✓	Mince & Mashed Potatoes	Cheesy RT Chicken Pasta & Garlic Bread	Sausage Roll & Potato Wedges	MSC Fish Fingers & Diced Potatoes
<b>Green</b>	Baked Potato & Baked Beans ✓	Roasted Vegetable Burritos ✓	Roasted Vegetable Pizza Bread ✓	Vegetable 'Fried' Rice with Curry Sauce & Chapati ✓	Vegetable Fajitas & Diced Potatoes ✓
<b>Blue</b>	Homemade Soup & Egg Mayonnaise Sandwich ✓	Homemade Soup & Sliced RT Chicken Sandwich	Homemade Soup & Tuna Mayo Sandwich	Homemade Soup & Ham Sandwich	Homemade Soup & Cheese Sandwich ✓
<b>Dessert</b>	Ginger Biscuit & Fresh Fruit	Oaty Shortbread & Fresh Fruit	Custard OR Yoghurt & Fresh Fruit	Fresh Fruit Platter	Honey Fruit Sponge & Fresh Fruit

### Meals consist of 2 courses:

### Choice of Orange, Green or Blue meal plus Today's Dessert

Orange & Green options are all served with a choice of vegetables and/or salad.

Where possible vegetables are seasonal and sourced from Highland area or Scotland.  
Sandwich Fillings are in Wholemeal Bread, Rolls or Wraps and all served with Veg Sticks or Salad

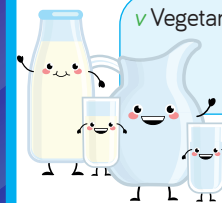
Please check if your school is offering a

3 Choice menu | 2 Choice menu | Single Choice menu | Grab & Go Friday menu

✓ Vegetarian | MSC certified by the Marine Stewardship Council | RT Red Tractor

FOOD ALLERGENS and INTOLERANCES  
please contact Catering services about your requirements.

Milk and Water are available to drink every day



Some meals may be subject to change due to unforeseen circumstances.  
We will attempt to communicate changes to you locally where possible.

