

Primary School Menus Spring & Summer 2021



New School Foods Regulations



It is our goal to provide healthy balanced meals of high quality that comply with the new Nutritional Requirements for Food and Drink in Schools (Scotland) Regulations 2020.

To ensure that we comply with the new regulations you will see some changes to our menus.



These changes mean -

- More access to fruit and vegetables
- Increased Fibre intake for children
- Reduced sugar content
- Reduced quantities of red and red processed meat



Comprehensive allergen and nutritional details associated with our meals can be accessed by visiting the [OurShireMenus](#) online portal available on the Aberdeenshire Council website.

P1 to P3 pupils are entitled to school meals free of charge!



Find us online at

www.aberdeenshire.gov.uk/schools/school-info/meals/primary-school-meals



Aberdeenshire Primary School Menus – From April 2021

Week 1 - 19th April, 17th May, 14th June, 30th August & 27th September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Soup V	Carrot & Coriander Soup V	Potato Soup V	Tomato & Pasta Soup V	Yellow Pea Soup V
Main Course	Main Course	Main Course	Main Course	Main Course
Breaded Haddock Garden Peas Sweetcorn Chips	Homemade Margherita Pizza V Vegetable Sticks Side Salad Penne Pasta	Crispy Crumb Turkey Steak in a Bun Baked Beans Sweetcorn Potato Wedges	Chicken Pie Sliced Carrots Spring Greens Mashed Potato	Our Butchers Pork Sausages in Gravy served in a Yorkshire Pudding Sliced Carrots Broccoli Florets Mashed Potatoes
Penne Pasta & Tomato Sauce V Garden Peas Sweetcorn	Chilli Beef Fajita Side Salad Vegetable Sticks	Cheese Wheels V Baked Beans Sweetcorn Potato Wedges	Baked Potato loaded with Boston Baked Beans & Quorn Bites V Side Salad Grated Carrots	Falafel filled Pitta Bread V served with Raita & Shredded Lettuce
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter
Lentil Soup V Cheddar Cheese in a Soft Roll V served with Side Salad & Pineapple	Carrot & Coriander Soup V Thinly Sliced Chicken Sandwich served with Side Salad & Melon	Potato Soup V Egg Mayonnaise Sandwich V served with Salad & Carrot Sticks	Tomato & Pasta Soup V Thinly Sliced Ham in a Soft Roll served with Side Salad & Cucumber Sticks	Yellow Pea Soup V Tuna Mayonnaise Sandwich served with Side Salad & Carrot & Pepper Sticks
Dessert	Dessert	Dessert	Dessert	Dessert
Orange Wedges or Raisins served with a Mini Mandarin Muffin & Milk	Fresh Fruit or Raisins served with Raspberry Jelly or Fresh Fruit or Raisins served with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with Cheese & Biscuits	Fresh Fruit Platter or Raisins served with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with a Lemon Drizzle Muffin & Milk

V = Vegetarian

Menus may be subject to change without notice due to unforeseen circumstances.



Aberdeenshire Primary School Menus – From April 2021

Week 2 - 26th April, 24th May, 21st June, 6th September & 4th October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato Soup V	Lentil Soup V	Minestrone Soup V	Yellow Pea Soup V	Potato Soup V
Main Course	Main Course	Main Course	Main Course	Main Course
Chicken Burger in a Bun served with optional BBQ Sauce or Tomato Ketchup Sweetcorn Grated Carrots	Homemade Mediterranean Pizza V Vegetable Sticks Side Salad Penne Pasta	Our Butchers Pork Sausages or Quorn Sausages V Baked Beans Broccoli Mashed Potatoes	Chicken Curry with Long Grain Rice Broccoli Florets Sweetcorn	Breaded Haddock Baked Beans Garden Peas Chips
Pasta Bolognese or Creamy Vegetable Pasta V Sweetcorn Grated Carrots	Baked Fish Fingers Vegetable Sticks Side Salad Penne Pasta	Baked Potato with Tuna Mayonnaise Side Salad Baked Beans	Cheese Panini V Side Salad Sweetcorn	Chicken Fajita or Roasted Vegetable Fajita V Side Salad Garden Peas
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter
Tomato Soup V Tuna Mayonnaise Sandwich served with Side Salad & Pineapple	Lentil Soup V Thinly Sliced Chicken Wrap served with Side Salad & Margherita Pizza Finger V	Minestrone Soup V Cheddar Cheese in a Soft Roll V served with Side Salad & Grated Carrots	Yellow Pea Soup V Thinly Sliced Ham Sandwich served with Side Salad & Melon Wedge	Potato Soup V Egg Mayonnaise Sandwich V served with Side Salad & Carrot & Pepper Sticks
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit Platter or Raisins served with Cheese & Biscuits	Fruit Salad served with optional Natural Yoghurt or Fresh Fruit Salad and Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with Gingerbread & Milk	Fresh Fruit of the Day or Raisins served with an Oatie Biscuit & Milk	Fresh Fruit of the Day or Raisins served with a Sweet P Muffin & Milk

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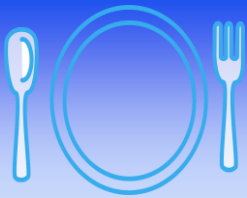
Week 3 - 3rd May, 31st May, 16th August, 13th September & 11th October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Soup V	Potato Soup V	Tomato Soup V	Minestrone Soup V	Yellow Pea Soup V
Main Course	Main Course	Main Course	Main Course	Main Course
Macaroni Cheese V Beetroot Garden Peas Diced Potatoes	Breaded Haddock Baked Beans Broccoli Florets Chips	Spaghetti Bolognaise with Garlic Bread Broccoli Florets Grated Carrots	Roast Chicken in Gravy & a Yorkshire Pudding & Mealie Sliced Carrots Garden Peas Mashed Potatoes	Hot Dog in a Bun with optional Tomato Ketchup or Mustard Side Salad Grated Carrots Potato Wedges
Crispy Salmon Bites Beetroot Garden Peas Diced Potatoes	Summer Salad V served with Cheese & Pineapple V Coleslaw Chips	Pulled Pork Wrap with optional BBQ Sauce or Roasted Vegetable Wrap with Mozzarella Cheese V Side Salad Grated Carrots	Baked Potato loaded with Quorn Chilli & Cheese V Side Salad Garden Peas	Vegetable Curry V served with Long Grain Rice Side Salad Grated Carrots
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter
Lentil Soup V Hot Mini Meatball Sub served with Side Salad, Carrots & Pepper Sticks	Potato Soup V Thinly Sliced Chicken in a Soft Roll served with Side Salad & Coleslaw	Tomato Soup V Cheddar Cheese Sandwich V served with Side Salad, Pineapple & a Margherita Pizza Finger	Minestrone Soup V Thinly Sliced Ham Sandwich served with Side Salad, Melon Wedge & a Mini Cheese Scone	Yellow Pea Soup V Tuna Mayonnaise Wrap served with Side Salad & Grated Carrots
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit of the Day or Raisins served with a Butterscotch Cookie & Milk	Fruit Salad or Raisins served with optional Natural Yoghurt or Fresh Fruit Salad or Raisins and Cheese & Biscuits	Fresh Fruit Platter or Raisins served with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with Raspberry Jelly or Fresh Fruit served with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with a Chocolate Brownie & Milk

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Aberdeenshire Primary School Menus – From April 2021

Week 4 - 10th May, 7th June, 23rd August & 20th September



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Soup V	Minestrone Soup V	Tomato & Pasta Soup V	Carrot & Coriander Soup V	Potato Soup V
Main Course	Main Course	Main Course	Main Course	Main Course
Beef Burger served in a Bun or Vegetarian Burger V served in a Bun Side Salad Sweetcorn	Southern Fried Chicken Goujons in a Tortilla Wrap Side Salad Grated Carrots Potato wedges	Homemade Steak Pie Garden Peas Sliced Carrots Mashed Potato	Breaded Haddock Baked Beans Vegetable Sticks Chips	Turkey Meatballs served in Tomato Sauce Broccoli Florets Sweetcorn Penne Pasta
Chicken Balti Long Grain Rice Side Salad Sweetcorn	Baked Potato with Cheddar Cheese V Side Salad Grated Carrots	Macaroni Cheese V Garden Peas Sliced Carrots Mashed Potatoes	Vegetable Lasagne V Baked Beans Vegetable Sticks	Baked Potato with Baked Beans V Side Salad Sweetcorn
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter
Lentil Soup V Cheddar Cheese Sandwich V served with Side Salad & Fruit & Veg Bites	Minestrone Soup V Egg Mayonnaise Sandwich V served with Side Salad & Carrot Sticks	Tomato & Pasta Soup V Tuna Mayonnaise Wrap served with Side Salad & Fruit & Veg Bites	Carrot & Coriander Soup V Thinly Sliced Chicken Sandwich served with Side Salad & Pineapple	Potato Soup V Thinly Sliced Ham in a Soft Roll served with Side Salad & Melon Wedge
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit of the Day or Raisins served with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with an Eat to the Beet Muffin & Milk	Fresh Fruit Platter or Raisins served with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with a Mini Shortbread Finger & Milk	Fresh Fruit of the Day or Raisins served with a Chocolate Cookie & Milk

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