

SMART LIFESTYLE










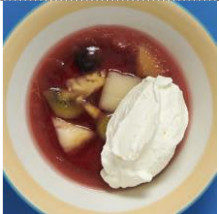
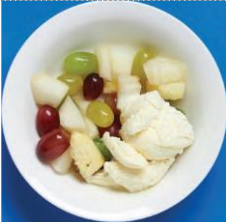

Spring/Summer 2020:

Available every day: Milk & Water, Selection of Bread, Fresh Fruit.

Primary 2 choice Grab & Go menu

WEEK 1 commencing 13th April (Bhol), 11th May, 8th June, 17th August (In Service),

14th September (In-Service), 26th October, 23rd November, 21st December, 25th January, 22nd February, 22nd March

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><u>Option 1</u> Butcher's Sausages, Seasonal Veg & Mashed Potatoes</p> <p>Or</p>  <p><u>Option 2</u> Veggie Noodles, Salad & Seasonal Veg ^{H,V}</p>	 <p><u>Option 1</u> Homemade Soup, Chicken Sandwich & Salad</p> <p>Or</p>  <p><u>Option 2</u> Cheese & Tomato Pizza, Salad & Seasonal Veg & Potato Wedges ^V</p>	 <p><u>Option 1</u> Breaded Haddock, Salad, Seasonal Veg & Chips</p> <p>Or</p>  <p><u>Option 2</u> Vegetable Lasagne, Salad & Chips ^{H,V}</p>	 <p><u>Option 1</u> Chicken Curry, Seasonal Veg, Salad & Boiled Rice</p> <p>Or</p>  <p><u>Option 2</u> Jacket Potato, Beans, Seasonal Veg & Salad ^V</p>	<p>Grab</p> <p>&</p> <p>Go</p>
<p>Fruit Sponge & Custard</p> 	<p>Fruit Jelly & Cream</p> 	<p>Fruit Platter</p> 	<p>Crackers/ Oatcakes & Cheese</p> 	











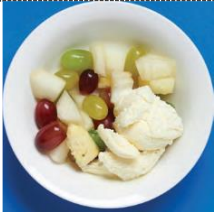

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Spring/Summer 2020:

Primary 2 choice Grab & Go menu

WEEK 2 commencing 20th April, 18th May, 15th June, 24th August, 21st September,
2nd November, 30th November, 4th January (Hol), 1st February, 1st March, 29th March

Vegetables and carbohydrate choice may be different to those shown

Monday*	Tuesday	Wednesday*	Thursday	Friday
 <p><u>Option 1</u> Salmon Fillet, Seasonal Veg, Salad & Potato Wedges ^H</p> <p>Or</p>  <p><u>Option 2</u> Homemade Soup, Chicken Sandwich & Salad *</p>	 <p><u>Option 1</u> Shepherd's Pie, Seasonal Veg & Salad ^H</p> <p>Or</p>  <p><u>Option 2</u> Macaroni Cheese, Salad & Seasonal Veg ^{H,V}</p>	 <p><u>Option 1</u> Beef/Venison Burger # in a Bun, Salad, Seasonal Veg & Chips*</p> <p>Or</p>  <p><u>Option 2</u> Homemade Soup, Tuna Sandwich & Salad</p>	 <p><u>Option 1</u> Chicken Fillet Bites, Seasonal Veg, Salad & Mashed Potatoes</p> <p>Or</p>  <p><u>Option 2</u> Vegetable Stir Fried Rice, Salad & Seasonal Veg ^{H,V}</p>	<p>Grab</p> <p>&</p> <p>Go</p>
<p>Brownie & Ice Cream</p> 	<p>Natural Yoghurt & Fruit Sauce</p> 	<p>Fruit Platter</p> 	<p>Crackers/Oatcakes & Cheese</p> 	











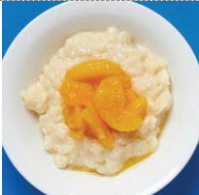
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Spring/Summer 2020:

Primary 2 choice Grab & Go menu

WEEK 3 commencing 27th April, 25th May, 22nd June, 31st August, 28th September, 9th November, 7th December, 11th January, 8th February, 8th March

V - Vegetarian
 # - Venison Burger: 64% venison, 28% lamb
 H – Homemade
 * - Veggie version available for pre-order

Monday		Tuesday*		Wednesday		Thursday		Friday	
								Grab & Go	
<p><u>Option 1</u> Homemade Soup, Chicken Sandwich & Salad</p>		<p><u>Option 1</u> Beef Casserole, Seasonal Veg & Boiled Potatoes ^H</p>		<p><u>Option 1</u> Roast Chicken, Gravy, Seasonal Veg & Roast Potatoes ^H</p>		<p><u>Option 1</u> Breaded Haddock, Salad, Seasonal Veg & Chips</p>			
Or		Or		Or		Or			
									
<p><u>Option 2</u> Cheese & Tomato Pizza with Quorn Mince Topping, Salad & Seasonal Veg ^{H,V}</p>		<p><u>Option 2</u> Homemade Soup, Tuna Mayo Sandwich & Salad*</p>		<p><u>Option 2</u> Veggie Curry, Salad, Seasonal Veg & Boiled Rice ^{H,V}</p>		<p><u>Option 2</u> Jacket Potato, Beans, Seasonal Veg & Salad ^V</p>			
Fruit Sorbet		Crackers/Oatcakes & Cheese		Apple Cake & Ice Cream		Rice Pudding & Fruit			
									













SMART LIFESTYLE

Spring/Summer 2020:

Primary 2 choice Grab & Go menu

WEEK 4 commencing 4th May, 1st June, 29th June, 7th September, 5th October,
16th November, 14th December, 18th January, 15th February (Hol), 15th March

These menus have been nutritionally analysed and approved by Health & Nutrition Specialists

Monday*	Tuesday	Wednesday	Thursday	Friday
 <p><u>Option 1</u> Salmon Nibbles, Salad, Seasonal Veg & Chips ^H</p> <p>Or</p>  <p><u>Option 2</u> Quorn Dippers, Salad, Seasonal Veg and Chips ^V</p>	 <p><u>Option 1</u> Mince & Tatties with Seasonal Veg ^H</p> <p>Or</p>  <p><u>Option 2</u> Macaroni Cheese, Salad, Seasonal Veg & Garlic Bread ^{H,V}</p>	 <p><u>Option 1</u> Chicken Curry, Salad, Seasonal Veg & Boiled Rice</p> <p>Or</p>  <p><u>Option 2</u> Homemade Soup, Egg Mayo Sandwich & Salad ^V</p>	 <p><u>Option 1</u> Homemade Sausage Roll, Salad, Seasonal Veg & Potato Wedges ^H</p> <p>Or</p>  <p><u>Option 2</u> Vegetable Quiche, Salad, Seasonal Veg & Potato Wedges ^{H,V}</p>	<p>Grab</p> <p>&</p> <p>Go</p>
<p>Carrot Cake</p> 	<p>Fruit Sorbet</p> 	<p>Natural Yoghurt & Fruit Sauce</p> 	<p>Crackers/Oatcakes & Cheese</p> 	

Spring/Summer 2020 Primary 2 Choice Menu

Runs from August/September 2020 to 1st April 2021

Welcome to our new Spring/Summer menu. Our menu continues to evolve through consultation with our Cooks and feedback from pupils and parents.

This menu should have started in April 2020. Due to COVID-19, it will now start when it is safe to start providing a full service after we have started the new term in August 2020 and then run right through the winter to Easter 2021.

We balance our meals to deliver nutrition in accordance with the Scottish Government's Healthy Eating in Schools Regulations (2008). This provides children with the necessary energy and nutrients to help them develop and learn.

Over 75% of our meals are freshly prepared and we use as much seasonal, fresh, local produce as possible. Any pre-prepared food is carefully selected to be minimally processed and excludes additives harmful to development or the environment.

What's not in our food

- Hydrogenated or trans fats
- GM products
- Undesirable additives such as MSG
- Mechanically recovered meat
- Fish on the fish to avoid list

Why choose school meals

- Hot & healthy meals nutritionally analysed and checked by Health and Nutrition Specialists.
- Variety and choice - served in a secure and welcoming environment helping to nurture social skills
- Where reasonably practical, we can cater for special diets -

Value and payment

- Free School Meals for all P1-3 Pupils. This is set by the Scottish Government. You can save up to £46 per child per month, that's over £400 per year! You do not need to apply for this.
- P4-7 pupils whose parents/carers receive certain income related and other benefits are eligible for free school meals (visit our website for details – see back cover)
- Primary school meals cost remains at £2.30. For schools with a "cashless payment system", you can pay online. Parents or carers who do not have access to a computer to pay online and schools which do not operate the cashless system can still pay by cash or cheque (made payable to The Highland Council) left into the school.

Thank you for your continued support. We hope your children enjoy the menu.

New School Food Regulations

In April 2021, new regulations regarding food in schools will take effect. The Scottish Government have been working towards these changes for the past 2 years as a result of recommendations from scientific research.

These changes aim to:-

- Increase access to fruit & vegetables
- Increase the amount of fibre our children eat
- Reduce the sugar content of school food and drink
- Reduce the provision of red and red processed meat

The Highland Council Catering Service has introduced some of the changes gradually over the last few menu cycles to ensure that pupils continue to enjoy our Primary and Early Years meals. We have already increased fruit and vegetable availability, removed juice and yoghurts high in sugar, reduced the number of baked desserts and reduced the amount of red and red processed meats. We will slowly be removing white bread so that by April all bread available will be compliant with the regulations.

The additional significant change is that the new regulations will apply across the full day in school and not just at lunchtime. This means breakfast clubs, nursery snacks, morning break, tuckshops, after school clubs, hostel meals, enterprise projects providing food and PTA events will all need to comply with the regulations. Please contact us at the address below if you would like more details.

Please visit our website www.highland.gov.uk/schoolmeals for

- Gaelic and Polish versions of the menu
- Special Diet and Allergen information
- P4-P7 Free School meal applications

Or contact us on

Email: cl.catering@highland.gov.uk

Write: Ruthven House, Drummond Road, Inverness, IV2 4NZ

Tel: 01463 644102