## Early Years Menu 2024-25 Vegetarian

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	
Starter/ Dessert	Flapjack Fresh Fruit	Homemade Lentil Soup (Ve) Fresh Fruit	Ice Cream and Shortbread Fresh Fruit	Yoghurt Fresh Fruit	Corn on the Cob (Ve) Fresh Fruit	
Main Meal	Veggie Fingers in a wrap (ve)	Pizza (v)	Homemade Vegetarian Pasta Bolognaise (Ve)	Veggie Burger (ve)	Omelette (v)	
Sides	Baby Potatoes	Potato Wedges	Garlic Bread	Diced Potatoes	Chips	
Unlimited vegetables, fruit and salad are available each day.						

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Yoghurt Fresh Fruit	Fruit Sponge and Custard Fresh Fruit	Homemade Tomato Soup (v) Fresh Fruit	Bruschetta Fresh Fruit	Ice Cream and Waffle Finger Fresh Fruit
Main Meal	Homemade Tomato Pasta (Ve)	Vegan Sausage Roll (Ve)	Macaroni Cheese (v)	Quorn Dipper (Ve)	Veggie Curry (Ve)
Sides	Garlic Bread	Diced Potatoes	Garlic Bread	Baby Potatoes	Rice

Unlimited vegetables, fruit and salad are available each day.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Cheese and Crackers	Yoghurt Fresh Fruit	Chocolate Tiffin Fresh Fruit	Ice Cream and Jelly	Homemade Lentil Soup (Ve)
	Fresh Fruit			Fresh Fruit	Fresh Fruit
Main Meal	Homemade Macaroni Cheese (v)	Quorn Sausage (Ve)	Vegetable Pasta Bake (Ve)	Pizza (v)	Vegan Balls in Marinara Sauce (Ve)
Sides	Potato Wedges	Baby Potatoes	Garlic Bread	Duchess Potatoes	Chips
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This menu is compliant with The Setting All eggs are free range. the Table Guidance for Early Years. This Water is available daily. 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 (V) - Vegetarian choice appropriate amount of nutrients such as (Ve) - Vegan choice iron and vitamins. The menu meets the standard required by the Soil Association Catering Mark Bronze All Early Years pupils are now Award, which promotes freshly made, entitled to a free school meal. sustainable and farm assured meals.

For more information, please contact the school office, or visit the website.

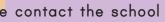
> If your child has a food allergy, please contact the school office.

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

## This menu starts Aug 2024

Unlimited vegetables, fruit and salad are available each day.



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