

## DID YOU KNOW...

Full details about our school meals can be found on the Council's website at

[www.argyll-bute.gov.uk/education-and-learning/school-meals](http://www.argyll-bute.gov.uk/education-and-learning/school-meals)

A two course meal is £2.20



### Allergies and Special Diets:

If your child has requires a special diet, please contact the school office and complete a Special Diet Request Form. All catering managers are trained on allergy awareness, and every effort will be made to accommodate your child's needs. Full allergy and recipe information is available for all dishes at [www.argyll-bute.gov.uk/primary-school-meals-menu](http://www.argyll-bute.gov.uk/primary-school-meals-menu)

All eggs are free range



A selection of fresh fruit is available every day

Yoghurt is always available as an alternative dessert

Bread, carbohydrate selection, seasonal vegetables and a salad selection is available every day

We welcome any feedback you may have: if you have any suggestions, or require any information, please visit our website or contact us [catering@argyll-bute.gov.uk](mailto:catering@argyll-bute.gov.uk)




## Early Years Vegetarian

### Menu

## Autumn-Winter

2019/20



	Week One	Week Two	Week Three	
Monday	Homemade Macaroni Cheese (v) Selection of Fruit and Yoghurt	Soup of the Day Tomato and Cheese Pizza with Peppers (v)	Quorn Meatballs (v) Selection of Fruit and Yoghurt	
Tuesday	Soup of the Day Selection of Toasties/Panini's and Soup (v)	<b>Theme Day!</b>	Margherita Pizza (v) Winter Fruit Salad	
Wednesday	Vegetable Fried Rice (v) Winter Fruit Salad	Homemade Macaroni Cheese (v) Selection of Fruit and Yoghurt	Soup of the Day Veggie Fingers (v)	
Thursday	Quorn Dippers (v) Homemade Apple Sponge and Custard	Or Vegetarian Fajita (v) Selection of Fruit and Yoghurt	Vegetable Enchilada's (v) Homemade Apple Crumble and Custard	
Friday	Veggie Fingers (v) Orange Slices	Homemade Quiche (v) Cheese and Oatcakes	Quorn Burger (v) Selection of Fruit and Yoghurt	