

August 2020: Temporary Early Years hot and cold meal choices

This menu is provided for schools where the Head Teachers have indicated they have capacity to offer both a hot and cold service for pupils when schools open in August. Risk assessments have been carried out on all kitchens prior to the holidays to ensure our staff can deliver food safely. Measures have been put in place according to Scottish Government guidelines and with the support of Environmental Health Officers and the Highland Council Health and Safety department. We are working with our suppliers over the holidays to ensure safe deliveries throughout the region in time for returning to school.

The options here form a part of the full menu which would have been in place at this time. This full menu is compliant with the current Scottish Government food regulations. The hot and cold options provide carbohydrates, protein and plenty of fresh fruit and vegetables to give children energy for their school day. We hope that these options will be in place for only a short while and we will then transition into the full menu suitable for your setting. This will be the spring summer menu which should have started in April 2020. It will now be in place right through the winter to Easter 2021. Due to the early return we are starting on week 4 so the transition to the full menu will be smooth.

We will be working through the summer on delivering the paper copies of the full menu to your schools in time for when it starts.

Thank you for your support and we hope you feel assured we are providing safe, healthy and nutritious lunches during this time.

More information on going back to school can be found [here](#).

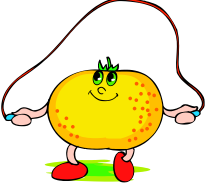

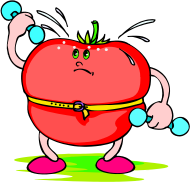

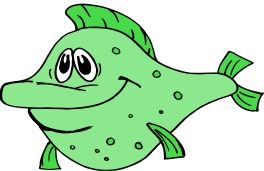
Catering Services

SMART LIFESTYLE

August 2020: Temporary Early Years hot and cold meal choices

WEEK 4 commencing 10th August (Hol), 7th September, 5th October - subject to change


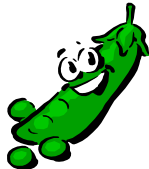

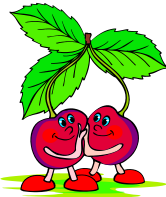

Sandwich fillings can be in wraps or rolls for variation

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Salmon Nibbles, Salad, in a Wrap with Seasonal Veg</p>	<p>Macaroni Cheese, Salad & Seasonal Veg</p>	<p>Chicken Curry, Salad, Seasonal Veg & Boiled Rice</p>	<p>Homemade Sausage Roll, Salad, Seasonal Veg & Boiled Potatoes</p>	<p>Beef Lasagne, Salad & Seasonal Veg</p>
<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>
<p>Cheese Sandwich</p>	<p>Sliced Chicken Sandwich</p>	<p>Egg Mayo Sandwich</p>	<p>Ham (or Cheese) Sandwich</p>	<p>Tuna (or Egg) Mayo Sandwich</p>
<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>
<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>

August 2020: Temporary Early Years hot and cold meal choices

Sandwich fillings can be in wraps or rolls for variation

WEEK 1 commencing **WEEK 1** commencing 17th August, 14th September (In-Service) - subject to change

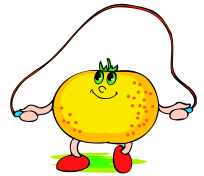

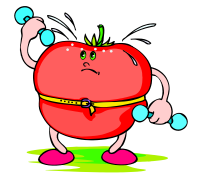

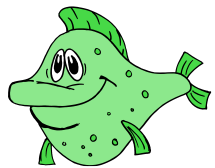
Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Butcher's Sausages, Seasonal Veg & Mashed Potatoes</p>	<p>Cheese & Tomato Pizza, Salad & Seasonal Veg</p>	<p>Breaded Haddock, Salad, Seasonal Veg & Boiled Potatoes</p>	<p>Chicken Curry, Seasonal Veg, Salad & Boiled Rice</p>	<p>Herby Tomato Pasta Bake, Crusty Bread, Salad & Seasonal Veg</p>
<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>
<p>Ham (or Cheese) Sandwich</p>	<p>Egg Mayo Sandwich</p>	<p>Sliced Chicken (or Egg Mayo) Sandwich</p>	<p>Tuna Mayo (or Cheese) Sandwich</p>	<p>Cheese Sandwich</p>
<p>With</p>	<p>With</p>	<p>With</p>	<p>With</p>	<p>With</p>
<p>Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>Homemade soup where possible & Veg Sticks / Salad selection</p>
<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>

SMART LIFESTYLE

August 2020: Temporary Early Years hot and cold meal choices

WEEK 2 commencing, 24th August, 21st September - subject to change

Sandwich fillings can be in wraps or rolls for variation


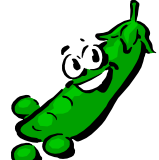

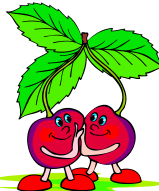

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Salmon Fillet, Seasonal Veg, Salad & Potato Wedges</p>	<p>Macaroni Cheese, Salad, Seasonal Veg & Garlic Bread</p>	<p>Beef/Venison Burger in a Bun, Salad & Seasonal Veg</p>	<p>Chicken Fillet Bites, Seasonal Veg, Salad & Mashed Potatoes</p>	<p>Pasta Bolognese, Seasonal Veg & Salad</p>
<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>
<p>Cheese Sandwich</p>	<p>Egg Mayo Sandwich</p>	<p>Ham (or cheese) Sandwich</p>	<p>Tuna (or Egg) Mayo Sandwich</p>	<p>Sliced Chicken (or Cheese) Sandwich</p>
<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>
<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>

SMART LIFESTYLE

August 2020: Temporary Early Years hot and cold meal choices

WEEK 3 commencing 31st August, 28th September - subject to change

Sandwich fillings can be in wraps or rolls for variation

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>Cheese & Tomato Pizza with Quorn topping, Salad & Seasonal Veg</p>	<p>Beef Casserole, Seasonal Veg & Boiled Potatoes</p>	<p>Roast Chicken, Gravy, Seasonal Veg & Roast Potatoes</p>	<p>Jacket Potato, Cheese, Salad & Seasonal Veg</p>	<p>Butcher's Hot Dog Sausage in a Roll with Salad & Seasonal Veg</p>
<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>	<p>Or</p>
<p>Egg Mayo Sandwich</p>	<p>Tuna Mayo (or Cheese) Sandwich</p>	<p>Cheese Sandwich</p>	<p>Sliced Chicken Sandwich</p>	<p>Ham (or Egg Mayo) Sandwich</p>
<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>	<p>With Homemade soup where possible & Veg Sticks / Salad selection</p>
<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>	<p>Home Bake & Fresh Fruit</p>