

Spring / Summer 2022 – Temporary 1 Hot/ 1 Cold Grab & Go Primary school menu from 18th April until advised

Week 1: weeks commencing 18th April (in service), 9th May, 30th May, 20th June, 15th August, 5th September, 26th September

	Monday	Tuesday *	Wednesday	Thursday *	Friday
Hot	MSC Salmon Fish Fingers or Quorn Dippers ^v & Chips	Butchers Hot Dog Sausage in a Roll	Chilli & Rice	Roast Beef, Gravy & Roast Tatties	<p>Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake. Water is available for those who do not have their own.</p> <p>Filling choices will be Cheese, Sliced Chicken, Tuna or Egg Mayo</p>
	All served with Seasonal Veg &/or Salad				
Cold	Homemade Soup & Cheese Sandwich	Homemade Soup & Ham Sandwich	Homemade Soup & Egg Mayo Sandwich	Homemade Soup & Sliced ^{RT} Chicken Sandwich	
	All served with Veg Sticks or Salad – Sandwich Fillings in Wholemeal Bread, Rolls or Wraps.				
Dessert	Yoghurt & Fruit	Oaty Shortbread & Fruit	Carrot Cake & Fruit	Custard & Fruit	

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Week 2: weeks commencing 25th April, 16th May, 6th June, 27th June, 22nd August, 12th September(in Service), 3rd October

	Monday	Tuesday *	Wednesday	Thursday *	Friday
Hot	Cheese & Tomato Pizza & Diced Potatoes ^v	^{RT} Chicken Curry & Rice with Chapati	^{MSC} Fish (or Quorn Burger) & Chips	Steak Pie & Tatties	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake. Water is available for those who do not have their own. Filling choices will be Cheese, Sliced Chicken, Tuna or Egg Mayo
All served with Seasonal Veg &/or Salad					
Cold	Homemade Soup & Egg Mayo Sandwich	Homemade Soup & Tuna Mayo Sandwich	Homemade Soup & Cheese Sandwich	Homemade Soup & Sliced ^{RT} Chicken Sandwich	
All served with Veg Sticks or Salad - Sandwich Fillings in Wholemeal Bread, Rolls or Wraps.					
Dessert	Custard & Fruit	Oaty Cookie & Fruit	Muffin & Fruit	Mixed Fruit Platter	

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Week 3: weeks commencing 2nd May (hol), 23th May, 13th June, 29th August, 19th September

	Monday	Tuesday *	Wednesday *	Thursday	Friday
Hot	Macaroni Cheese ^V & Crusty Bread	^{MSC} Fish & Chips	Homemade Sausage Roll & Diced Potatoes	Roast ^{RT} Chicken (or Quorn Sausage ^V) , Gravy & Tatties	Grab & Go Lunch contains Sandwiches, Veg Sticks, Fruit & a Traybake. Water is available for those who do not have their own. Filling choices will be Cheese, Sliced Chicken, Tuna or Egg Mayo
	All served with Seasonal Veg &/or Salad				
Cold	Homemade Soup & Egg Mayo Sandwich	Homemade Soup & Sliced ^{RT} Chicken Sandwich	Homemade Soup & Ham Sandwich	Homemade Soup & Cheese Sandwich	
	All served with Veg Sticks or Salad - Sandwich Fillings in Wholemeal Bread, Rolls or Wraps..				
Dessert	Ice Cream & Fruit	Yoghurt & Fruit	Mixed Fruit Platter	Flapjack & Fruit	

Meals consists of 2 courses: Choice of Orange, Green or Blue Meal plus Today's Dessert

MILK AND WATER ARE AVAILABLE TO DRINK EVERY DAY.

^VVegetarian; ^{MSC} certified by the Marine Stewardship Council; ^{RT} Red Tractor; * pre-order vegetarian option in advance – these will vary from school to school

FOOD ALLERGENS AND INTOLERANCES – Please contact Catering Services about your requirements.

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

Contact us Email: cl.catering@highland.gov.uk / Tel: 01463 644102 / Write: Ruthven House, Drummond Road, Inverness, IV2 4NZ.