

Early Years Menu 2024-25

Vegetarian

This menu starts Aug 2024

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 2	Monday	Tuesday	Wednesday	Thursday	Friday
Starter/ Dessert	Cheese and Crackers Fresh Fruit	Yoghurt Fresh Fruit	Chocolate Tiffin Fresh Fruit	Ice Cream and Jelly Fresh Fruit	Homemade Lentil Soup (Ve) 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
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.					

All eggs are free range.
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>

