




# Week 1 Autumn/Winter

Secondary school menu (starts 23rd Oct 2023)

Week 1: 23rd Oct • 13th Nov • 4th Dec • 8th Jan • 29th Jan • 19th Feb (hol) • 11th Mar

	Mon	Tues	Wed	Thurs	Fri
<b>Soup</b> 	Homemade Soup of the day with Bread				
<b>Main Meals</b> 	Salmon Bubble Fish & Chips	Cajun Chicken Pasta	Chicken Curry & Rice	Roast Beef with Gravy, Yorkshire pudding & Potatoes	<b>Grab &amp; Go</b>
	Pizza topped 'Dirty Fries' (V)	Meat free Meatball Marinara Sub Roll (Ve)	Homemade Sweet & Sour Veggie Noodles & Garlic Bread (Ve)	Meat free Sausage Roll & Beany Mash (Ve)	
All served with Seasonal Veg and/or Salad					
<b>Dessert</b> 	Cook's Traybake & Tub of Natural Yoghurt	Cook's Traybake & Tub of Natural Yoghurt	Oat Fruit Cookie & Tub of Natural Yoghurt	Cook's Traybake & Tub of Natural Yoghurt	

## Snack items include:

(but are not limited to)

Pizza  
Pizzinis  
Paninis  
Salad Boxes  
Baked Potatoes  
Burgers (red meat is limited)  
Hot and Cold Filled Sandwiches, Rolls, Baguettes etc

All snack items come with a portion of Veg or Salad

### Meal Deal A - £2.55

- Soup or Cheese & Biscuits or Dessert
- Main Meal + Veg/Salad
- Fruit
- 330ml Bottle of Water

### Meal Deal B - £2.55

- Pizza, Pizzini or Toastie
- Veg/Salad
- Traybake
- Either:
  - 500ml Bottle of Rubicon or
  - 330ml Bottle of Water & Fruit

### Meal Deal C - £2.55

- Sandwich/Roll/Wrap/½ Baguette
- Veg/Salad
- Traybake
- Either:
  - 500ml Bottle of Rubicon or
  - 330ml Bottle of Water & Fruit

#### Contact Details

Email: [cl.catering@highland.gov.uk](mailto:cl.catering@highland.gov.uk)  
Phone: 01463 644102

For payment see link below or contact catering services (or Scan the QR code)  
[www.highland.gov.uk/info/878/schools/9/school\\_meals/2](http://www.highland.gov.uk/info/878/schools/9/school_meals/2)

For Allergies, Intolerances, Cultural, Ethical or ASN meal choices - apply online  
[www.highland.gov.uk/info/878/schools/9/school\\_meals/4](http://www.highland.gov.uk/info/878/schools/9/school_meals/4)




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# Week 2 Autumn/Winter





Secondary school menu (starts 23rd Oct 2023)

Week 2: 30th Oct • 20th Nov • 11th Dec • 15th Jan • 5th Feb • 26th Feb • 18th Mar

	Mon	Tues	Wed	Thurs	Fri
<b>Soup</b> 	Homemade Soup of the day with Bread				
<b>Main Meals</b> 	Macaroni & Cauliflower Cheese Bake (V)	Breaded Fish & Chips	Steak & Vegetable Pie with Potatoes	Chicken Meatballs in a Sauce with Rice	<b>Grab &amp; Go</b>
	Fried Rice & Homemade Curry Sauce (Ve)	Vegetable Fajitas (Ve)	Quorn Sausage with Gravy & Potatoes (Ve)	Meat free Bolognese (Ve)	
All served with Seasonal Veg and/or Salad					
<b>Dessert</b> 	Cook's Traybake & Tub of Natural Yoghurt	Honey Fruit Sponge & Tub of Natural Yoghurt	Cook's Traybake & Tub of Natural Yoghurt	Chocolate Sponge & Tub of Natural Yoghurt	

## Snack items include:

(but are not limited to)





  
**Pizza**  
**Pizzinis**  
**Paninis**  
**Salad Boxes**  
**Baked Potatoes**  
**Burgers (red meat is limited)**  
**Hot and Cold Filled Sandwiches, Rolls, Baguettes etc**

All snack items come with a portion of Veg or Salad

### Meal Deal A - £2.55

- Soup or Cheese & Biscuits or Dessert
- Main Meal + Veg/Salad
- Fruit
- 330ml Bottle of Water

### Meal Deal B - £2.55

- Pizza, Pizzini or Toastie
- Veg/Salad
- Traybake
- Either:
  - 500ml Bottle of Rubicon or
  - 330ml Bottle of Water & Fruit

### Meal Deal C - £2.55

- Sandwich/Roll/Wrap/½ Baguette
- Veg/Salad
- Traybake
- Either:
  - 500ml Bottle of Rubicon or
  - 330ml Bottle of Water & Fruit

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# Week 3 Autumn/Winter

Secondary school menu (starts 23rd Oct 2023)

Week 3: 6th Nov • 27th Nov • 18th Dec • 22nd Jan • 12th Feb • 4th Mar • 25th Mar

	Mon	Tues	Wed	Thurs	Fri
<b>Soup</b> 	Homemade Soup of the day with Bread				
<b>Main Meals</b> 	Breaded Fish & Chips	Mince & Tatties	Homemade BBQ Chicken Pizza	Pasta Bolognese	<b>Grab &amp; Go</b>
	Veggie Melt Wrap & Chips (V)	Quorn Dipper Salad Wrap with Flavoured Mayo (V)	Macaroni Cheese (V)	Veggie Curry & Rice (Ve)	
All served with Seasonal Veg and/or Salad					
<b>Dessert</b> 	Cook's Traybake & Tub of Natural Yoghurt	Homemade Shortbread & Tub of Natural Yoghurt	Cook's Traybake & Tub of Natural Yoghurt	Chocolate & Vanilla Banana Cake & Tub of Natural Yoghurt	

## Snack items include:

(but are not limited to)

- Pizza
- Pizzinis
- Paninis
- Salad Boxes
- Baked Potatoes
- Burgers (red meat is limited)
- Hot and Cold Filled Sandwiches, Rolls, Baguettes etc

All snack items come with a portion of Veg or Salad

### Meal Deal A - £2.55

- Soup or Cheese & Biscuits or Dessert
- Main Meal + Veg/Salad
- Fruit
- 330ml Bottle of Water

### Meal Deal B - £2.55

- Pizza, Pizzini or Toastie
- Veg/Salad
- Traybake
- Either:
  - 500ml Bottle of Rubicon or
  - 330ml Bottle of Water & Fruit

### Meal Deal C - £2.55

- Sandwich/Roll/Wrap/½ Baguette
- Veg/Salad
- Traybake
- Either:
  - 500ml Bottle of Rubicon or
  - 330ml Bottle of Water & Fruit

#### Contact Details

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