

Primary School Menus

Autumn Winter 2021/22



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



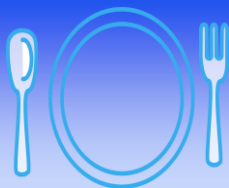
Comprehensive allergen and nutritional details associated with our meals can be accessed by visiting the [OurShireMenus](#) online portal available on the Aberdeenshire Council website.

P1 to P4 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 Nov 2021

Week 1 – 1st Nov, 29th Nov, 3rd Jan, 31st Jan, 28th Feb, 28th March 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Soup V	Chicken Noodle Soup	Cream of Carrot Soup V	Tomato Soup V	Melon Wedge 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 Mashed Turnip 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 V Side Salad Grated Carrots	Falafels in Curry Sauce with Long Grain Rice V Broccoli Florets, Sliced Carrots
Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Soup & Sandwich Platter	Sandwich Platter
Lentil Soup V Cheddar Cheese in a Soft Roll V served with Side Salad & Cucumber Sticks	Chicken Noodle Soup Tuna Mayonnaise Sandwich served with Side Salad & Melon	Cream of Carrot Soup V Egg Mayonnaise Sandwich V served with Salad & Carrot Sticks	Tomato Soup V Thinly Sliced Ham in a Soft Roll served with Side Salad & Pineapple	Melon Wedge V Thinly Sliced Chicken Sandwich served with Side Salad & Carrot & Pepper Sticks
Dessert	Dessert	Dessert	Dessert	Dessert
Orange Wedges served with a Mini Mandarin Cake & Milk Or Selection of Fresh Fruit or Raisins	Fresh Fruit of the Day or Raisins served with a Shortbread Biscuit and Milk	Fresh Fruit of the Day or Raisins served with Cheese & Biscuits	Fresh Fruit of the Day or Strawberry Yoghurt served with Fruits of the Forest	Lemon Drizzle Cake served with Custard Or Cheese and Biscuits

V = Vegetarian

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



Aberdeenshire Primary School Menus – From Nov 2021

Week 2 – 8th Nov, 6th Dec, 10th Jan, 7th Feb, 7th March 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato Soup V	Lentil Soup V	Minestrone Soup V	Lentil 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 Baked Beans 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 Vegetable Bolognese V Sweetcorn Grated Carrots	Cottage Pie Baked Beans Garden Peas	Baked Fish Fingers Side Salad Baked Beans Mashed Potatoes	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	Lentil 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
Sliced Peaches served with Strawberry Yoghurt Or Raisins served with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with Gingerbread and Milk	Fresh Fruit Salad served with optional Natural Yoghurt Or Raisins and Cheese and Biscuits	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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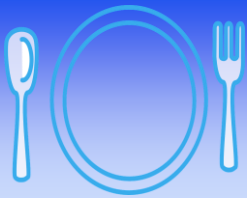
Week 3 – 15th Nov, 13th Dec, 17th Jan, 14th Feb, 14th March 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Soup V	Tomato Soup V	Potato Soup V	Minestrone Soup V	Chicken Noodle Soup
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 Bolognese 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 Sweetcorn Potato Smiles
Crispy Salmon Bites Beetroot Garden Peas Diced Potatoes	Singapore Noodles with Chicken or Singapore Noodles with Quorn V	Pulled Pork Wrap with optional BBQ Sauce or Roasted Vegetable Wrap with Mozzarella Cheese V Side Salad Grated Carrots	Pizza Topped Baked Potato V Side Salad Garden Peas	Vegetable Curry V served with Long Grain Rice Side Salad Sweetcorn
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	Tomato Soup V Thinly Sliced Chicken in a Soft Roll served with Side Salad & Cucumber Sticks	Potato 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	Chicken Noodle Soup Tuna Mayonnaise Wrap served with Side Salad & Grated Carrots
Dessert	Dessert	Dessert	Dessert	Dessert
Fresh Fruit of the Day or Raisins served with a Cheese and Biscuits	Fresh Fruit of the Day or Raisins served with a Vanilla Cookie and Milk	Fresh Fruit Salad served with Optional Natural Yoghurt or Raisins with Cheese & Biscuits	Fresh Fruit of the Day or Raisins served with Butterscotch Cookie and Milk	Fresh Fruit of the Day or Raisins served with a Chocolate Brownie & Custard

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Aberdeenshire Primary School Menus – From Nov 2021

Week 4 – 22nd Nov, 20th Dec, 24th Jan, 21st Feb, 21st March 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lentil Soup V	Minestrone Soup V	Tomato Soup V	Carrot & Coriander Soup V	Leek & 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	Chicken Goujons in a Tortilla Wrap served with Side Salad Grated Carrots Potato Smiles	Homemade Steak Pie Garden Peas Sliced Carrots Mashed Potato	Breaded Haddock Baked Beans Garden Peas Chips	Turkey Meatballs served in Tomato Sauce Broccoli Florets Sweetcorn Penne Pasta
Chicken Korma Long Grain Rice Side Salad Sweetcorn	Baked Potato with Baked Beans V Side Salad Grated Carrots	Macaroni Cheese V Garden Peas Sliced Carrots Mashed Potatoes	Beef Lasagne or Vegetable Lasagne V Baked Beans Garden Peas Chips	Baked Fish Fingers Broccoli Florets Side Salad Penne Pasta or Penne Pasta with Tomato Sauce V
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 Hot Mini Meatball Sub served with Side Salad & Grated Carrot	Tomato 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	Leek & 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 Shortbread Biscuit & Milk	Fresh Fruit of the Day or Raisins served with a Chocolate Cookie & Milk

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