

<b>Week 1</b> Week Begins: 16 April, 7 May, 28 May, 18 June, 20 August, 10 September and 1 October	
<b>Mon</b>	<b>Tuna Mayonnaise Sandwiches</b> 🌾🥚🐠🥦🍌 with Salad Bar Accompaniments <b>Freshly Prepared Bolognese Sauce</b> <b>Breaded Vegetable Nuggets</b> ✓🌾 with   Spaghetti   Green Beans   Grated Carrot <b>Freshly Baked Iced Sponge and Custard</b>
<b>Tues</b>	<b>Oven Baked Butchers Pork Sausages</b> 🌾🥚🐠 <b>Oven Baked Quorn Sausages</b> ✓🌾🥚🐠 <b>Freshly Prepared Hot Kickin Chicken</b> 🌾🥚🐠 with   Mashed Potatoes   Rice   Baked Beans   Broccoli <b>Seasonal Fruit Crunch and Cream</b>
<b>Wed</b>	<b>Ham Sandwiches</b> 🌾🥚 with Salad Bar Accompaniments <b>Freshly Prepared Chicken Curry</b> 🌾🥚🐠 <b>Freshly Prepared Tomato Penne Pasta</b> ✓🌾 with   Rice   Sweetcorn   Coleslaw <b>Frozen Yoghurt</b>
<b>Thur</b>	<b>Crispy Battered Cod Fillet</b> 🌾🐠 <b>Freshly Prepared Beef Stir Fry</b> 🌾🥚🐠 <b>Cheese &amp; Pineapple Salad</b> ✓🌾 with   Chips   Peas   Cherry Tomatoes <b>Pears &amp; Chocolate Custard</b>
<b>Fri</b>	<b>Egg Mayonnaise Sandwiches</b> ✓🌾🥚🐠 with Salad Bar Accompaniments <b>Stuffed Crust Cheese &amp; Tomato Pizza</b> ✓🌾🥚🐠 <b>Freshly Prepared Vegetable Risotto</b> ✓🌾 with   Garlic Bread   Beetroot   Carrots <b>Freshly Baked Brownie Cookie</b>

**Primary School Menu Summer 2018**

Menu choices may change at short notice

**QMS**  
We use locally grown produce where possible



Packed lunches for school trips are available to order

<b>Week 2</b> Week Begins: 23 April, 14 May, 4 June, 25 June, 26 August, 17 September and 8 October	
<b>Mon</b>	<b>Turkey Sandwiches</b> 🌾🥚 with Salad Bar Accompaniments <b>Organic Pork Meatballs in Gravy</b> 🌾🥚 <b>Freshly Prepared Macaroni Cheese</b> ✓🌾🥚🐠 with   Mashed Potatoes   Peas   Beetroot <b>Ice Cream with Seasonal Fruit</b>
<b>Tues</b>	<b>Ham Sandwiches</b> 🌾🥚 with Salad Bar Accompaniments <b>Gluten Free Salmon Fish Finger</b> 🐠 <b>Freshly Made Italian Bean Bake</b> ✓🌾🥚🐠 with   Spaghetti Hoops   Sweetcorn   Cucumber <b>Freshly Baked Sticky Toffee Pudding &amp; Custard</b>
<b>Wed</b>	<b>Homemade Vegetarian Sausage Roll</b> ✓🌾🥚🐠 <b>Freshly Made Chicken Korma</b> 🌾🥚🐠 <b>Baked Potato with Tuna Mayonnaise</b> 🌾🐠 with   Rice   Green Beans   Baked Beans <b>Freshly Baked Chocolate Shortbread</b>
<b>Thur</b>	<b>Traditional Scottish Steak Mince</b> <b>BBQ Chicken with Pitta Bread</b> 🌾 <b>Freshly Prepared Herbie Spaghetti</b> ✓🌾🥚🐠 with   Baby Boiled Potatoes   Carrot   Mixed Peppers <b>Fresh Fruit Salad &amp; Natural Yoghurt</b>
<b>Fri</b>	<b>Butchers Hot Dog Sausage in a Bun</b> 🌾🥚🐠 <b>Vegetarian Hot Dog in a Bun</b> ✓🌾🥚🐠 <b>Freshly Made Cheese &amp; Tomato Quiche</b> ✓🌾🥚🐠 with   Seasoned Wedges   Coleslaw   Broccoli <b>Freshly Baked Seasonal Muffin</b>

APRIL					MAY					JUNE					JULY					AUGUST					SEPTEMBER					OCTOBER				
Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri	Mon	Tue	Wed	Thu	Fri
HOLIDAY					1	2	3	4		1	2	3	4	5	6	HOLIDAY					1	2	3	4	5	HOLIDAY								
16	17	18	19	20	14	15	16	17	18	11	12	13	14	15	HOLIDAY					3	4	5	6	7	10	11	12	13	14	HOLIDAY				
23	24	25	26	27	21	22	23	24	25	18	19	20	21	22	HOLIDAY					HOL	21	22	23	24	17	18	19	20	HOL	HOLIDAY				
30					28	29	30	31		25	26	27	28	29	HOLIDAY					26	28	29	30	31	HOL	25	26	27	28	29	30	31		

<b>Week 3</b> Week Begins: 30 April, 21 May, 11 June, 2 July, 3 September and 24 September	
<b>Mon</b>	<b>Egg Mayonnaise Sandwiches</b> ✓🌾🥚🐠 with Salad Bar Accompaniments <b>Freshly Made Chilli Wedge Bake</b> <b>Oven Baked Salmon Nuggets</b> 🌾🥚🐠 with   Pasta Twists   Baked Beans   Veg Medley <b>Rice Pudding &amp; Peaches</b>
<b>Tues</b>	<b>Tuna Mayonnaise Sandwiches</b> 🌾🥚🐠 with Salad Bar Accompaniments <b>Red Tractor Roast Chicken Fillet with Mealie</b> <b>Quorn Toad in the Hole</b> ✓🌾🥚🐠 with   Roast Potatoes   Carrots   Diced Cucumber & Tomato <b>Homemade Tiffin</b>
<b>Wed</b>	<b>Scottish Beef Steak Casserole</b> 🌾 <b>Freshly Baked Chicken &amp; Cheese Enchilada</b> 🌾🥚🐠 <b>Creamy Vegetable Vol-au-Vent</b> ✓🌾🥚🐠 with   Mashed Potato   Peas   Sweetcorn <b>*ASSIST FM School Cook of the Year Cranachan Cupcake*</b>
<b>Thur</b>	<b>Freshly Made Italian Beef</b> 🌾🥚🐠 <b>British Crispy Crumb Turkey Burger</b> 🌾🥚🐠 <b>Singapore Noodles</b> ✓🌾🥚🐠 with   Garlic Bread   Coleslaw   Mixed Veg <b>Freshly Prepared Fruit Cheesecake</b>
<b>Fri</b>	<b>Cold Roast Pork Sandwiches</b> 🌾🥚 with Salad Bar Accompaniments <b>Homemade Chicken Pie</b> 🌾🥚🐠 <b>4 Cheese Ravioli with Tomato Sauce</b> ✓🌾🥚🐠 with   Potato Croquettes   Broccoli   Beetroot <b>Meringue and Seasonal Fruit</b>

**Every day:**

- Free Bread**
- Salad Bowl**
- \*Options:**
- Yoghurt & Fresh Fruit**
- Glass of Milk or Water**
- Cheese & Biscuits**
- \*Alternatives to puddings**

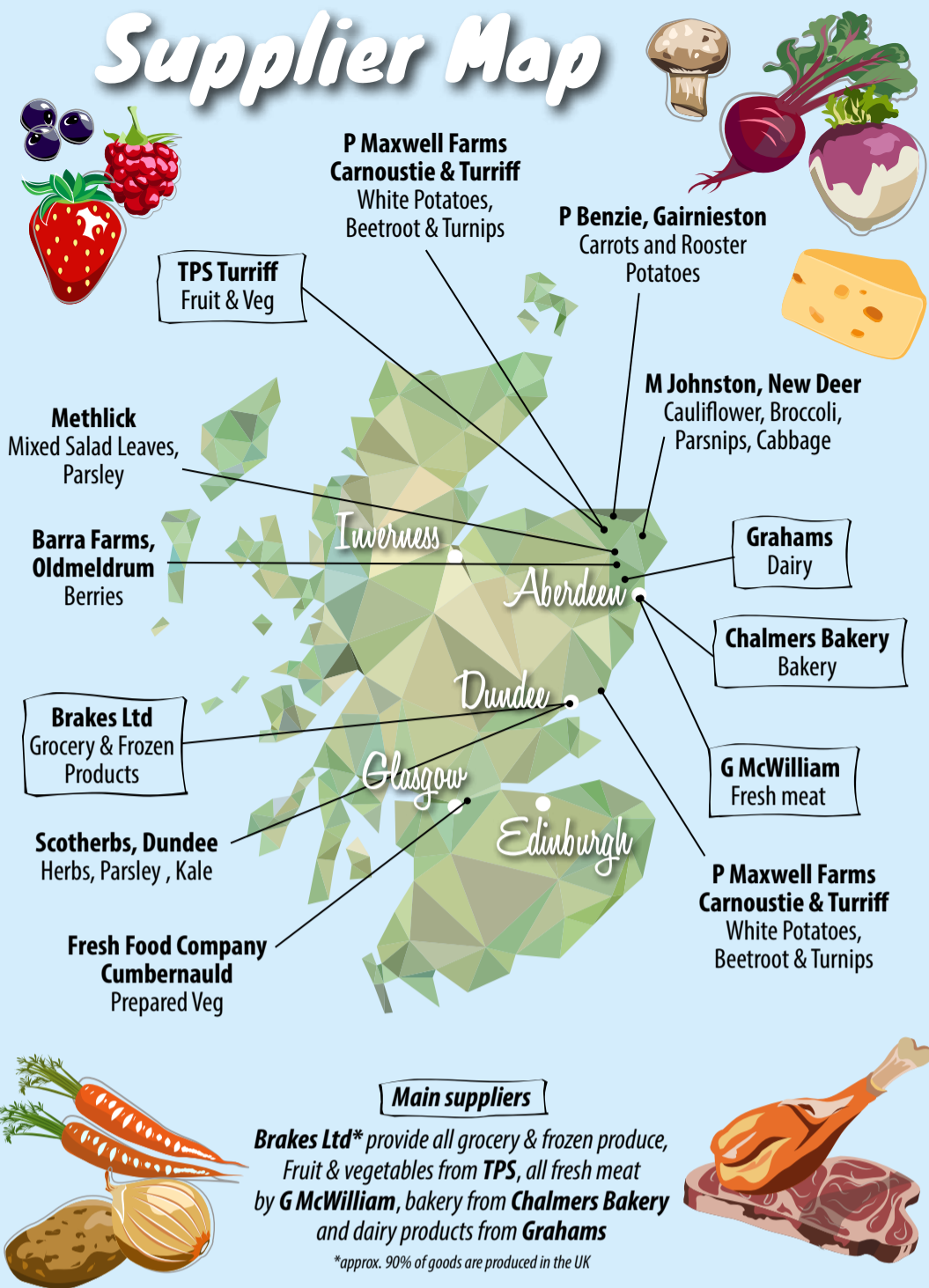
**14 Allergens**

The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide. There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1) Celery:** 🌿 This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
- 2) Cereals containing gluten:** 🌾 Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.
- 3) Crustaceans:** 🦀 Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
- 4) Eggs:** 🥚 Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.
- 5) Fish:** 🐠 You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
- 6) Lupin:** 🌱 Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.
- 7) Milk:** 🥛 Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
- 8) Molluscs:** 🐌 These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.
- 9) Mustard:** 🌿 Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
- 10) Nuts:** 🌰 Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.
- 11) Peanuts:** 🌿 Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
- 12) Sesame seeds:** 🌱 These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.
- 13) Soya:** 🌱 Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
- 14) Sulphur dioxide (sometimes known as sulphites):** 🌿 This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

For more information, visit: [food.gov.uk/allergy](http://food.gov.uk/allergy) or [nhs.uk/conditions/allergies](http://nhs.uk/conditions/allergies)  
 Sign up to our allergy alerts on [food.gov.uk/allergy-alerts](http://food.gov.uk/allergy-alerts) or follow #AllergyAlert on Twitter & Facebook  
 Let's keep connected at [food.gov.uk/facebook](http://food.gov.uk/facebook)  
 Join our conversation @[foodgov](https://twitter.com/foodgov) Watch us on [food.gov.uk/youtube](http://food.gov.uk/youtube)

# Supplier Map



## Primary School Menus Summer – Autumn 2018



### Free School Meals for all P1-3 Pupils

Save up to £42 per child per month, that's over £400 per year!

### Frequently asked questions...

#### Why aren't all P4-7 pupils entitled to free school meals too?

- The Scottish Government set the criteria for all local authorities.
- P4-7 pupils whose parents/carers receive certain income related and other benefits are eligible for free school meals.

#### Do I need to apply for free school meals if my child is in P1-3?

- No, this is automatically processed so no application is necessary.

### 6 good reasons to choose school meals

Not only will you save money and time by not making packed lunches, but your child will also experience:

- Variety and choice
- Hot and healthy meals
- Menus are nutritionally analysed and checked by Health and Nutrition Inspectors
- Development of social skills
- All served in a secure and welcoming environment
- Where so far as reasonably practicable, we can cater for medically prescribed diets

### Where can I get more information?

Visit [www.aberdeencity.gov.uk/schoolmeals](http://www.aberdeencity.gov.uk/schoolmeals) or email [FacilitiesTeam@aberdeencity.gov.uk](mailto:FacilitiesTeam@aberdeencity.gov.uk) for all enquiries

Aberdeen City Council

@aberdeenc



### How to pay for school meals – Primary 4-7

Primary school meals cost £2.10 each and children pay for them with meal tickets. You can buy single tickets or books of 10 for £21 from the school catering staff who prefer purchases to be made on Monday morning. You can pay with cash or by cheque, made payable to "Aberdeen City Council".

### Free school meals – Primary 4-7

Visit our website [aberdeencity.gov.uk/schoolmeals](http://aberdeencity.gov.uk/schoolmeals) to find out if your child is eligible for free school meals and if so, how to claim them. You'll also find answers to many frequently asked questions.

If eligible, please register your child for free school meals. This registration now releases funding from the Government of £1200 per child direct to the school as part of the Pupil Equity Fund Government programme.

### Theme days

**May** – 13th - World Fairtrade Day  
**June** - Summer  
**September** – Organic September  
**October** – Halloween



### More information

Our website [aberdeencity.gov.uk/schoolmeals](http://aberdeencity.gov.uk/schoolmeals) has useful information about our school meals as well as links to other websites which have useful advice on healthy eating for the whole family.

### New telephone numbers

**03000** numbers have replaced Aberdeen City Council's **0845** numbers. They are cheaper to call and are often included in 'free minutes' in mobile call plans. **Call 03000 200 293 for:**

- P4-7 & nursery free school meal entitlements
- Accord Card for schools using cashless catering

For full details visit [www.aberdeencity.gov.uk/contactus](http://www.aberdeencity.gov.uk/contactus)